The Need for Nutrition Education/Innovation Programme (NNEdPro)

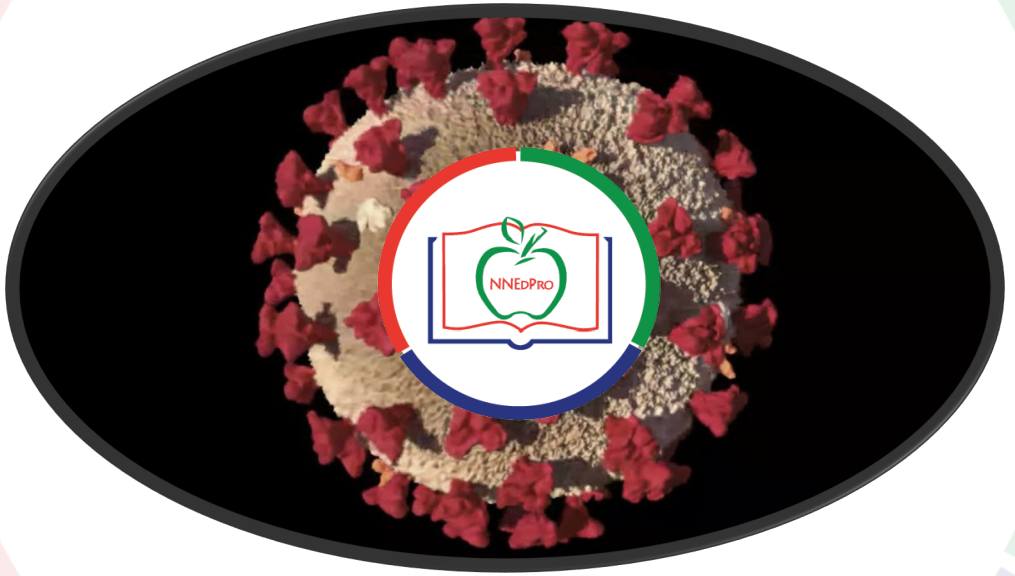
NNEdPro Global Centre for Nutrition and Health

Nutrition & COVID-19 TASKFORCE

Global Centre for
Nutrition and Health

NUTRITION & COVID-19 TASKFORCE: PURPOSE

- The Taskforce has been responsible for setting organisational response, direction and action plan in relation to the COVID-19 pandemic
- The expertise of our team spans **nutrition research, clinical practice and public health**
- Well positioned in the international effort to improve human health during the COVID-19 pandemic
- Collation of data and resources that are most relevant to current knowledge and practice relating to COVID-19 on our **dedicated microsites**
- Research and evidence synthesis, with a strong focus on issues related to **public health, nutrition and food security** during COVID-19
- Coordination and shared resources with NNEdPro's global and regional networks, and the wider public
- We have developed **communication materials** relating to COVID-19



NUTRITION & COVID-19 TASKFORCE: PEOPLE

- *Co-Chairs:* ***Dr Dominic Crocombe*** *&* ***Prof Shumone Ray RNutr***
- *Science Comms Lead:* ***Shane McAuliffe RD***
- *Secretariat:* ***Sucheta Mitra*** *(Meetings) &* ***Matheus Abrantes*** *(Digital)*

- *Key Attending Members:* ***James Bradfield RD, Dr Luke Buckner, Dr Harrison Carter, Prof Martin Kohlmeier (BMJ NPH)*** *&* ***Elaine MacAninch RD***
- *Key Corresponding Members:* ***Dr Suzana Almoosawi, Dr Timothy Eden RD, Emily Fallon ANutr, Dr Claudia Mitrofan*** *&* ***Niky Raja***

- *Key Contributors:* ***NNEdPro Global Innovation Panel*** *(Breanna Lepre APD (I-KANN-25), Dr Marjorie Lima do Vale RD, Dr Kathy Martyn, RN, RNutr) &* ***Swiss Re Institute***

- *Directorial Support: Pauline Douglas RD (for Prof Dan Del Rio, Dr Celia Laur RNutr, Dr Minha Rajput-Ray)*

