

Nutrition North – Regional Nutrition Research Collaborative

Tuesday 6th February 2024, 11.00am

(Zoom Meeting)

Meeting Notes and Actions

In Attendance:

Chair: Bernard Corfe (BC), Newcastle University

Amelia Lake (AL), Teesside University

Iain Brownlee (IB), Northumbria University

Julie Abayomi (JA), Edge Hill University

Tom Butler (TB), Edge Hill University

Nicola Calder (NC), Food Active

Ian Davies (ID), Liverpool John Moores University

Swarnim Gupta (SG), University of Central Lancashire (UCLan)

Fiona Malcolmson (FM), Newcastle University

Bernadette Moore (BM), University of Leeds

Helen Moore (HM), Teesside University

Sohail Mushtaq (SM), University of Chester

Jenny Paxman (JP), Sheffield Hallam University

Aliya Porter (AP), Porter Nutrition

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

Sarah Hill (SH), The NHSA

Apologies:

Séamus O'Neill (SO'N), The NHSA

John McLaughlin (JM), University of Manchester

Robert Akparibo (RA), University of Sheffield

Farzad Amirabdollahian (FA), University of Wolverhampton

Charmelee Ayadurai (CA), Durham University

Bojlul Bahar (BB), University of Central Lancashire (UCLan)

Emma Boyland (EB), University of Liverpool

Heather Brown (HB), Lancaster University

Maria Bryant (MB), University of York

Samantha Caton (SC), University of Sheffield

Marena Ceballos Rasgado (MCR), University of Central Lancashire (UCLan)

Stephanie Dillon (SD), University of Central Lancashire (UCLan)

Basma Ellahi (BE), University of Chester

Charlotte Evans (CE), Purple Nutrition
 Paul Gately (PG), Leeds Beckett University
 Charlotte Hardman (CH), University of Liverpool
 Jibin He (JH), Teesside University
 Frances Hillier-Brown (FHB), Newcastle University
 Bruce Hollingsworth (BH), Lancaster University
 Masoud Isanejad (MI), University of Liverpool
 Nicola Lowe (NL), University of Central Lancashire (UCLan)
 Victoria Moran (VM), University of Central Lancashire (UCLan)
 Lucie Nield (LN), Sheffield Hallam University
 Jan Mei Soon-Sinclair (JSS), University of Central Lancashire (UCLan)
 Leo Stevenson (LS), Liverpool Hope University
 Carolyn Summerbell (CS), Durham University
 Kieran Tuohy (KT), University of Leeds
 Marti Vitale (MV), Northumbria University
 Carol Wallace (CW), University of Central Lancashire (UCLan)
 Richard Webb (RW), Liverpool Hope University
 Liz Williams (LW), University of Sheffield
 Kevin Williamson (KW), Rotherham, Doncaster & South Humber NHS FT (RDash)

Agenda

Item	Topic	Led By
1	Welcome and Introduction	BC
2	<u>Review of current Nutrition North projects:</u>	
	a) White paper on Nutrition Status in the North	AL/IB
	b) Development of a careers fair	JP/IB
	c) Development of a webinar series	SM/KW
	d) Nutrition Society SIG	AL/LW
3	NHSA update	SO'N
4	<u>Nutrition North Face-to-Face meeting, 23rd April 2024</u> Proposed format of day:	BC/KT/BM ALL

	<ol style="list-style-type: none"> 1. Networking coffee 2. Our current projects (breakout sessions and report back) 3. Knowledge brokerage 4. Potential question-driven metaprojects (breakout sessions and report back) <ul style="list-style-type: none"> • Improving nutrition in schools in the North • Nutrition (or fibre) in breast cancer survivors 	
5	Any other business	ALL
6	Close of Meeting. <i>Date of next meeting: Tuesday 23rd April 2024</i>	

Meeting Notes

Nutrition North Meeting 06-02-2024

Welcome

BC opened the meeting and thanked everyone for coming.

