

Welcome to the latest edition of HNRC News

News

Prof Ashley Adamson appointed as a NIHR Senior Investigator

Prof Adamson is one of 43 award holders joining the college of Senior Investigators, following its 11th annual competition.

NIHR Senior Investigators are eminent leaders within their field who make an exceptional contribution to clinical and applied health and social care research. They provide visible leadership within NIHR and play a vital role in how future health challenges are addressed.



Professor Adamson is one of six leaders in public health research who will join a network of experts containing almost 200 active NIHR Senior Investigators. Further details can be found at <https://www.ncl.ac.uk/ihs/news/item/leadingpublichealthexpertnamednihrseniorinvestigator.html>.

National Policy report on safety of vitamins and minerals in food supplements

Ireland's Food Safety Authority (FSAI) have just published a comprehensive 160 page report on the safety of vitamins and minerals in food supplements. Further details can be found at: https://www.fsai.ie/news_centre/press_releases/vitamins_minerals_supplements_05062018.html. The Scientific Committee recommendations include a new risk assessment approach to aid the industry in ensuring the levels of the nutrients they use in food supplements are safe. It sets out the highest dietary intakes of these micronutrients that are safe for people of different ages and gender. Dr Tom Hill, HNRC PI, served on the committee which compiled the report over a 3 year period from 2014-2017.

Overseas Collaborations

Monash University, Melbourne (January 2018)

Ashley Adamson visited Monash University earlier in the year, and met with [Professor Helen Truby](#), Director of Dietetics at Monash. Prof Truby's works include Market research – young people and alcohol; Work in pregnancy and nutrition. Prof Truby will be giving an HNRC seminar on [Monday 9 July](#) and will be accompanied by two PhD students Ruth Walker and Christie Bennett

María Martínez Andrés - MapMe Tool

In January Dr María Martínez Andrés, a researcher at the Health and Social Research Centre, University of Castilla- La Mancha, Spain, visited the Public Health Nutrition group. Maria's interests include childhood obesity prevention and improving parents' perceptions of their child's weight status. Maria and her team had become aware of the MapMe body images scales produced by members of the Public Health Nutrition Group (Prof Ashley Adamson, Dr Angela Jones) and visited them to discuss and prepare the data necessary for their translation into Spanish and use with Spanish families. Prototype scales for use with Spanish families are currently being generated (in collaboration with Prof Martin Tovee, University of Lincoln) and Maria has submitted a grant application to complete testing of the scales later this year.

HNRC Successes

Congratulations to **Chanachai Sae-Lee** who was awarded the 'Best Oral Presentation Award' at the 6th Seoul International Congress of Endocrinology and Metabolism held in April in Seoul, Korea. Lee's presentation was titled 'Locus-Specific DNA Methylation of Line-1 and Alu Elements in Type II Diabetes Patients with Presymptomatic Dementia'.



Congratulations to **Stella Breininger** who is one of the winners of The Nutrition Society Summer [Postgraduate competition](https://www.nutritionociety.org/node/393/postgraduate-competition). Stella will present her work titled 'Effect of weight loss on mitochondrial defects in the ageing human colon' within the Postgraduate Symposium on Wednesday 11 July. (<https://www.nutritionociety.org/node/393/postgraduate-competition>).

Congratulations to **Laura Cutler** who passed her viva on Thursday 3 May, with a few minor corrections to be made. Laura will graduate in July. The title of her thesis is: Parental perceptions of their child's weight status and assessment of their child's Health-Related Quality of Life (HRQoL).

Congratulations to **Liangkui Li** who completed his PhD in March. The title of his thesis is: Nutritional properties of quinoa (*Chenopodium quinoa Willd.*) and its effects on cardiometabolic risk factors and gut microbiota.

Congratulations to **Dr Susanna Mills** who has won the Newcastle University Medical Sciences Doctoral Prize. This is the second time that an HNRC PhD student has won the prize - an excellent track record for the Centre.

Fuse celebrated their 10th Anniversary on Thursday 19th April. Fuse@10: Celebrating 10 years of Fuse and planning for the future

<http://fuse.ac.uk/events/fuse10/fuse10celebratingourfirst10yearsandplanningforthenext.html>

Prof John Mathers has been awarded a named lecture (the Rank Nutrition Lecture) at the 2019 Diabetes UK Professional Conference: <https://www.diabetes.org.uk/diabetes-uk-professional-conference/programme/named-lectures>

INTAKE24 the online 24 hour dietary recall system developed by Emma Foster, Maisie Rowland, Jen Bradley and Emma Simpson, in collaboration with Newcastle University Open Lab will be used in the latest round of the Scottish Health Survey to obtain dietary intake data from a representative sample of around 1500 participants aged 11 years or older. The dietary data collected will be analysed and compared against the Scottish Dietary Goals and dietary data from the existing eating habits module used in the survey.

