

## Welcome to the latest edition of HNRC News

### News

#### New Director of the National School for Public Health Research



Professor Ashley Adamson has been named the new director of a £20.5m collaboration set up to tackle the big health challenges of the future.

Designed to build closer bonds between researchers and public health policy makers, the Government-backed [School for Public Health Research](#) involves eight organisations. One of these organisations is [Fuse](#), the Centre for Translational Research in Public Health, a collaboration of the five universities in the North East and a founding member of the School for Public Health Research. Ashley is also the Director of Fuse, which continues its membership for the School's second five-year term until 2022.

For further details go to <http://www.ncl.ac.uk/press/news/2017/04/nihrsphr/>

#### Identifying children at risk of eating disorders is key to saving lives

A team from Newcastle University has identified that girls and boys with more eating disorder symptoms at age nine also had a higher number of symptoms at age 12.

A new study published in the academic journal, *Appetite*, reveals the need to treat eating disorder problems as early as possible to help prevent children developing the life-threatening illness.

For further details go to <http://www.ncl.ac.uk/press/news/2016/12/eatingdisorders/>

# Overseas Collaborations

## Exploring the Food Environment in Tanzania

Dr Emma Foster (HNRC) and Professor Patrick Olivier (Open Lab) were successful in securing an Engineering and Physical Sciences Research Council “Preparing for Global Challenges Research Fund” grant. This collaboration between HNRC and Open Lab saw Emma and Maisie Rowland head out to Tanzania to look at how digital technologies might be used to enable Tanzania to conduct a national diet and nutrition survey. The visit involved familiarisation with the food environment including the variety of foods consumed, cooking practices and culture around eating, such as eating foods from a shared pot. This was achieved through workshops with Nutritionists and Dietitians from across the country and a rural community group. The extent of uptake of technologies such as smart phones and internet access was also explored during the workshops. The team plan to collaborate with the Tanzanian Food and Nutrition Centre to submit a further project grant to GCRF to develop digital tools for assessing dietary intake in the country.



## HNRC Successes

Professor Ashley Adamson was honoured to be invited to attend a national service of thanksgiving at St Paul's Cathedral in London to mark the Queen's official 90th birthday.

<http://www.bbc.co.uk/news/uk-36495210>

[Alison Barnes](#), Research Associate (Dietitian), has become a Diabetes UK Clinical Champion for Diabetes UK <https://www.diabetes.org.uk/clinical-champions-networks>

Diabetes UK recruit 20 healthcare professionals each year with the enthusiasm and ability to drive change which will improve diabetes care in their locality. Clinical Champions are supported in developing their leadership skills with training at the world-renowned Ashridge Business School, and receive ongoing support and input from Diabetes UK and the Clinical



Champions Network. Alison was successful in this competitive process last year and is working on a project to develop a decision aid for use in primary care which outlines different dietary therapies for people with type 2 diabetes and supports informed patient choice. She has also been asked to join the interview panel for this year's English applicants.

Congratulations to Dr Mario Siervo who has been awarded the Nutrition Society's 2017 Julie Wallace Lecture! <https://www.nutritionociety.org/announcement/dr-mario-siervo-2017-winner-julie-wallace-lecture>

**Dr Ruth Valentine** has been awarded a grant from The Borrow Foundation to carry out research into Fluoride metabolism (£39,688; awarded December 2016 -2018). This award will allow Dr Valentine to grow her research capacity in this area and to build on a strong collaboration with Barú Dental School, USP, Brazil.

## Upcoming Dates

### HNRC Research Day and Annual Lecture 2017

**Date:** Wednesday 11<sup>th</sup> October 2017, 10am-5pm

**Venue:** Partners Room, Newcastle Business School, Barrack Road

**Speakers:** HNRC Staff & Students showcase their current research - topics to follow

**Annual Lecture:** Professor Hannelore Daniel (Chair of Physiology of Human Nutrition, Technical University, Munich) on 'We are all individuals'

Further details and how to register for the event will soon be available at the [HNRC Website](#) .



### NuGO Week 2017: 28 - 31 August

This year, the NuGO Annual Conference will be held for the first time in Eastern Europe, and will be hosted by the Medical University of Varna [ <http://press.mu-varna.bg/conferences/nugo/nugo-2017> ]. The scientific programme includes plenary lectures from leading experts and scientific reports in the innovative research fields of Nutrigenomics, Molecular Nutrition, Personalized Medicine and



Systems Biology. The parallel programme of the conference will include a pre-NuGO week course “Advances in the use of new technologies in molecular nutrition studies” for young researchers, PhD students and post-docs (26-28 August 2017), the NuGO General Assembly meeting, NuGO partners and EU projects meetings.

## Invited lectures at Events/Conferences

Professors John Mathers and Chris Seal joined Professor Peter Shewry (Chairman of the Rank Nutrition Committee) and Simon Griffiths (John Innes Centre) as organisers of a Rank Prize Funds Symposium ‘The Role of Wheat in Diet, Health and Disease’ held in Grasmere 24-27<sup>th</sup> April. Kay Mann and Nuno Mendonca were invited delegates at the Symposium and gave excellent presentations on their PhD research.

Professor Ashley Adamson was invited to speak at 50th Anniversary British Nutrition Foundation Conference: 'Talking about the next generation: Nutrition in school age children'  
<https://www.nutrition.org.uk/component/rseventspro/event/42-talking-about-the-next-generation-nutrition-in-school-age-children.html>

Professor John Mathers gave an invited lecture on ‘Biomarkers of ageing and frailty’ at the 7<sup>th</sup> Neuroscience in Intensive Care International Symposium (NICIS) at the Pasteur Institute, Paris on 8-9 June.

