

## **Nutrition North – Regional Nutrition Research Collaborative**

**Tuesday 13th December 2022, 1.00pm**

***(Zoom Meeting)***

### **Meeting Notes and Actions**

#### **In Attendance:**

**Chair: Bernard Corfe** (BC), Professor of Human Nutrition and Health, Newcastle University

**Séamus O’Neill** (SO’N), Chief Executive, Northern Health Science Alliance (NHSA)

**Amelia Lake** (AL), Professor of Public Health Nutrition, Teeside University

**John McLaughlin** (JM), Professor of Gastroenterology and Nutrition, University of Manchester

**Iain Brownlee** (IB), Associate Professor, Dept of Biology, Food and Nutritional Sciences, Northumbria University

**Ian Davies** (ID), Reader in Nutritional Science, Liverpool John Moores University

**Frances Hillier-Brown** (FHB), Lecturer Public Health Nutrition, Health Nutrition Research Centre, Newcastle University

**Farzad Amirabdollahian** (FA), Professor of Nutrition and Public Health; Associate Dean, Faculty of Education, Health and Wellbeing; Head of School of Public Health Studies, University of Wolverhampton.

**Jenny Paxman** (JP), Senior Lecturer in Nutrition, Sheffield Hallam University

**Nicola Lowe** (NL), Professor of Nutritional Sciences, UKRI/GCRF Challenge Leader for the Food Systems Portfolio, University of Central Lancashire (UCLAN)

**Sohail Mushtaq** (SM), Associate Professor in Nutritional Biochemistry, University of Chester

**Maria Bryant** (MB), Reader in Public Health Nutrition, University of York

**Jibin He** (JH), Senior Lecturer in Food Science and Technology, Teeside University

**Bernadette Moore** (BM), Associate Professor of Obesity, University of Leeds

**Samantha Caton** (SC), Senior Lecturer, University of Sheffield

**Jo Smith** (JS), Consultant Dietitian, Tees Esk & Wear Valleys NHS FT

**Jan Mei Soon-Sinclair** (JSS), Senior Lecturer in Food Safety Management, University of Central Lancashire (UCLAN)

**Kevin Williamson** (KW), Head of Research, Consultant Nutritionist and Clinical Lead at the Centre for Nutrition and Behaviour, Rotherham Doncaster & South Humber NHS FT (RDaSH)

**Richard Webb** (RW), Lecturer in Clinical Nutrition, Liverpool Hope University

**Robert Akparibo** (RA), Associate Professor in Global Health and Nutrition Epidemiology, University of Sheffield

**Victoria Moran** (VM), Reader in Maternal & Child Nutrition, University of Central Lancashire (UCLAN)

**Sarah Hill (SH)**, Project Manager, NHSA

Apologies:

- Liz Williams (LW)**, Senior Lecturer in Human Nutrition, University of Sheffield
- Paul Gately (PG)**, Professor of Exercise and Obesity, Leeds Beckett University
- Charlotte Evans (CE)**, Associate Professor of Nutritional Epidemiology & Public Health Nutrition, University of Leeds
- Leo Stevenson (LS)**, Senior Lecturer, Nutrition & Food Science, Liverpool Hope University
- Basma Ellahi (BE)**, Professor of Public Health Nutrition, University of Chester
- Julie Young (JY)**, Northumbria University
- Masoud Isanejad (MI)**, University of Liverpool
- Emma Boyland (EB)**, Senior Lecturer in Psychology, University of Liverpool
- Carolyn Summerbell (CS)**, Deputy Director of Fuse, Durham University
- Helen Moore (HM)**, Associate Professor (Research), Evaluation and Impact Team, Teeside University
- Julie Abayomi (JA)**, Associate Head, Applied Health & Social Care, Edge Hill University

**Agenda**

<i>Item</i>	<i>Topic</i>	<i>Led By</i>
1	Welcome and Introduction	BC/SO’N
2	Update on the previous meeting and review of the agreed actions	BC
3	Building our Programme: <ul style="list-style-type: none"> <li>• Long Term Goals</li> <li>• Goals for 2023-24</li> <li>• Governance</li> </ul>	BC
4	Progress so far: <ul style="list-style-type: none"> <li>• Nutrition Society Special Interest Group</li> <li>• Nutrition APPG</li> <li>• Outline seminar/CPD series for 2023</li> </ul>	BC/AL
5	Discussion & Any other business	
6	Close of Meeting: <i>Next meeting date</i>	

## Meeting Notes

### Nutrition North Meeting 13-12-2022

#### **1. Welcome**

BC opened the meeting and thanked everyone for coming.