Grant success

Innovate UK project Health and Life science Round 3 award: **Total grant: £350K (Project Lead: Dr Tom Hill, HNRC)**

Title: *Stability, Bio-efficacy and Consumer perception of Vitamin D enriched Eggs.*

The overall aim of this science-to-business project is to maximise the commercial potential for vitamin D enriched eggs to improve vitamin D nutrition in 'at risk' UK consumers by (1) determining the effect of storage conditions and cooking on the vitamin D content of enriched eggs; (2) determining the effect vitamin D enriched egg consumption on vitamin D status and musculoskeletal health in a 10 week human intervention trial in older adults; (3) exploring consumer acceptability of vitamin D enriched eggs.

Invited lectures at Events/Conferences

Dr Kirsten Brandt was invited to speak at the *Food Antioxidants and Functional Ingredients - Shelf Life Extension, Nutrition and Health* conference in London in March 2018. The title of her talk was 'categorising interpretations: Why do experts disagree so much about health benefits of food antioxidants?'

Prof Ashley Adamson (as Director of Fuse), attended the 4th Fuse International Conference on Knowledge Exchange in Public Health, 8-10 May, held in Vancouver. Prof Adamson was invited by the British Columbia Ministry of Health and Fuse. <https://www.2018fuseconference.com/>

Dr Wendy Wrieden will be giving a short presentation on 'Healthy Sustainable Eating' at the Institute for Sustainability, [Seminar on SDG12 Responsible Consumption and Production](#), which will be held at Newcastle University London on Thursday 28 June 2018.

Prof John Mathers was invited to speak at the NuGO Winter Symposium which was held in Lapland in January 2018. Prof Mathers lecture was titled 'Using big data in human intervention studies - lessons from the Food4Me Study'.

Upcoming Events

NuGOweek 2018 “Mitochondria, Nutrition & Health”



Date: Monday 3rd – Thursday 6th September 2018

Venue: Centre for Life, Newcastle upon Tyne

Key Note Speaker: Prof Sir Douglass Turnbull will give a scene-setting lecture on “Mitochondria in health and disease”

Confirmed Speakers are:

- Dr Baruch Barzel – Bar-Ilan University, Israel
- Prof Carsten Carlberg – University of Eastern Finland, Finland
- Prof John Chambers – Lee Kong Chian School of Medicine, Singapore
- Prof Chris Evelo – Maastricht University, The Netherlands
- Prof Edith Feskens – Wageningen University & Research, The Netherlands
- Prof Karsten Hiller – Technical University Braunschweig, Germany
- Prof Marjo-Riitta Jarvelin – Imperial College London, UK
- Dr Anthony Mathelier – University of Oslo, Norway

Dr Sara Pauwels – Catholic University Leuven, Belgium
Prof Ram Reifen, The Hebrew University of Jerusalem, Israel
Prof Lothar Rink – RWTH Aachen University, Germany
Dr Camilla Bean – University of Padua, Italy
Prof Patrick Schrauwen – Maastricht University, The Netherlands
Dr Gaofeng Wang – University of Miami, USA

For more information visit the conference website: [NuGOweek 2018](#).

5th UK Congress on Obesity - “Preconception to Pension: Obesity through the Life Course”



Date: Thursday 6th & Friday 7th September 2018

Venue: Armstrong Building, Newcastle University

Confirmed Speakers Include:

Dr João Breda - WHO Europe
Prof Ashley Adamson - Newcastle University
Prof John Mathers - Newcastle University
Prof Rachel Batterham - University College London
Prof Henning Bliddal - Copenhagen University, Denmark
Prof Roland Devlieger - KU Leuven, Belgium
Prof John Chambers - Imperial College London
Prof Annie Anderson - Dundee University
Prof Roy Taylor - Newcastle University
Dr Emma Boyland - University of Liverpool

For more information visit the conference website: <https://www.aso.org.uk/events/ukco/> .

The Nutrition Society Nutrition Futures 2018 Conference



Date: Monday 10th & Tuesday 11th September 2018

Venue: The Assembly Rooms, Newcastle City Centre

Background: The conference will be a diverse and interactive experience for all nutrition science students and graduates. Conference attendees will have the opportunity to gain knowledge across a range of disciplines and areas of nutrition research, in a

developmental and supportive environment. Nutrition Futures 2018 will feature thought-provoking lectures by speakers from a variety of universities, and unique professional development sessions intended to help students develop essential skills. The conference will include a careers panel enabling engagement with representatives from the charity, media and communications, sports nutrition, political, industry, and academic sectors. Attendees from across the nutrition community, will have the opportunity to present their research within the Original Communication and lightening sessions. Apply online (<https://www.nutrition society.org/node/518/call-for-abstracts>) by midnight on 23 July.

Confirmed Speakers Include:

Prof John Mathers, Newcastle University
Haya Al Khatib, King`s College London
Dr Dora Pereira, Cambridge University
Jamie Sadler, Director Food Nation
Prof Emma Stevenson, Newcastle University
Dr Louise Wilson, Yakult

For more information visit the conference website:

<https://www.nutrition society.org/events/nutrition-futures-2018> .

