



NNEdPro Global Centre for Nutrition and Health

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

PROGRAMME

Cambridge Summer School in Applied Human Nutrition

Homerton College, Cambridge, UK

July 5th to 9th 2019



**SCHOOL OF ADVANCED
STUDIES ON
FOOD AND NUTRITION**



**UNIVERSITY OF
CAMBRIDGE**

In strategic partnership with the
University of Parma, Italy

Summer Programme in partnership with
the University of Cambridge, Institute of
Continuing Education

Day 1: Core Concepts in Human Nutrition		
08.00 – 08.30	Arrivals and Registration	
08.30 – 08.45	Introduction and Welcome	Directors
08.45 – 09.30	Introduction to Diet and Nutrition	Sumantra Ray (30 mins) & Pauline Douglas (15 mins)
09.30 – 10.00	Dietary Assessment Methods	TBC
10.00 – 10.30	Body Composition and Energy Metabolism	Mei Yen Chan
10.30 – 11.00	Break	
11.00 – 11.30	Body Composition/Anthropometry Practical	James Bradfield, Emily Fallon & Helena Trigueiro
11.30 – 12.15	Introduction to Micronutrients	Caryl Nowson
12.15 – 13.00	Introduction to Macronutrients	Michelle Venables
13.00 – 14.00	Lunch	
14.00 – 14.40	Dietary Bioactives: an Overview	Donato Angelino
14.40 – 15.10	Introduction to Nutrition and Non-Communicable Diseases	Caryl Nowson
15.10 – 15.40	Break	
15.40 – 16.25	Carbohydrates: New Frontiers	Margherita Dall'Asta
16.25 – 16.45	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
09.40 – 10.15	Introduction to Qualitative Methods in Nutrition	Lauren Ball and Shivani Bhat
10.15 – 11.00	Introduction to Nutritional Epidemiology	TBC
11.00 – 11.30	Break	
11.30 – 12.15	Critical Appraisal Mini-Workshop	TBC
12.15 – 12.45	European Legislation on Food/ Study Designs for EFSA Health Claims	Daniela Martini

12.45 – 13.45	Lunch	
13.45 - 14.45	Nutrigenetics & Nutrigenomics: an Overview	Martin Kohlmeier
14.45 – 15.30	Mediterranean Diet Beyond the Mediterranean Shores	Gabriele Mocciaro & Simon Poole
15.30 – 16.00	Break	
16.30 – 17.15	Diet-Microbe Interactions in the Gut: Effects in Human Health & Disease (up one)	Dan Del Rio
16.00 – 16.30	Case Study: Novel Micronutrient Research	Dora Pereira
17.15 – 17.30	Summary of Day 2	Martin Kohlmeier

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

Day 3: Nutrition in Healthcare		
09.00 – 09.05	Introduction to Nutrition in Healthcare	Sumantra Ray
09.05 – 09.45	Nutritional Screening & Assessment in Healthcare	Eleanor Beck
09.45 – 10.30	Hydration & Health in Primary Care	Pauline Douglas
10.30 – 11.00	Fluids & Electrolytes in Acute Care	Minha Rajput-Ray
11.00 – 11.20	Break	
11.20 – 12.15	Managing Undernutrition & Nutritional Support in Acute Care	Lisa Sharkey
12.15 – 13.00	Managing Obesity in Acute Care	Rajna Golubic
13.00 – 14.00	Lunch	
14.00 – 14.40	Nutrition and Cancer	Francesca Ghelfi
14.40 – 15.10	Nutrition and Mental Health	Justyna Godos
15.10 – 15.40	Break	
15.40 – 16.20	Nutrition in Disability Management & Occupational Wellbeing	Minha Rajput-Ray
16.20 – 17.00	Strategies to Implement a Healthy Population Diet	Dan Del Rio and Francesca Scazzina
17.00 – 17.15	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 – 09.30	The Global Nutrition Report & UN Decade of Action on Nutrition	Sumantra Ray
09.30 – 10.00	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 – 11.00	Public Health Nutrition Case studies	NNEdPro Team
11.00 – 11.30	Break	
11.30 – 12.00	Nutrition, Public Engagement & Policy Formulation	NNEdPro Team
12.00 – 12.45	Nutrition and Cardiometabolic Disease & Emerging Evidence from BNF Compendium	Sumantra Ray
12.45 – 13.30	Nutrition and Ageing	Caryl Nowson
13.30 – 14.30	Lunch	
14.30 – 15.45	Practicum in Precision Nutrition (Testing kits)	Martin Kohlmeier
15.45 – 16.30	Food and Diet Sustainability: What's Your Footprint?	Beatrice Biasini
16.30 – 16.45	Course Summary	Pauline Douglas
16.45 – 17.30	Mentoring Time	

Evening Activity: Preparation for Assessment

Day 5: Assessment & Mini-Symposium		
09.30 – 11.00	Assessment	
11.00 – 12.30	Break	
12.30 – 13.15	Lunch	
13.15 – 14.00	Diet and Fatty Liver	TBA
14.00 – 15.00	DSM: The role of Adequate Nutrient Intake in Managing Population Health	TBA
15.00 – 16.00	GODAN: Future of Open Data	TBA
16.30 – 17.00	Course Summary and Award Ceremony	Sumantra Ray and James Bradfield