Evidence Informed Nutrition

Nutrition Society Series, 2019

NUTRITION & COVID-19 TASKFORCE: OUTPUTS

BMJNPH

COVID-19 Microsite:

- Guidance from international bodies such as WHO & UN
- Region specific guidance for regional networks
- Additional resources on education, research and support

https://www.nnedpro.org.uk/coronavirus

COVID-19 Nutrition Resources:

- Nutrition guidelines from international bodies – ASPEN, ESPEN
- Region specific guidance from national representative groups - BDA
- Further guidance and research

https://www.nnedpro.org.uk/covid-19nutrition-resources

BMJ-NPH Special Collection:

- Perspectives on the little that we currently know about nutrition interactions with COVID-19
- Nutrition interactions with the virus and effects on the body
- Emerging research on the topic

https://nutrition.bmj.com/pages/bmj-nutrition-prevention-health-collections/

NNEdPro Nutrition and COVID-19 Taskforce

COVID19: Nutrition Resources

Nutrition & COVID19 Resources V14
03/09/2020

Back to Useful Resources

NNEdPro COVID19 Taskforce Toolkit | Response to the UK Gov Obesity Strategy

Position Statement on Vit D & High-Risk Groups

Highlights of the week

Since its inception, the taskforce has identified areas for research and evidence synthesis relating to nutritional aspects of the prevention and treatment of COVID-19, including issues of food and nutrition security amid this global crisis. Our aim has been to coordinate and share resources with NNEdPro's global and regional networks, and the public, to highlight key challenges and best guidance on good nutrition and health practices in the context of COVID-19. Updates this week include:

Recent Nutrition site highlights include:

- **BMJ:** Growing Fears of a Nutritional Crisis in Lockdown UK
- **BDA:** Championing nutrition research and translation during COVID-19
- **Blog:** NNEdPro Global Centre Response to the UK Government Obesity Strategy

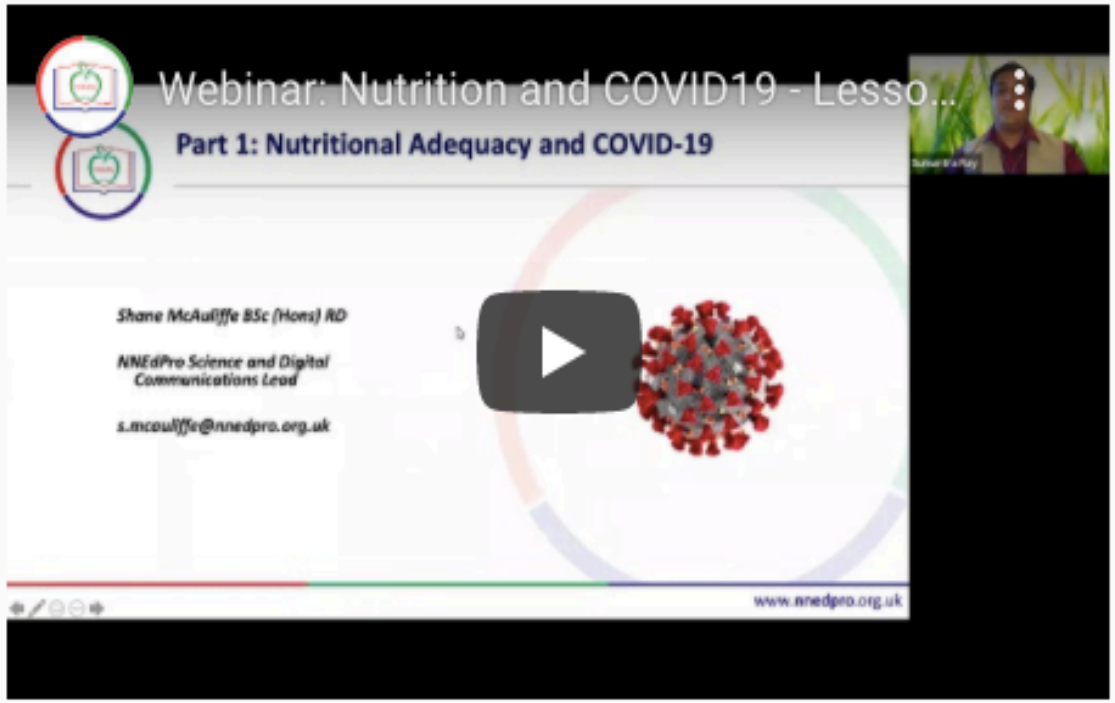
https://www.nnedpro.org.uk/covid-19nutrition-resources

