



NNEdPro Global Centre for Nutrition and Health

Improving health through medical nutrition knowledge

2017 Events:

- 2nd Summer School in Applied Human Nutrition - 28th to 31st July
- 3rd International Summit in Medical Nutrition Education and Research - 1st and 2nd August

On behalf of the NNEdPro Group by **Shivani Bhat and Sumantra Ray**

NNEdPro Global Centre for Nutrition and Health: Translating knowledge, through education, into practice

It is widely known that nutrition related illnesses are preventable. Though there is a large body of nutrition evidence that can be implemented to prevent chronic diseases, due to lack of training and difficulty accessing reliable nutritional evidence, health professionals are unable to incorporate nutrition effectively into practice. Follow our journey to see how we have approached the translation of nutritional evidence into practice:

PHASE 1: 2008-2010

PILOT WORKSHOPS: 2-day nutrition workshops for 4th year medical students from 15 medical schools in England.

NNEdPro Patron and Core Team Members (December 2016)

Patron - The Lord Balfe of Dulwich

Directors - S Ray (Chair), P Douglas (Vice-Chair), M Rajput-Ray, D Del Rio

Global Innovation Panel - C Laur, L Ball, J Crowley, M Sayegh

Research Fellows Panel - A Ahankari, R Golubic, N Ziauddeen, V Tomatis

Network Engagement Panel - G Jones, M Kohlmeier, H Carter, S Bhat

Core Support Panel - R Banerjee, S Gibbings, G Mocchiato

PHASE 2: 2010-2012

TRAINING MEDICAL STUDENTS: NNEdPro provided first round of clinical and public health nutrition teaching to 4th Year Cambridge medical students.

TRAINING JUNIOR DOCTORS: Junior Doctors were trained to lead a nutrition awareness-raising week in the hospital. Junior doctors leads were recruited.

CONTINUING EDUCATION: Each Lead recruited 3-4 Junior Doctors from their hospital. All participants attended a weekend of training in Cambridge.

HEALTH POLICY: Round Table Event was held at MRC Head Office and included presentations, discussions and networking sessions on the provision of nutrition education in Britain's institutions.

PHASE 3: 2012-2016

LOCAL: Nutrition is incorporated in the Cambridge University medical school curriculum. Generic Nutrition Training sessions with MRC Elsie Widdowson Laboratory are offered to professionals.

GLOBAL: Global Knowledge Exchange Faculty is launched by Global Innovation Panel and network hubs are established in India, Australia/New Zealand and Canada.

KNOWLEDGE GENERATION: Primary research studies are conducted and reported in peer reviewed publications: includes research into the effectiveness of medical nutrition education and research in gap areas leading to better evidence for translation through education, into practice.

KNOWLEDGE EXCHANGE: Annual International Summit in Medical Nutrition Education and Research is held at Wolfson College.

PHASE 4: 2016-present

GLOBAL TRAINING ACADEMY: Delivering high quality education to professionals through Cambridge Summer School in Applied Human Nutrition and an Annual International Summit as a 'train the trainers' event.

IMPLEMENTATION RESEARCH AND CONSULTING: Canadian More-2-Eat multicentre study and Nutricare Australian study to determine gaps and potential solutions to combat malnutrition in hospitals and primary care.

CONSORTIUM OF RESEARCH LABORATORIES: Generate new evidence interventions and epidemiology in Dietary Bioactives and NCDs including vascular health.

NNEdPro CAMBRIDGE FOUNDATION: To provide the underprivileged, marginalized and neglected with sustainable, effective and autonomous solutions to improve their nutritional health and well being.

In this age of rapid data generation and growth of information, it is crucial for high-quality evidence to be synthesised and translated by professionals into practice. Here are five suggested steps that can help achieve translating knowledge into practice. (See across)

As we enter 2017, keep a look out for this space to learn more about our work and keep up-to-date. You can also browse our new and revamped website at nnedpro.org.uk

ASSESS and IDENTIFY gaps through a Knowledge, Attitudes, Practices survey

CONDUCT A PILOT delivering an educational intervention that fills in the gaps identified

EVALUATE the change in knowledge, attitudes and practices pre and post intervention (including longer term followup)

DISSEMINATE and debate your findings at fora that can define implementation pathways and influence practice

COLLABORATE with policy makers and other key influencers who share a vision around sustainable evidence translation

Keep in touch with NNEdPro (The Need for Nutrition Education/Innovation Programme):

Facebook: NNEdPro **Twitter:** @NNEdPro **Email:** info@nnedpro.org.uk

www.nnedpro.org.uk