

**Happy Christmas and best wishes for 2016**

## **The latest new from the Human Nutrition Research Centre**

Issue 3, Dec 2015



### **In this issue:**

- [The 2015 Research Day and Annual Lecture](#)
- [HNRC 20th Anniversary Travel Bursaries](#)
- [PhD Student Awards](#)
- [Celebrating Success](#)
- [HNRC Research in the News](#)
- [Seminars and Conferences](#)
- [HNRC Publications](#)

### **[The 2015 Research Day and Annual Lecture](#)**

In October we were delighted to welcome Professor Wim H.M Saris, Professor of Human Nutrition at Maastricht University to Newcastle University to give the HNRCs Annual Lecture, on the topic '**Nutrition and Physical Activity Sciences: Fit for the future challenges?**'

Professor Saris' lecture concluded the HNRC Research Day, where members of the HNRC gave oral presentations on the results of their research in Molecular Nutrition, Public Health Nutrition and Food Quality and Health. Programme available on the [HNRC Website](#)

### **[HNRC 20th Anniversary Travel Bursaries](#)**

Young researchers at the HNRC were given the opportunity to apply for HNRC 20th Anniversary Travel Bursaries. Bursaries could be used for skills training, to promote collaborations or in dissemination of research outcomes. We welcomed some excellent applicants - congratulations! Five bursaries were awarded to:

**Dr Katherine Livingstone.** Katherine attended the European Nutrition Leadership Programme (ENLP) – a week long course in Luxembourg and said: *"On a personal and professional level, ENLP provided a platform to understand how my strengths can translate into valuable leadership qualities. This awareness will advance my research abilities, which in turn will improve my research productivity and publication list."*

**PhD Student Mary Webster.** Mary attended the Interaction Design and Children Conference (IDC) at Tufts University, Massachusetts, USA, where she presented her paper **"Exploring the Lived Experience of Adolescents with Type 1 Diabetes: Opportunities for Design"**. Mary commented: *"I feel very privileged to have had the opportunity to present my work among this community of esteemed academics, researchers, students, and industry representatives"*.

**PhD Student Nuno Mendonca.** Nuno attended the Nutrition Society Irish section meeting: Nutrition at critical stages of the life-cycle in Cork, Ireland in June 2015. He presented two posters **"Dietary intake and food sources in the very old"** and **"Micronutrient intake and food sources in the very old"**. Nuno said: *"The travel bursary was invaluable to support my attendance and presentation of two posters at the Nutrition Society Irish section meeting"*

**Dr Anthony Oxley.** Anthony attended the Experimental Biology 2015 Conference in Boston, USA and gave a presentation on **"Effect of  $\beta$ -carotene formulation and rs6564851 on  $\beta$ -carotene plasma responses"**. Anthony said: *"the conference was an excellent venue for showcasing my work and for allowing me to network with international colleagues from various labs involved in carotenoid and vitamin A research"*.

**PhD Student Ammar Ashor.** Ammar attended the International Academy Nutrition and Aging (IANA) 2015 in Barcelona. Where he gave a poster presentation on **"Systematic review and meta-analysis of the effects of vitamin C on lipid profile"** and an oral presentation on **"The effects of dietary nitrate on markers of cardiovascular disease"** Ammar said: *"I would like to express my thanks and gratitude to the Human Nutrition Research Centre for giving me the opportunity to attend this event. The networking and collaboration opportunities were invaluable"*.

## **PhD Student awards**

Congratulations to our former PhD Student, now Dr Fiona Malcomson for winning the best contributed paper **"Is resistant**

**starch protective against colorectal cancer via modulation of the WNT signalling pathway?"** at the Rank Prize Funds Mini-Symposium on Nutrition and Cancer, Grasmere, February 2015.

[The Rank Prize Funds](#)

Congratulations to PhD Student, Lynn Barron on being shortlisted for the Max Perutz Science Writing award for her article on "Quantity or Quality of life". [The Max Perutz Science Writing Award](#) aims to encourage and recognise outstanding written communication among MRC PhD students.

## [Celebrating Success](#)

### **International Leadership**

Congratulations to Professor Paula Moynihan Elected vice president of the 'Geriatric Oral Health Research Group' of the IADR. [The International Association for Dental Research \(IADR\)](#), headquartered in Alexandria, Va. USA, is a nonprofit organization with nearly 12,000 members worldwide.

