



NNEdPro Global Centre for Nutrition and Health

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

PROVISIONAL PROGRAMME

Cambridge Summer School in Applied Human Nutrition

Homerton College, Cambridge, UK

July 5th to 9th 2019

Day 1: Core Concepts in Human Nutrition		
08.00 – 8.30	Arrivals and Registration	
08.30 – 09.00	Introduction and Welcome	Directors
09.00 – 09.40	Introduction to Diet and Nutrition	Sumantra Ray & Pauline Douglas
09.45 – 10.15	Dietary Assessment Methods	TBC
10.20 – 10.50	Body Composition and Energy Metabolism	Mei Yen Chan
10.50 – 11.10	Break	
11.15 – 11.45	Body Composition/Anthropometry Practical	James Bradfield, Emily Fallon & Helena Trigueiro
11.50 – 12.30	Introduction to Macronutrients	TBC
12.30 – 13.30	Lunch	
13.30 – 14.15	Introduction to Micronutrients	Caryl Nowson
14.20 – 14.40	Micronutrient Case Study	TBC
14.45 – 15.15	Dietary Bioactives: an Overview	Donato Angelino
15.20 – 15.35	Break	
15.40 – 16.20	Carbohydrates: New Frontiers	Margherita Dall'Asta
16.20 – 16.30	Summary of Day 1	Dan Del Rio

Evening Activity: Walking tour of Cambridge and a Visit to the famous Eagle public house (Organised & pre-paid by NNEdPro)

Day 2: Nutrition Research Methods		
09.00 – 09.40	Introduction to Study Design & Quantitative Methods in Nutrition	Rajna Golubic
09.45 – 10.15	Introduction to Qualitative Methods in Nutrition	Lauren Ball, Celia Laur and Shivani Bhat
10.20 – 11.00	Introduction to Nutritional Epidemiology	TBC
11.00 – 11.15	Break	
11.15 – 11.55	Critical Appraisal Mini-Workshop	TBC
12.00 – 12.30	European Legislation on Food/ Study Designs for EFSA Health Claims	Daniela Martini
12.30 – 13.30	Lunch	
13.30 - 14.25	Nutrigenetics & Nutrigenomics: an Overview	Martin Kohlmeier
14.30 – 15.25	Mediterranean Diet Beyond the Mediterranean Shores	Gabriele Mocciaro & Simon Poole
15.30 – 16.00	Break	
16.00 – 16.25	Introduction to Nutrition and Non-Communicable Diseases	Caryl Nowson
16.30 – 17.15	Diet-Microbe Interactions in the Gut: Effects in Human Health & Disease (up one)	Dan Del Rio
17.15 – 17.30	Summary of Day 2	Sumantra Ray

Evening Activity: Punting on the River Cam (Signposted by NNEdPro - tickets to be purchased by individuals)

Day 3: Nutrition in Healthcare		
09.00 – 09.10	Introduction to nutrition in healthcare	Sumantra Ray
09.10 – 09.40	Nutritional Screening & Assessment in Healthcare	Eleanor Beck
09.45 – 10.15	Hydration & Health in Primary Care	Pauline Douglas
10.20 – 10.55	Fluids & Electrolytes in Acute Care	Minha Rajput-Ray
11.00 – 11.20	Break	
11.20 – 12.15	Managing Undernutrition & Nutritional Support in Acute Care	TBC
12.20 – 13.00	Managing Obesity in Acute Care	Rajna Golubic
13.00 – 14.00	Lunch	
14.00 – 14.25	Nutrition and Cancer	Giuseppe Grosso
14.30 – 14.55	Nutrition and Mental Health	Justyna Godos
15.00 – 15.30	Break	
15.30 – 16.10	Nutrition in Disability Management & Occupational Wellbeing	Minha Rajput-Ray
16.30 – 17.10	Strategies to Implement a Healthy Population Diet	Dan Del Rio and Francesca Scazzina
17.15 – 17.30	Summary of Day 3	Minha Rajput-Ray

Evening Activity: Formal Gala Dinner at Homerton College - Cambridge University (Included within registration)

Day 4: Nutrition, Public Health & Policy		
09.00 – 09.25	The Global Nutrition Report & UN Decade of Action on Nutrition	Sumantra Ray
09.30 – 09.55	Global Evidence in Nutrition/Global Burden of Disease	Giuseppe Grosso
10.00 – 10.30	Nutrition security: Practical Experience in Developing Countries	Francesca Scazzina
10.30 – 10.55	Scope of Public Health Nutrition: Case studies	GIP Members
11.00 – 11.15	Break	
11.15 – 11.40	Nutrition, Public Engagement & Policy Formulation	TBC
11.45 – 12.10	Nutrition and Cardiometabolic Disease & Emerging Evidence from BNF Compendium	Sumantra Ray
12.15 – 12.55	Nutrition and Ageing	Caryl Nowson
13.00 – 14.00	Lunch	
14.00 – 15.15	Practicum in Precision Nutrition (Testing kits)	Martin Kohlmeier
15.20 – 16.00	Food and Diet Sustainability: What's Your Footprint?	Beatrice Biasini
16.00 – 16.15	Course Summary	Pauline Douglas
16.20 – 17.00	Mentoring Time	

Evening Activity: Preparation for Assessment

Day 5: Assessment & Mini-Symposium

10.00 – 11.30	Assessment	
11.30 – 13.00	Break	
13.00 – 14.00	Lunch	
14.00 – 15.00	DSM: The role of adequate nutrient intake in managing population health	TBC
15.00 – 16.00	Global Open Data for Agriculture and Nutrition: GODAN	TBC