Contact Us: **info@nnedpro.org.uk**
Follow on Twitter: **@nnedpro**

LESSONS LEARNED IN SIX MONTHS WITH THE TASKFORCE

https://www.nnedpro.org.uk/covid-19nutrition-resources

Nutrition and COVID19 Webinar - Lessons learned to date by our Taskforce along with BMJ Nutrition, Prevention and Health



Nutrition and COVID19 Journal Club - Nutrition and COVID19: The cutting edge of emerging evidence and a look to the future

COVID-19 KEY OUTPUTS: MICROSITES & BLOG

Combatting COVID-19

See our 10-point guide on diet and lifestyle tips to inform health workers, policymakers and members of the public. This provides practical tips for the challenges COVID-19 poses to nutritional, physical and mental wellbeing.

https://www.nnedpro.org.uk/post/combatting-covid-19

ICU Nutritional Management - Insights from the Frontline

Insights from the frontline as NNEdPro Global Innovation Panel (GIP) member Dr Tim Eden RD shares his own experience of the challenges faced in the nutritional management of COVID-19 patients in ICU.

https://www.nnedpro.org.uk/post/icu-nutritional-management-insights-from-the-frontline

Response to the UK Government Obesity Strategy

We advocate for the appreciation and adoption of a wider, complete understanding of the science behind obesity and the strategies which are needed to address it. We discuss four points of the proposed obesity strategy and provide recommendations for a more comprehensive and impactful response.

https://www.nnedpro.org.uk/post/nnedpro-global-centre-response-to-the-uk-government-obesity-strategy

COVID-19 KEY OUTPUTS: BMJ NUTRITION

Nutrition & Immunity in relation to COVID-19

- Nutrition, immunity and COVID-19 – P Calder (Review)*
- COVID-19 - is there a role for immunonutrition, particularly in the over 65s? – E Derbyshire et al (Practice Patterns and Guidelines)
- Zinc as nutritional intervention and prevention measure for COVID–19 disease – J P Mossink (Brief Report)
- Dietary micronutrients in the wake of COVID-19: an appraisal of evidence with a focus on high-risk groups and preventative healthcare – S McAuliffe et al (Review)*

Vitamin D & COVID-19

- Vitamin D and SARS-CoV-2 virus/COVID-19 disease – S Lahnam-New et al (Brief Report)*
- Avoidance of vitamin D deficiency to slow the COVID-19 pandemic – M Kohlmeier (Review)*
- COVID-19 mortality increases with northerly latitude after adjustment for age suggesting a link with ultraviolet and vitamin D – J Rhodes et al (Letter)

Global Food/Nutrition Security & COVID-19

- Knowledge synthesis and translation in global food and nutrition security to evaluate and accelerate priority actions – J T Johnson et al (Editorial)*

BMJ NPH
Special Collection

https://nutrition.bmj.com/pages/bmj-nutrition-prevention-health-collections/

BMJNPH

Open access Review

BMJ Nutrition, Prevention & Health

Dietary micronutrients in the wake of COVID-19: an appraisal of evidence with a focus on high-risk groups and preventative healthcare

Shane McAuliffe ,[1] Sumantra Ray,[1,2,3] Emily Fallon,[1,4] James Bradfield ,[1] Timothy Eden,[1,5] Martin Kohlmeier [1,6]