Review of Previous Meeting and Actions

The group agreed that the minutes of the previous meeting were an accurate representation of the proceedings. The actions from the previous meeting were noted to be ongoing or covered by the current agenda.

Review of Nutrition North Work Programmes:

White paper on Nutrition Status in the North

Led by AL & IB. IB shared a slide presentation and outlined current progress.

Geographic definition of “the North” = North East, North West and Yorkshire & Humberside. Accessing data through Fingertips public health data collection (PHE). Information on global burden of disease and regional dietary intake data.

So far looks like mortality rates/health outcomes are lower than national average in all three northern regions. Also, regarding dietary intake, the North is particular bad for diets low in calcium, fibre and sodium.

Working on recommendations to improve dietary habits of people in North; improve access to healthy food for northern population and reduce food insecurity in the North.

Call for improved dietary monitoring at regional level to improve health outcomes; improved nutritional quality of food served in Northern institutions (eg. School meals); increased recognition of the importance of nutritionists in the workforce.

Looking for volunteers from the group to help develop content on these subject areas.

ACTION (ALL): *Re: White paper on Nutrition Status in the North – Help needed. Please contact IB (IAIN.BROWNLEE@NORTHUMBRIA.AC.UK) and AL (amelia.lake@tees.ac.uk) if you can be involved.*

BM complimented IB and AL on progress and volunteered to help with any writing. Agreed that recommendations should be made regarding Food insecurities, health outcomes and Nutrition workforce.

KT also congratulated IB and AL on work and asked if it could be further stratified based on cultural/ethnic and social background.

IB agreed that this would be possible to some extent but pointed out that the timescale is restrictive and the data already aligns with the key messages the group is supporting, even without narrowing down.

HB remarked on inequalities within the North as well and was concerned that just saying the North is worse is an oversimplification.

BC commented that some of the data on regional intakes were stark and highlighted inequalities but it is important at this early stage to concentrate on highlighting the obvious issues and addressing key problems. IB also commented that we don't want to overlap with Health Equity North (HEN).

The group discussed potential recommendations:

AP mentioned that, although School food has been looked at, Nursery food currently has no standard and, with the increase in free nursery hours, this could be an important future issue.

JP referred to a recent report on tooth decay and obesity in under 5s and suggested this might be also be an area to consider that does not overlap with HEN.

BM referred to the new NHS workforce plan which suggested an increase in dieticians.

KT commented that dietary fibre is worse in the North so that would be an easy thing to challenge – add fibre to school meals, add fibre to weaning foods, fibre is consistently very low in all children. KT also volunteered to help write something in this area.

IB agreed that food based recommendations during weaning are rare.

ID offered to help write something on the quality of take-away food and delivering transformational change.

BC thanked IB and AL once more and asked IB to circulate his slides to the group.

ACTION (IB): *Re: White paper on Nutrition Status in the North – IB to send slides to SH for circulation to group.*

Development of Careers Event

Led by IB & JP. Nutrition North and Employability. NN now has a webpage on NHSA website so has online presence. IB and JP proposed an employer advisory board to connect Nutrition North to employers/industry. Proposed that rather than hold a conference or

event, the first activity should be free and online, streamed and EAB informed. Use multiple partners within Nutrition North for outreach and student engagement.

JP commented that the key is to not re-invent the wheel. More useful to “Beam ourselves out” rather than try and ship students in. It has to be free and draw business in by offering the opportunity to connect.

BC asked about existing employer networks that we could tap into.

JP suggested Lucy Ward who runs Nutrition Graduates

AP suggested freelance nutritionists in industry

JA mentioned Zoe Griffiths who runs online workshops to help people find jobs in nutrition and has a database.

BC commented that IFST will have good links to industry. Helping employers tap into the large student body in the region would be a good way forward.

BC thanked JP and IB and asked what help they would need from the group.

JP replied that it would be good to know about budget and all extra help and personal connections would be much appreciated.