### **RISe2015 Research Impact**

Congratulations to Dr Tom Hill in winning the Impact in Progress category at the [Research Impact in SAgE event](#) with his Innovate UK-industry funded work on 'Sunshine Eggs to Reduce Vitamin D deficiency in British Consumers' Tom was presented with his prize by Prof Steve Homans Pro-Vice Chancellor for Science, Agriculture and Engineering.

### **Neonatal Society Autumn Meeting 2015**

Professor John Mathers was honoured to be invited by the Neonatal Society to give the Widdowson Lecture 2015. His lecture was entitled "The Science of Nutrigenomics" was delivered at the Royal Society of Medicine, London on 5 November 2015. For further information about the Neonatal Society, see: [www.neonatalsociety.ac.uk](http://www.neonatalsociety.ac.uk).

### **UKMEG Award 2015**

Congratulations to Professor John Mathers in receiving the Molecular Epidemiology Group - UK (MEGUK) Award 2015 for his work on **Nutrition and Ageing** at the UKMEG Winter meeting 'The Ageing World: employing molecular epidemiology to advance lifelong health' on 1st December 2015. The award was presented by Dr Jill McKay, Chair of the MEG Committee. [Further information on the MEGUK](#)

## [HNRC Research in the BBC News](#)

Experts at Newcastle University, in a team led by Professor Chris Seal and PhD student Kay Mann, are calling for the introduction of guidelines around the amount of whole grains we should be eating after it was revealed almost one in five of us are not eating any at all. [Read more...](#)

## **Seminars**

Monday 11<sup>th</sup> January – 1pm; L2.5, William Leech Building

*Dr. Duika Burges-Watson of Durham University's Centre for Public Policy and Health*

### **Altered Eating: A New Framework for Health Research and Practice**

Wednesday 20<sup>th</sup> January – 1pm; Lecture Theatre E, Dental School

*Professor Michael Muller of the University of East Anglia*

### **Molecular Nutrition of the Gut-Liver Axis: the Role of the Microbiome**

Wednesday 27<sup>th</sup> January – 1pm; L2.4, William Leech Building

*Dr. Suzana Almoosawi of the Human Nutrition Research Centre, Newcastle University*

### **Time to Eat: Understanding the Role of Time of Energy and Nutrient Intake in Cardiometabolic Health**

## **Conferences**

NuGO Personalised Nutrition Course hosted by HNRC at Newcastle University

5-7 July 2016 - The CORE Building

HNRC Research Day & Annual Lecture

October 2016 - date to be confirmed

## **HNRC Publications**

### **Molecular & mechanistic studies**

[The zinc finger protein ZNF658 regulates the transcription of genes involved in zinc homeostasis and affects ribosome biogenesis through the zinc transcriptional regulatory element.](#)

### **Studies of obesity**

[A cluster randomised trial testing an intervention to improve parents' recognition of their child's weight status: study protocol](#)

[Platelet mitochondrial DNA methylation: a potential new marker of cardiovascular disease](#)

[Longitudinal associations between sports participation, body composition and physical activity from childhood to adolescence](#)

### **Studies of Ageing**

[A proposed panel of biomarkers of healthy ageing](#)

[Age-related changes in resting energy expenditure in normal weight, overweight and obese men and women](#)

[Mobilizing Resources for Well-being: Implications for Developing Interventions in the Retirement Transition](#)

[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](#)

[Obesity, Aspirin, and Risk of Colorectal Cancer in Carriers of Hereditary Colorectal Cancer: A Prospective Investigation in the CAPP2 Study](#)

### **Systematic reviews and meta-analyses**

[Systematic review and meta-analysis of randomised controlled trials testing the effects of vitamin C supplementation on blood lipids](#)

[Ageing modifies the effects of beetroot juice supplementation on 24-hour blood pressure variability: An individual participant meta-analysis](#)

[All HNRC publications...](#)



Copyright © 2015 Human Nutrition Research Centre (HNRC) Newcastle University -All rights reserved.

You are viewing this email because you are a member of the HNRC or have an interest in our Research

**Our mailing address is:**

Human Nutrition Research Centre (HNRC)

Newcastle University

Biomedical Research Building

Campus for Ageing and Vitality

Newcastle upon Tyne

NE4 5PL

UK

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)