To cite: McAuliffe S, Ray S, Fallon E, *et al*. Dietary micronutrients in the wake of COVID-19: an appraisal of evidence with a focus on high-risk groups and preventative healthcare. *BMJ Nutrition, Prevention & Health* 2020;**0**. doi:10.1136/

Open access Brief report

BMJ Nutrition, Prevention & Health

Zinc as nutritional intervention and prevention measure for COVID–19 disease

J P Mossink

To cite: Mossink JP. Zinc as nutritional intervention and prevention measure for COVID–19 disease. *BMJ Nutrition, Prevention & Health* 2020;**3**:e000095. doi:10.1136/bmjnph-2020-000095

LymeCenter, Amersfoort, Utrecht,

ABSTRACT

The present spread of severe acute respiratory syndrome coronavirus 2, provoking COVID–19 disease, progresses rapidly worldwide. In current absence of a curative treatment and an effective, safe vaccine, there is a pressing need to focus on identifying and correcting deficits in immune function in order to reduce risk of severe progress of the disease and to lower the number

Moreover, nutritional, immunological and clinical data suggest that zinc status may play a pivotal role in preventing and controlling COVID–19 disease. This opens up possibilities for targeted dietary preventive and nutritional intervention measures to improve antiviral immune response.

Open access Review

BMJ Nutrition, Prevention & Health

Avoidance of vitamin D deficiency to slow the COVID-19 pandemic

Martin Kohlmeier

To cite: Kohlmeier M. Avoidance of vitamin D deficiency to slow the COVID-19 pandemic. *BMJ Nutrition, Prevention & Health* 2020;**0**. doi:10.1136/bmjnph-2020-000096

UNC Nutrition Research Institute, University of North Carolina at Chapel Hill, Kannapolis, North Carolina, USA

ABSTRACT

Vitamin D deficiency, which impedes good immune function, is common during winter and spring in regions of high latitude. There is good evidence that vitamin D deficiency contributes to the seasonal increase of virus infections of the respiratory tract, from the common cold to influenza, and now possibly also COVID-19. This communication explores key factors that make it more likely, particularly in combination, that individuals are vitamin D deficient. These factors include old age, obesity

What does this paper add?

- Individuals with high age, excess body fat, dark skin tone or risk-predicting genetic variants are likely to need extra vitamin D, particularly during the dark months of winter and spring.
- Precision nutrition aims to make nutrition guidance more effective by taking into account key factors that are already known to influence requirements.

BMJNPH

Open access Brief report

BMJ Nutrition, Prevention & Health

Vitamin D and SARS-CoV-2 virus/ COVID-19 disease

Susan A Lanham-New,[1] Ann R Webb,[2] Kevin D Cashman,[3] Judy L Buttriss,[4] Joanne L Fallowfield,[5] Tash Masud,[6] Martin Hewison,[7] John C Mathers,[8] Mairead Kiely,[3] Ailsa A Welch,[9] Kate A Ward,[10] Pamela Magee,[11] Andrea L Darling,[1] Tom R Hill,[8] Carolyn Greig,[12] Colin P Smith,[13] Richard Murphy,[14] Sarah Leyland,[15] Roger Bouillon,[16] Sumantra Ray,[11,17,18] Martin Kohlmeier [18,19]

Open access Review

BMJ Nutrition, Prevention & Health

Nutrition, immunity and COVID-19

Philip C Calder

To cite: Calder PC. Nutrition, immunity and COVID-19. *BMJ Nutrition, Prevention & Health* 2020;**0**. doi:10.1136/bmjnph-2020-000085

School of Human Development and Health, Faculty of Medicine, University of Southampton, Southampton, UK

ABSTRACT

The immune system protects the host from pathogenic organisms (bacteria, viruses, fungi, parasites). To deal with this array of threats, the immune system has evolved to include a myriad of specialised cell types, communicating molecules and functional responses. The immune system is always active, carrying out surveillance, but its activity is enhanced if an individual becomes infected. This heightened activity is accompanied by an increased rate

substrates for biosynthesis and regulatory molecules. These energy sources, substrates and regulatory molecules are ultimately derived from the diet. Hence an adequate supply of a wide range of nutrients is essential to support the immune system to function optimally.[1 2] At the time of writing, the world is in the grip of a pandemic caused

Open access Practice patterns and guidelines

BMJ Nutrition, Prevention & Health

COVID-19: is there a role for immunonutrition, particularly in the over 65s?