ACTION (ALL): *Re: Development of a careers fair – Help needed. Contact IB (IAIN.BROWNLEE@NORTHUMBRIA.AC.UK) and JP (J.R.Paxman@shu.ac.uk) if you can volunteer.*

Development of Webinar Series

Led by SM and KW. SM updated the group that he had prepared a template to send out to potential sponsors. Gold, silver and bronze packages were agreed in discussion. Need a clear identity and logo.

Members of the group have emailed seminar ideas and have also sent in ideas for people to contact for sponsorship. Webinars would be run in evenings and recordings will be available for those who can't attend. SM due to meet with KW for further discussion asked for more volunteers in the hope of getting off the ground by the summer.

BC thanked SM for update.

ACTION (ALL): *Re: Development of a webinar series - Help needed. Contact SM (s.mushtaq@chester.ac.uk) and KW (kevin.williamson@nhs.net) if you can be involved.*

NutSoc Special Interest Group

Led by BC, AL, CE & LW. BC introduced FM from Newcastle University. FM reported that the regional SIG is now up and running. Main aim is to convene academic scientists across the region and create a national virtual centre of excellence in Nutrition.

Further aims:

To explore areas that effect nutrition in this region.

Have larger representation of North in NutSoc activities.

Support regional networking activities

Organise science and lab-based exchanges for students and ECRs.
Provide cross-institutional mentoring service for ECRs
Host mini conferences
Increase the membership of the SIG network

AI thanked FM for the report.

Update from the NHSA

SO'N apologies for absence. SH reported that Teesside University had recently joined the NHSA and welcomed them as a new NHSA member.

Nutrition North Face-to-Face meeting – Tuesday 23rd April 2024

BC ran through ideas for the event which will be hosted by BM and KT in Leeds.
KT agreed that the agenda looked good and suggested a tour of the facilities at Leeds. The group discussed how to fund the meeting. KT gave an estimate of the cost of the event for up to approximately 20 people.

ACTION (ALL): *Re: Nutrition North Face-to-Face meeting, 23rd April 2024 – Nutrition North members to enquire with their organisations about potential internal funding pots available to contribute towards meeting costs.*

ACTION (SH): *Re: Nutrition North Face-to-Face meeting, 23rd April 2024 – to enquire about any possible NHSA funding contribution.*

IB commented that it would be good to collate information on the facilities available within the group. IB further mentioned an upcoming CRUK funding call (Fibre in breast cancer survivors) that could also be discussed at the meeting.

KT agreed that it would be good to have a big project to get the ball rolling.

BM commented on the overall need for more fibre in diet.

ACTION (BC/SH): *Re: CRUK funding call soon to be announced - Fibre in breast cancer survivors. Add to agenda for Nutrition North meeting in April.*

Any other business

Recent funding call from BBSRC and Innovate UK:

[Competition overview - Diet and health innovation: Early stage feasibility projects - Innovation Funding Service \(apply-for-innovation-funding.service.gov.uk\)](https://www.innovationfunding.service.gov.uk/competition-overview/diet-and-health-innovation-early-stage-feasibility-projects)

Diet and health innovation: Early stage feasibility projects

UK registered organisations can apply for a share of up to £2.5 million for early stage feasibility projects working with one or more of the Diet and Health Open Innovation Research Club (OIRC) hubs.

This funding is from BBSRC and Innovate UK.

Competition opens: Wednesday 14 February 2024

Competition closes: Wednesday 8 May 2024 11:00am

BC pointed out that the funding call window is short and can't be left until April for group discussion so if you have ideas then please let us know.

ACTION (ALL): *Re: Funding call from BBSRC and Innovate UK - Diet and health innovation, Early stage feasibility projects.* Competition window is **Wednesday 14 February 2024 to Wednesday 8 May 2024** so group ideas will need to be discussed **before** the next Nutrition north meeting on 23rd April. Contact BC (Bernard.Corfe@newcastle.ac.uk) with any suggestions.

List of Actions

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[Competition overview - Diet and health innovation: Early stage feasibility projects - Innovation Funding Service \(apply-for-innovation-funding.service.gov.uk\)](#)