



# NNEdPro Global Centre for Nutrition and Health

*Advancing and implementing nutrition knowledge  
to improve health, wellbeing and society*

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## Nutrition Week 2017: Summer School and Summit in Review

At the heart of the NNEdPro name lies the word 'education'. Over the past couple of years, it became apparent that this education should not be limited to medical students and on-demand training workshops but rather an annual event held in Cambridge open to all those with a health related or biological sciences background. This led to the development of the Summer School in Applied Human Nutrition, the latest of which was held at Wolfson College from July 28th – 31st.

The Summer School is a four-day event bringing together some of the most well-known and respected researchers in the field of nutrition research from across the globe. Teaching is delivered using a variety of methods including lectures, workshops and practical sessions. Following four days of intensive study, students completed an assessment to determine their level of competence, leading to a foundation certificate in Applied Human Nutrition. Starting with core concepts on day one, each day focused on a particular aspect of nutrition from research right up to policy. Students came from a variety of professional and academic backgrounds, representing more than 10 countries worldwide.

Building on the success of the same event in 2016, this year NNEdPro trialled its ongoing efforts in e-learning. Four modules from last year's event which were not repeated were transformed into interactive, engaging online material providing a 'blended learning' experience. This material was made available to the Summer School participants before arrival in Cambridge and set the tone for modules that followed at Wolfson College.

As all teaching was recorded, NNEdPro now aims to build a more comprehensive online learning gallery so that online and blended learning can be offered to a wider audience with further international reach.

Following the Summer School, the 3rd International Summit on medical nutrition education and research took place at Wolfson College, Cambridge on 1st and 2nd August. Over 100 professionals from Human Nutrition and associated disciplines all with a common interest in implementing nutrition knowledge in practice settings through better professional education attended alongside the successful Summer School candidates. The theme of this year's conference was the importance of nutrition in public health and healthcare, with talks as well as interactive panels, spanning the breadth of education and research through to policy and practice.

Day 1 focussed on the importance of nutrition in improving health. The day started with a review of the priorities around policies to improve nutrition, health and wellbeing, as well as recognising the role these played across domains of the food supply chain, particularly agriculture and their importance in providing high quality data to aid nutrition knowledge and promote healthy consumption practices.

Delegates moved on to looking at the generation and use of nutrition data and evidence in practice, including a case supporting a key role for pharmacists to deliver nutritional aspects of healthcare.

## Upcoming events

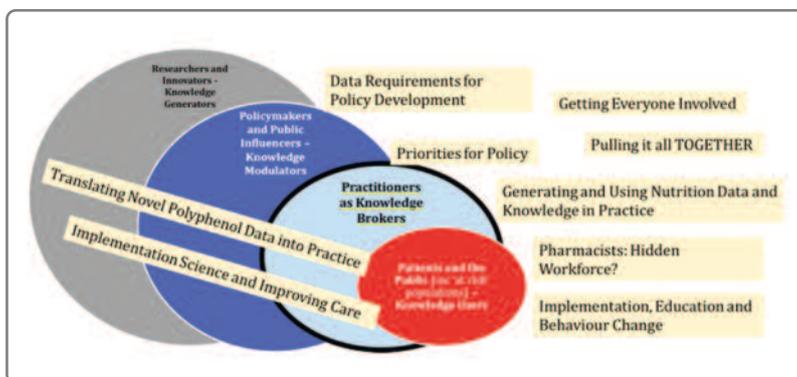
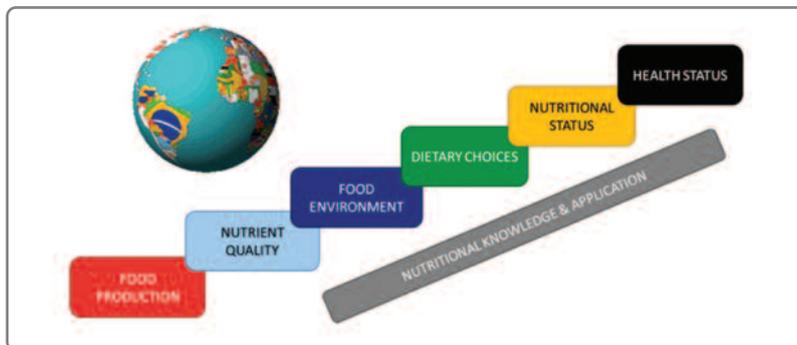
We are now looking forward to **NNEdPro's 10th Anniversary Week from 14th – to 20th July 2018**, incorporating a 3rd Summer School and a 4th Summit themed around 'Nutrition as a Hard Science', also incorporating our 10th Anniversary Essay Competition on building international networks in the application of nutrition knowledge.

Concluding at the cutting edge of nutrition science, the summit heard about novel research being translated into practice through the paradigm of polyphenol science including a review of the evidence on bioactive components of cranberries and its preventative as well as therapeutic uses – a key example of an effective nutrition intervention in healthcare.

Day 2 examined implementation science as a means of moving nutrition research into practice. Defining implementation science was crucial before looking at how it could improve nutritional care and the link to behaviour change. Next the different roles individuals could play in improving nutrition, health and wellbeing were explored, as well as the importance and advancements created by making data freely available.

Engagement was sought from stakeholders across over 20 countries to ensure success, including associations for medical students, medical education, patient representatives, nutrition societies and professionals. This allowed the development of a thought provoking and educational programme. The multidisciplinary focus on clinicians and related professionals from across sectors relating to food, nutrition and health was a key success of the two days.

**Further thank you to all faculty members and speakers of both events.**



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