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## A Review of NNEdPro Summer Events 2019

### Closing the gap on nutrition data and evidence for better education and practice

The NNEdPro Global Centre for Nutrition and Health in Cambridge has a broad remit to improve nutritional outcomes across society and in health systems. While we are involved in many activities both in the UK and abroad, two of our highest priorities are educating those in healthcare on the frontline, as well as knowledge dissemination for population health. In the last five years, we have focused a lot of our attention on our two annual flagship events which aim to provide a focal point around our main mission: the *Summer School in Applied Human Nutrition* and the *International Summit on Medical and Public Health Nutrition Education and Research*. The latest iteration of both events took place at Homerton College in Cambridge during July 2019, attracting a wide and diverse audience from across the globe to discuss current issues in nutrition, as well as suggesting pathways for action.

#### Summer School

The Summer School is an intensive five-day immersion in human nutrition and covers a wide scope of topics in nutrition and health. The 4th annual Summer School was held from 5th-9th July. This interdisciplinary course attracted 24 candidates from 12 different countries from diverse backgrounds, such as gastronomic science, parasitology and medicine. Candidates began discussing introductory material such as macro- and micronutrients before moving on to more complex areas of food security and the global burden of disease of which unhealthy diets is now the leading cause. Lectures were delivered by NNEdPro members from equally diverse backgrounds, following which the candidates took part in a number of additional activities, such as practical sessions in anthropometry/body composition and critical appraisal. While the lectures provide a framework of theoretical knowledge and resources for further reading and research, the practical elements of the course ensure that candidates hone their skills in concrete tasks which they can implement when they return to work or study.

Alongside a clear focus on nutrition and research, the Summer School aims to be a fully immersive, multi-disciplinary course with an exciting evening programme and guest speakers. During their stay, the candidates discovered the historic centre of learning that is Cambridge. We were honoured to welcome The Lord Balfe of Dulwich to speak to our candidates on the second day of the course, as he spoke passionately about the importance of cooperation in all aspects of science and research, while pointing out that in this current political climate,

collaboration is more important than ever. Participants of the Summer School were also privileged to hear from the President of the Association for Nutrition Dr Margaret Ashwell OBE, who delivered a presentation before the gala dinner.

As always, each and every participant at the Summer School brought their own skills and expertise to the table, leading to a richer learning experience for all involved. In addition to learning directly from traditional lecturers, candidates also took part in a flipped classroom approach as they were given the opportunity to present findings from their own workshops. Overall, the Summer School was once again hugely successful and we look forward to next year's event already!



Participants of the Summer School 2019 at the Gala Dinner, held at Homerton College.

Make sure to save the date for next year's events with the Summer School taking place from July 12th-16th followed by the International Summit on July 17th.

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See our Cambridge University webpages

Attendees at the Global Strategy Workshop, Homerton College.



### Strategy Workshop

Between the Summer School and International Summit, members of the NNEdPro Group met at Homerton College for the annual Strategy Workshop. Leading the day's discussions were a number of key representatives from all over the world who gave updates on NNEdPro activities in their regions, before assembling a series of breakout groups to discuss various aspects of NNEdPro's reach.

### International Summit

NNEdPro's annual International Summit in Medical and Public Health Nutrition and Research took place at Homerton College on 11th July. This was a milestone year for the event as it reached its fifth birthday! The International Summit is an opportunity to come and network with students and professionals from a wide array of backgrounds and opinions as well as contribute to the scientific discourse through our poster and essay competitions. The Summit was run under the theme of *Closing the Gap: Data-based Decisions in Food, Nutrition and Health Systems*. The theme was to include more than just food and nutrition but to be aware and conscious of the wider implications of the current global systems from food production and distribution, right up to the health systems on which we rely. Additionally, the United Nations Decade of Action on Nutrition 2016-2025 (Nutrition Decade) was to the fore of the day's discussions.

After a round of introductions from the NNEdPro Group and the Chief Executive of the British Dietetic Association Andy Burman, we were delighted to hear from Dr Francesco Branca, Director of the World Health Organization (WHO) Department of Nutrition for Health and Development (NHD) via video link. Dr Branca spoke about the importance of efforts to

end malnutrition in all its forms and the need for nutrition capacity building among health workers over the course of the Nutrition Decade before hearing from NHD's Technical Officer, Lina Mahy. While it is important to keep sight of the nutritional issues we face in the UK, the input of the WHO to this year's Summit reminded attendees of the wider, global implications of nutritional inequalities being tackled by many of our colleagues across the world. We were especially delighted to be joined by colleagues from both Ocean Spray and the Swiss Re Institute who ran workshops in nutrition and hydration as well as the use of causal inference tools in health and disease, respectively.

Throughout the day, a number of panel discussions provided healthcare practitioners, researchers, industry personnel and students with a platform to discuss the ongoing events as well as take questions from the floor. These interactive and real-time exchanges allowed for a number of different perspectives on the same issue to be raised and presented in space conducive to learning and knowledge exchange. Later in the day there were further presentations and workshops in the fields of nutrigenetics and nutrigenomics, interdisciplinary approaches to medical and healthcare education and presentation of NNEdPro's activities around the world. We were extremely proud when our Global Essay Competition was won by a graduate of our Summer School, Dr Abhinav Bhansali, who was also given the opportunity to present his ideas on *Utilising the Sustainable Development Goals to curb malnutrition in all its forms by 2030*. Summer School graduate Mohammad Sayeem was the first runner up in the essay competition. The poster competition was won by Jill Morrison, from the University of Waterloo, for her poster titled *'More-2-Eat Phase 2: Developing a self-serve registry to track nutrition care in hospitals'*.

**Acknowledgement of NNEdPro Members who contributed to the logistics as well as scientific proceedings of the summer events:** D Del Rio, P Douglas, M Rajput Ray, S Ray, M Kohlmeier, J Bradfield, J Johnsen, J Dean, M Harvey, AR Roy, M Abrantes, H Trigueiro, S Tiritoglu, C Laur, S Mitra, M McGirr, E Beck, I Broadley, L Buckner, T Eden, E Fallon, R Golubic, G Grosso, E MacAninch, K Martyn, C Nowson, D Pereira, M Vacca, M Yen Chan, N Raja, R Kearney, G Jones, D Angelino, D Martini, M Dall'Asta, F Scazzina, G Mocchiari, S Poole, L Sharkey, F Ghelfi, J Godos, B Biasini, P van Dael, P Sengupta, S McAuliffe, M Adamski.