## Completed projects

### Sunshine eggs could be good for people and for hens (Dr Tom Hill)

Working closely with the egg industry, and funded by Innovate UK, researchers from the Human Nutrition Research Centre and the School of Agriculture, Food and Rural Development have demonstrated that they can increase the vitamin D content in eggs by over 40% across a range of production systems, by enriching the feed given to laying hens. This could go a long way towards helping people in the UK to consume the new recommended daily intake of 10 ug, set recently by the Scientific Advisory Committee for Nutrition.

# Welcome!

Susan Bowett, recently appointed to manage NIHR School for Public Health Research

Dave Ray, a new PhD student funded by IHS/Fuse/Durham County Council. The title of his PhD is 'Developing and feasibility testing an intervention to prevent childhood obesity in the early years'

## Publications

### Recent HNRC publications

- Evans E, Adamson A, Basterfield L, LeCouteur AS, Reilly JK, Reilly JJ, Parkinson K. [Risk factors for eating disorder symptoms at 12 years of age: A 6-year longitudinal cohort study](#). *Appetite* 2017, **108**, 12-20.
- Farooq MA, Parkinson KN, Adamson AJ, Pearce MS, Reilly JK, Hughes AR, Janssen X, Basterfield L, Reilly JJ. [Timing of the decline in physical activity in childhood and adolescence: Gateshead Millennium Cohort Study](#). *British Journal of Sports Medicine* 2017, epub ahead of print.
- Celis-Morales C, Marsaux CF, Livingstone KM, Navas-Carretero S, San-Cristobal R, Fallaize R, Macready AL, O'Donovan C, Woolhead C, Forster H, Kolossa S, Daniel H, Moschonis G, Mavrogianni C, Manios Y, Surwillo A, Traczyk I, Drevon CA, Grimaldi K, Bouwman J, Gibney MJ, Walsh MC, Gibney ER, Brennan L, Lovegrove JA, Martinez JA, Saris WH, Mathers JC. *Am J Clin Nutr.* 2017 May;105(5):1204-1213. [Can genetic-based advice help you lose weight? Findings from the Food4Me European randomized controlled trial.](#)
- Garcia-Perez I, Pasma JM, Gibson R, Chambers ES, Hansen TH, Vestergaard H, Hansen T, Beckmann M, Pedersen O, Elliott P, Stamler J, Nicholson JK, Draper J, Mathers JC, Holmes E, Frost G. *Lancet Diabetes Endocrinol.* 2017 Mar;5(3):184-195. [Objective assessment of dietary patterns by use of metabolic phenotyping: a randomised, controlled, crossover trial.](#)
- Malcomson FC, Willis ND, McCallum I, Xie L, Ibero-Baraibar I, Leung WC, Kelly S, Bradburn DM, Belshaw NJ, Johnson IT, Mathers JC. *Am J Clin Nutr.* 2017 Feb;105(2):400-410. [Effects of supplementation with nondigestible carbohydrates on fecal calprotectin and on epigenetic regulation of SFRP1 expression in the large-bowel mucosa of healthy individuals.](#)



- Haskell-Ramsay CF, Stuart RC, Okello EJ, Watson AW. Cognitive and mood improvements following acute supplementation with purple grape juice in healthy young adults. *European Journal of Nutrition* 2017. doi:10.1007/s00394-017-1454-7. (<https://link.springer.com/article/10.1007%2Fs00394-017-1454-7>).
- Granic A, Hill TR, Davies K, Jagger C, Adamson A, Siervo M, Kirkwood TBL, Mathers JC, Sayer AA. [Vitamin D Status, Muscle Strength and Physical Performance Decline in Very Old Adults: A Prospective Study](#). *Nutrients* 2017, 9(4), 379.
- Hill TR, Aspray TJ. [Vitamin D prescribing in older people in the UK depends on postcode](#). *Maturitas*. 2017 May;99:109-113. doi: 10.1016/j.maturitas.2017.01.010. Epub 2017 Jan 25.
- Darling AL, Hart KH, Gossiel F, Robertson F, Hunt J, Hill TR, Johnsen S, Berry JL, Eastell R, Vieth R, Lanham-New SA. [Higher bone resorption excretion in South Asian women vs White Caucasians and increased bone loss with higher seasonal cycling of vitamin D: results from the D-FINES cohort study](#). *Bone*. 2017 May;98:47-53. doi: 10.1016/j.bone.2017.03.002. Epub 2017 Mar 7.
- Verlaan S, Maier AB, Bauer JM, Bautmans I, Brandt K, Donini LM, Maggio M, McMurdo MET, Mets T, **Seal C**, Wijers SLJ, Sieber C, Boirie Y & Cederholm T [Sufficient levels of 25-hydroxyvitamin D and protein intake required to increase muscle mass in sarcopenic older adults - The PROVIDE study](#). *Clinical Nutrition* First View <http://dx.doi.org/10.1016/j.clnu.2017.01.005>.
- Jones AR, Mann KD, Kuznesof SA, Richardson DP and **Seal CJ** (2017) [The whole grain content of foods consumed in the UK](#). *Food Chemistry* **214**, 453-459. doi:10.1016/j.foodchem.2016.07.063