#### **2. Review of Previous Meeting and Actions**

The group agreed that the minutes of the previous meeting were an accurate representation of the proceedings. They also reviewed the previous meeting actions:

##### ***Nutrition North Publication***

AL updated the group on the plan for a possible collaborative publication. The active discussion in July about what could be published was stalled due to the political chaos at the time. AL suggested forming a small working group to move forward once political environment is more stable.

BC asked if there might be a subject area that is safe enough to build a report around regardless of who is Prime Minister.

AL suggested that cost of living crisis/children/Child of the North from nutrition angle would always be relevant topics.

***ACTION (AL):*** To ask Nutrition North colleagues to email her with concept ideas and to recommend potential members for a working group.

MB further suggested the “feed the future” campaign as a possible topic and volunteered to contribute to a working group.

BM also offered to contribute.

##### ***IFST regional group for nutrition***

JH spoke to the group about a potential IFST regional group for nutrition. A Northern branch has just been re-established. Nutrition North should have an agenda and know what form of collaboration we are looking for so that we can build partnerships with industry.

##### ***NutSoc Special Interest Group***

AL thanked everyone who helped put the SIG application together. The application has been submitted and we are waiting to hear back. We hope this will be another avenue through which we can bring people together.

##### ***All-Party Parliamentary Group (APPG) for Nutrition.***

BC informed the group that the APPG has a sponsoring Conservative MP and therefore now has the required number of sponsors. The group has been signed off and should begin activity next year.

### **3. Building a Nutrition North Programme**

BC addressed the group and suggested that they are ready to move beyond discussion and start progressing with activities.

#### **a) Long Term Goals - Domains of Activity:**

##### ***Healthcare***

Build up a seminar series follow the MyNutriweb model. Aim to obtain support from industry – the benefit to sponsor would be improved visibility within the nutrition community.

Improve our reach and engagement with practitioners as a collective by undertaking substantive projects in healthcare - eg. Staff-facing, care of workforce, nutritional support of patients.

Aim to lead a bid for BRC 5.0 in Nutrition.

##### ***Industry***

Our offer to industry would be an accessible research network and pool of expertise.

Engagement with regional groups and a collaborative R&D service.

We could also introduce local graduates to local employers.

##### ***Public health***

As a collective, interact with Mayoral and policy offices, and regional directors of public health.

Develop our own sub-networks to deliver support to hard-to-reach groups.

Link to regional public health organisations and National policy contacts.

##### ***Academic Nutrition***

Aim to become a northern centre of excellence in nutrition and collectively apply for funding

##### ***NHSA***

Add nutrition as a cross-cutting theme to other activities.

BC invited the group to discuss the above ideas.

KW commented that the NHS should be more obviously included and liked the idea of the Nutrition BRC. KW further commented that Jodie Keyworth (Head of Business Development at RDaSH) helped Sheffield with their own BRC bid so would be very helpful in that area. NHS organisations can also utilise the RCF (research capability funding)

ID suggested interaction with local councils and commented on his previous experience with this in Liverpool.

BC responded that getting funding from local councils is hard but they are definitely engaged in Improving public health. BC also thought that it would be good to include behavioural scientists.

AL observed that local councils recruit and employ nutritionists. Also, that the Health Determinant Research Collaborations (HDRCs) based in the north could be useful contacts. HB informed the group that she is the academic lead for Blackpool HDRC

BC thanked everyone for their really useful comments.

### **b) Goals for 2023-24**

BC continued addressing the group regarding the Nutrition North Work Programme.