HNRC Research Day and Annual Lecture 2018

Date: Wednesday 17th October 2018, 10am-5pm

Venue: Partners Room, Newcastle Business School, Barrack Road

Speakers: HNRC Staff & Students will showcase their current research

Annual Lecture: [Professor Susan Jebb](#), Professor of Diet and Population Health, University of Oxford

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

Congratulations!

Cassey Muir has been appointed to the position of Research Assistant. Cassey joined FORwaRD in January 2018.

Alison Barnes has recently been promoted to Dietitian/Senior Research Associate and is now working on ReTUNE

Paula Hynd has been appointed to the position of Dietitian/Research Associate, and joins DiRECT.

Publications

Recent HNRC publications

- Haste A, **Adamson A**, McColl E, Araujo-Soares V, Bell R. [Problems recruiting and retaining postnatal women to a pilot randomised controlled trial of a web-delivered weight loss intervention](#). *BMC Research Notes*. 2018 accepted.
- Penn L, Rodrigues A, Haste A, Marques MM, Budig K, Sainsbury K, **Adamson, A** et al. [NHS Diabetes Prevention Programme in England: formative evaluation of the programme in early phase implementation](#) *BMJ Open*. 2018; 8(2):e019467.
- Goffe L, Penn L, Adams J, Araujo-Soares V, Summerbell C, Abraham C, **Adamson, A** et al. [The challenges of interventions to promote healthier food in independent takeaways in England: qualitative study of intervention deliverers' views](#). *BMC Public Health*. 2018;18(184).
- Li L, Lietz G & **Seal C** (2018) [Buckwheat and CVD risk markers: a systematic review and meta-analysis](#). *Nutrients* **10**, 619.
- Manios Y, Moschonis G, Lambrinou CP, **Mathers JC** et al. [Associations of vitamin D status with dietary intakes and physical activity levels among adults from seven European countries: the Food4Me study](#). *Eur J Nutr*. 2018 Jun;57(4):1357-1368.
- Fisk HL, Irvine M, Miles EA, Lietz G, **Mathers JC** et al. [Association of oily fish intake, sex, age, BMI and APOE genotype with plasma long-chain n-3 fatty acid composition](#). *Br J Nutr*. 2018 May 6:1-10.



- Fleming TP, Watkins AJ, Velazquez MA, **Mathers JC** et al. [Origins of lifetime health around the time of conception: causes and consequences](#). *Lancet*. 2018 May 5;391(10132):1842-1852.
- Ordovas JM, Ferguson LR, Tai ES, **Mathers JC**. [Personalised nutrition and health](#). *BMJ*. 2018 Jun 13;361:bmj.k2173. doi: 10.1136/bmj.k2173.
- Neto HL, **Okello E**. [In vitro Fermentation Method as a Tool to Assess the Effects of Secondary Metabolites on Rumen Fermentation—A Brief Review](#). *Journal of Agricultural Science* 2018, **10**, 28-32.
- Forouhi NG, Misra A, Mohan V, **Taylor R**, Yancy W. [Dietary and nutritional approaches for prevention and management of type 2 diabetes](#). *BMJ*. 2018 Jun 13;361:k2234. doi: 10.1136/bmj.k2234
- King DG, Walker M, Campbell MD, Breen L, **Stevenson EJ**, West DJ. [A small dose of whey protein co-ingested with mixed-macronutrient breakfast and lunch meals improves postprandial glycemia and suppresses appetite in men with type 2 diabetes: a randomized controlled trial](#). *Am J Clin Nutr*. 2018 Apr 1;107(4):550-557. doi: 10.1093/ajcn/nqy019. PMID: 29635505
- Lonnie M, Hooker E, Brunstrom JM, Corfe BM, Green MA, Watson AW, Williams EA, **Stevenson EJ**, Penson S, Johnstone AM. [Protein for Life: Review of Optimal Protein Intake, Sustainable Dietary Sources and the Effect on Appetite in Ageing Adults](#). *Nutrients*. 2018 Mar 16;10(3). pii: E360. doi: 10.3390/nu10030360
- Mendonça N, Jagger C, Granic A, Martin-Ruiz C, Mathers JC, Seal CJ, **Hill TR**. [Elevated total Homocysteine in all Participants and Plasma Vitamin B12 Concentrations in Women are Associated with all-cause and Cardiovascular Mortality in the Very Old: The Newcastle 85+ Study](#). *J Gerontol A Biol Sci Med Sci*. 2018 Feb 24. doi: 10.1093/gerona/gly035. [Epub ahead of print]. PMID: 29529168
- Granic A, Mendonça N, **Hill TR**, Jagger C, Stevenson EJ, Mathers JC, Sayer AA. [Nutrition in the Very Old](#). *Nutrients*. 2018 Feb 27;10(3). pii: E269. doi: 10.3390/nu10030269.