

Human Nutrition
Research Centre

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Issue 2, June 2015

The latest news from the Human Nutrition Research Centre

Molecules to Populations

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Twenty years of research in the Human Nutrition Research Centre

In 2014 we celebrated twenty years of research in the Human Nutrition Research Centre at Newcastle University. In recognition of achievements, an article was written on the work undertaken at the HNRC over the past twenty years and published in the [Nutrition Bulletin](#).



A special Anniversary Symposium was held in October 2014. The day was packed with exciting research presentations, including reflections from the early days of the HNRC and the Research we are doing today to tackle major public health challenges. For more information on the day click on the [abstract booklet](#) and the event [synopsis](#).

New findings in the link between selenium and cancer

A study, led jointly by Professor John Hesketh at Newcastle University, the International Agency for research on Cancer (IARC-WHO) and the Royal College of Surgeons in Ireland, has shown that in Europe we have much lower levels of selenium in our blood than people living in Canada and USA.

[Full report](#)



Free school meals for all children in their first three years at school

It is now possible for 1.89 million children in reception and years 1 and 2 (across more than 16,500 schools in the UK) to be able to eat a free, nutritious meal at lunchtime, saving families up to £400 per year and helping children to do better in the classroom and improve their daily diet.

Professor Ashley Adamson, who was played an important role in helping free school meals become a reality for all children in their first three years at school, celebrated this success at a reception hosted by the then Deputy Prime Minister, Nick Clegg, in Whitehall.



Interested in finding out more visit [The HNRC Website](#) and [The Independent School Food Plan website](#)

Recommended levels of sugar halved

Paula Moynihan, Professor of Nutrition and Oral Health at Newcastle University has been instrumental in the study supporting the new WHO draft guidelines, which suggest that a reduction to below 5% of total energy intake per day would have additional benefits. Five per cent of total energy intake is equivalent to around 25 grams (around 6 teaspoons) of sugar per day for an adult of normal Body Mass Index (BMI).

For further details click [here](#)



Professors John C. Mathers and colleagues give evidence to House of Commons

Professors John C. Mathers, Michael J. Trenell and Douglass M. Turnbull from Newcastle University submit evidence to House of Commons Health Committee Inquiry on the Impact of Physical Activity and Diet on Health.

The inquiry examined at evidence of the impact of diet on health and the most effective way of conveying healthy eating and drinking messages to the public, in order to achieve a more healthy weight.



In addition, the inquiry investigated trends in body mass index and conditions related to obesity, the role of schools and parents in encouraging active play, and the role of NHS

organisations and Public Health England in improving levels of physical activity and diet. Visit the [select Committee Enquiry homepage](#)

[Written evidence submitted by Mathers and colleagues](#)

The LiveWell project - Small changes to lifestyle can help people LEAP into retirement

The Director of LiveWell, Professor John Mathers and the five Research Associates delivered the LiveWell Programmes Final Engagement event on Thursday 5th February. The five-year LiveWell Project, which was funded by the Medical Research Council through the LifeLong Health and Wellbeing initiative, aimed to develop lifestyle-based interventions to enhance healthy ageing. The dissemination event included findings from a pilot study of the digital intervention LEAP (Living, Eating Activity and Planning) involving 75 people across the North East.



Reporting on the event, the local Chronicle Live said "The university is a world leader in the field of aging research, and is the site of the new National Centre for Ageing Science and Innovation, announced by the Chancellor of the Exchequer George Osborne in his Autumn Statement last year" [ChronicleLive](#)

[LiveWell Project website](#)

HNRC Publications

Siervo M, Oggioni C, Lara J, Celis-Morales C, Mathers JC. [Age-related changes in resting energy expenditure in normal weight, overweight and obese men and women](#). *Maturitas* 2015.

Spence S, White M, Adamson AJ, Matthews JNS. [Does the use of passive or active consent affect consent or completion rates, or dietary data quality? Repeat cross-sectional survey among school children aged 11–12 years](#). *BMJ Open* 2015, **5**, e006457.

Harrison SL, Ding J, Tang EY, Siervo M, Robinson L, Jagger C, Stephan BC. [Cardiovascular disease risk models and longitudinal changes in cognition: a systematic review](#). *PLoS One* 2014, **9**(12), e114431.

Paoli PP, Wakeling LA, Wright GA, Ford D. [The dietary proportion of essential amino acids and Sir2 influence lifespan in the honeybee](#). *AGE* 2014, **36**, 1239-1247.

Foster E, Hawkins A, Simpson E, Adamson AJ. [Developing an interactive portion size assessment system \(IPSAS\) for use with children](#). *Journal of Human Nutrition and Dietetics* 2014, **27**(Supplement 1), 18-25.

Lara J, Evans EH, O'Brien N, Moynihan PJ, Meyer TD, Adamson AJ, Errington L, Sniehotta FFS, White M, Mathers JC. Association of behaviour change techniques with effectiveness of dietary interventions among adults of retirement age: a systematic review and meta-analysis of randomised controlled trials. *BMC Medicine* 2014, **12**(10), 177.

Ferruzzi MG, Jonnalagadda SS, Liu S, Marquart L, McKeown N, Reicks M, Riccardi G, Seal C, Slavin J, Thielecke F, vanderKamp JW, Webb D. Developing a Standard Definition of Whole-Grain Foods for Dietary Recommendations: Summary Report of a Multidisciplinary Expert Roundtable Discussion. *Advances in Nutrition* 2014, **5**(2), 164-176.

A full list of publications can be found on the [HNRC website](#)

HNRC Successes

[Dr Hyang-Min Byun receives British Nutrition Foundation Drummond Pump Priming Award](#)

[Professor John Mathers contributes to two BBSRC Initiatives](#)

[Dr Georg Lietz - New study to explore the unintentional overdosing of vitamin A](#)

[Becky Brown, HNRC PhD student wins runner-up at the MRC Mission Day](#)

[Fiona Malcomson wins best PhD presentation at the Rank Prize Mini Symposium](#)

[Professor Paula Moynihan awarded 2nd place in the 'Established Impact' category](#)

[PhD Graduation celebrations for Dr Fiona Malcomson, Dr Joanna Gorniak and Dr Frances Wong](#)

Upcoming dates for the diary

HNRC Research Day 2015 – Wednesday 28th October at Newcastle University. Annual Lecture will be given by Professor Wim H.M. Saris on the topic:

"Nutritional Sciences; Fit for the future challenges?"

More details available in due course by visiting the [HNRC Website](#)



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