Emma Derbyshire, Joanne Delange

► Additional material is published online only. To view please visit the journal online (http://dx.doi.org/10.1136/bmjnph-2020-000071).

Nutritional Insight, Surrey, UK

ABSTRACT

In late December 2019 severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2) first emerged in Wuhan, Hubei, China, resulting in the potentially fatal COVID-19. It went on to be officially recognised as a pandemic by the World Health Organisation on 11 March 2020. While many

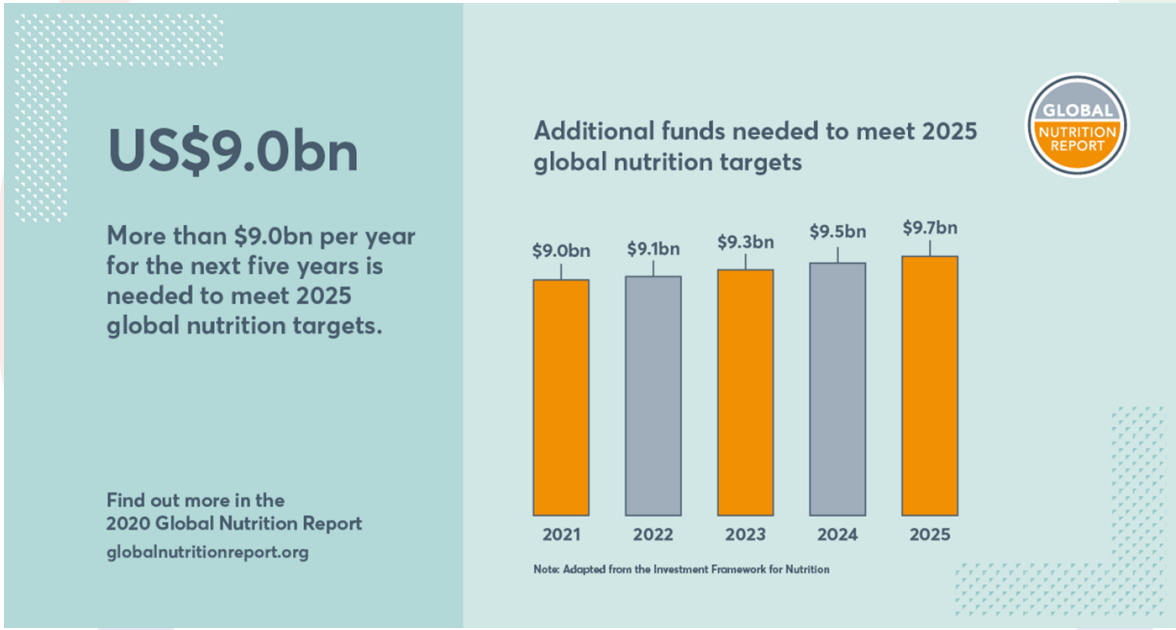
health in advanced of being exposed to a physiological stressor so they are then better able to cope with that stress'.[3] It is known that viral clearance and infection recovery require activation of the host's immune response, and nutrition could be a means of achieving this.[4]