Suggested that the group should, in the short-term, cherry pick activities that are guaranteed wins. This would help establish credibility and visibility. The group would then be in a better position to begin work towards longer range goals.

BC suggested 4 “easy win” topic areas for out-facing activities:

#### **(i) Seminar and accessible CPD series (MyNutriWeb model).**

Generate a portfolio that is ready to go. Target healthcare workforce or industry partners – need to ask who would find this useful. The group discussed the idea.

BM proposed that people might be a bit tired of online talks.

JH asked if this would be open to the general public. Is our goal to increase public awareness or establish a professional stand.

KW suggested that it would be something that promotes Nutrition North and that it could have multiple different potential audiences and strands.

AL agreed with KW that there could be multiple audiences.

BC commented that NN has stakeholders across a number of different areas that all have an interest in engaging staff: healthcare workers, patients, academics, industry.

BM felt that academics are saturated but healthcare workers may not be.

FA mentioned working with local authorities and has previously explored running seminars with public health departments. He noted that it is often hard for employees to make it to seminars so recordings would also be welcome. In the North, colleagues talk to each other far more than in Midlands. A seminar portfolio could show local authorities who we are.

NL proposed that a regular podcast would be very accessible and could run alongside a lecture to make it a more conversational way of accessing information.

BC agreed that different platforms may be needed.

***ACTION (SH): to capture the ideas suggested by the group.***

#### **(ii) Engage with regional groups.**

We need to identify contacts from within regional groups.

***Action (ALL): Contact BC, AL, JM or SH if you can champion regional group links.***

**(iii) Nutrition society regional group**

In progress.

**(iv) Annual conference**

An event to connect recent graduates with potential local employers and showcase regional research and courses. Perhaps the first event could simply be a round table to gauge overall interest.

BC asked those teaching masters and graduate courses already if this was something their students might be interested in?

The group discussed the idea.

ID remarked that student apathy will be a problem and suggested the possibility of attaching an assessment. Overall, a good idea in principle but how can we get attendance? RA observed that a recent student and staff meeting he had attended had raised the issue that there is an absence of opportunities to interact with employers. He therefore thought this would be great and that something specific to health and nutrition would be popular. Particularly with UK students.

KW also thought it was a good idea and that to have the NHS and Public Health Directors there would be really helpful aswell.

The group all agreed that industry representation would be beneficial.

BM asked whether it would be possible to synchronise with University career day plans and further added that Postgraduates are often poorly served by career fairs.

BC explained that the difference would be that the NN career event would be very topic focussed. He also agreed that PG Researchers are under-served by current career opportunities.

NL suggested that it could coincide with educational workshops eg. CV writing.

BC thanked everyone for the really constructive discussion.

**c) Governance**

Current Nutrition North executive includes BC, AL, JM, SH & SO'N. SO'N reports back on NN activities to the NHSA board.

The group discussed the benefits of a mailing list and potential GDPR concerns.

BC highlighted the need to evolve mechanisms for non-NHSA members to contribute revenue.

**4. Progress so far**

The progress made on the NutSoc SIG, Nutrition APPG and was previously discussed noted above.

For the Nutrition North Seminar series discussed earlier, a working group will be set up to progress work further.

**5. Closing discussion**

The group finished by discussing the need to generate a revenue stream to support Nutrition North activities.

The group also aimed to hold 3 general meetings a year with one meeting in person.

BC thanked everyone again for all their contribution and promised to reach out to members over the next few weeks for input and volunteering for working groups.

With no further business, the meeting was closed.

**Actions**

<i>Item</i>	<i>Due</i>	<i>By</i>
To contact AL with ideas for a group publication		All
To recommend potential members for a publication working group		AL
To capture the seminar/webinar ideas suggested in the group discussion		SH
To contact BC, AL , JM or SH if you can volunteer as a link to a regional group.		All
To reach out to NN colleagues for contributors to action groups on careers event and webinar series		BC/AL/JM
To set 2023 general meeting dates for April/May, Aug/Sep, Nov/Dec		SH