2020 Global Nutrition Report - action on equity to end malnutrition

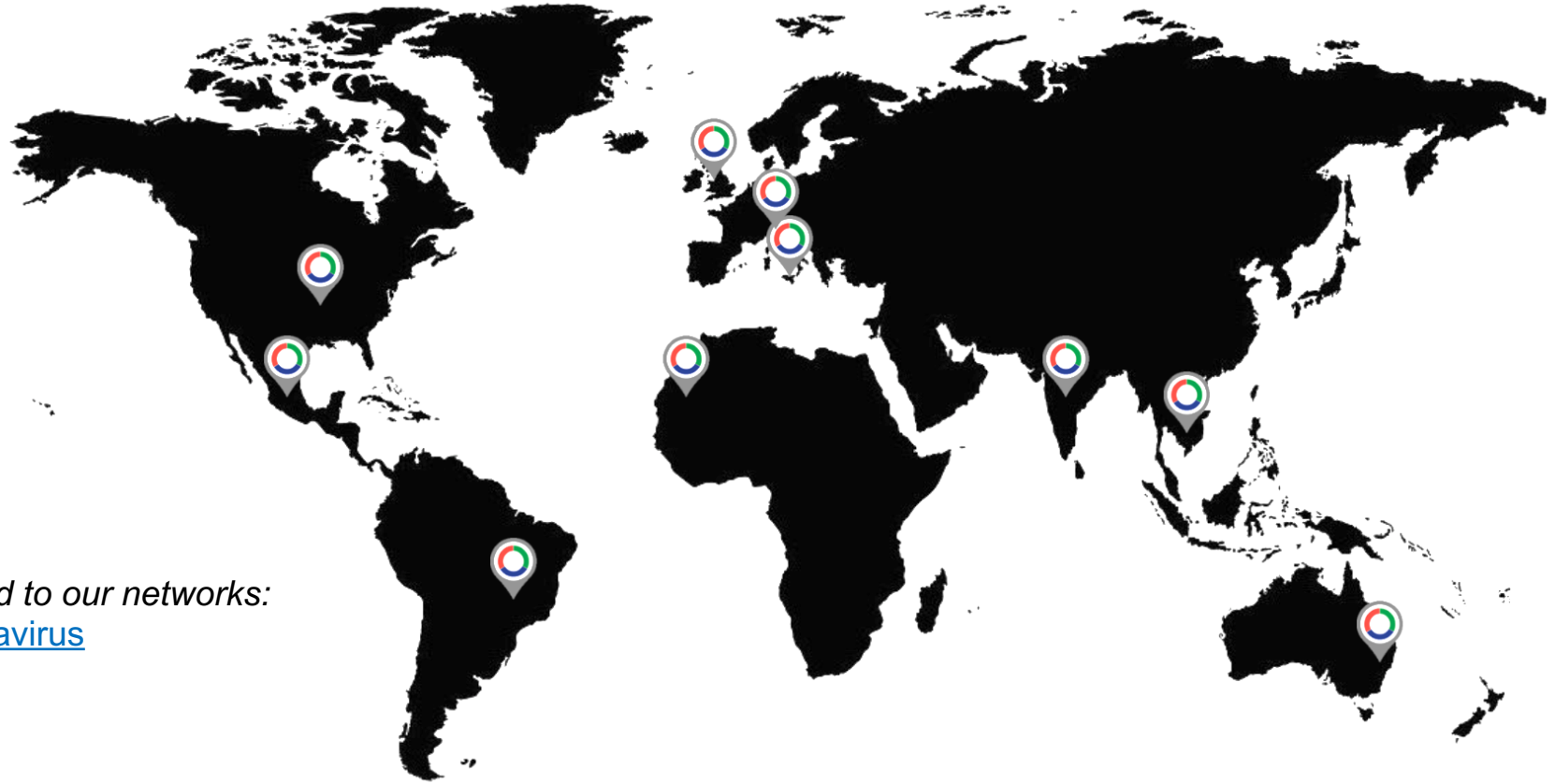
Amidst the COVID-19 pandemic, there is now increasing emphasis on the central role of nutrition in health and well-being. COVID-19 has highlighted the need for more sustainable and equitable food and health systems.

"After this crisis, nutrition must be understood and recognized as an indispensable part of health, food, education and economic development."

(Gerda Verburg, Coordinator of the Scaling Up Nutrition Movement)



Stay Safe, Stay Informed & Stay Connected



Go to 'Regional Guidance' mapped to our networks:
https://www.nnedpro.org.uk/coronavirus

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