

Written on behalf of the NNEdPro Group by Prof Sumantra Ray, James Bradfield and Ananya Roy

## A Decade of Laying Foundations

### The art of translating Nutrition Science to Health Practice

Over 2018 we officially mark our tenth anniversary year! At a time of great change, we pause to reflect on the past decade while looking at the exciting future ahead!

#### What is NNEdPro and what do we do?

Established as a University-based project group in 2008, we were subsequently hosted in a UK Medical Research Council facility for several years, before being constituted as an independent education and research organisation, whilst retaining formal University affiliations.

Our aim is to improve nutrition-related health outcomes through education, research, and addressing inequalities, in line with the United Nations' Sustainable Development Goals and the Decade of Action on Nutrition 2016-2025. We deliver our work through the following sections:

- **International Academy of Nutrition Educators [IANE]**  
Developing, delivering and evaluating evidence-informed education and training in nutrition and health as well as capacity building and mentoring of tomorrow's trainers.
- **Nutrition Research and Innovation Consortium [NRIC]**  
Undertaking primary nutrition research through basic science, human interventions, population studies and evidence synthesis to inform health policy and practice.
- **Implementation Research and Consulting in Nutrition [IRCN]**  
Seeking implementation strategies to embed good nutrition practices into health systems across sectors through action-orientated research and solution-focused consulting.
- **Nutritional Equity and Population Health [NEPH]**  
Closing the nutrition and health related inequalities gap through lean innovation and empowerment of marginalised populations with a focus on lower income settings.

IANE is responsible for: leading Nutrition Education at the Cambridge School of Clinical Medicine; hosting the Cambridge Summer School in Applied Human Nutrition with the University of Cambridge Institute of Continuing Education; organising the

Annual International Summit on Medical/Public Health Nutrition Education and Research at Wolfson College Cambridge; and also co-leading our official journal with the British Medical Journal (BMJ) Group. IANE work has been recognised through awards by Complete Nutrition (2015) and the BMJ (2016). **NRIC** draws key members from: Cambridge, Ulster, Imperial, Parma and the Laboratory of the Government Chemist (LGC). **NRIC** research, particularly in Nutrition and



Cardiovascular Prevention, was recognised early on by a British Medical Association (BMA) Research Foundation award (2014), Research Councils funding and has led to numerous peer-reviewed scientific outputs with citations. **IRCN** places emphasis on integrating good nutritional care into health systems with pioneering work funded through competitive awards in the UK, in Canada through collaboration, and more widely, and recognised further through the Medical Nutrition International Industry award (2017). **NEPH** has led a critical mass of work in India leading to the development of mobile teaching kitchens as a model for health and social innovation in impoverished populations, the potential of which has been recognised through a flagship project under the Global Challenges Research Fund (2018).

#### A vanguard of strategic partnerships and cross-border collaborations...

We are an award-winning, interdisciplinary think-tank, training academy and knowledge network anchored in Cambridge providing a centre for global excellence. Our principal hubs are in Cambridge, London, Ulster and Parma. Our international networks cover North America, Africa, South Asia and Australasia. We work via strategic partnerships and key collaborations, connecting individuals and institutions through academy membership as well as formalised networks. Working closely with diverse groups enables an inter-disciplinary knowledge-base. As we mark a decade of activity it is important to acknowledge those partners who form our knowledge vanguard today, amplifying our impact from science through to society.

We have key affiliations with academic institutions, including the University of Cambridge, through which we deliver flagship educational courses and undertake collaborative research, particularly via senior academic appointments held by our leadership. Our group also holds associate membership of Cambridge University Health Partners and our base for international scholarly exchange is Wolfson College Cambridge. Additionally, we have important affiliations with Imperial College London, Ulster University and the University of Parma. We are also closely allied with specialist organisations, such as Global Open Data for Agriculture and Nutrition (GODAN) as well as the British Dietetic Association, providing Dietetic expertise, business support and governance oversight to our operations. Further strategic partnerships with specialist organisations include Nutrition in Medicine, the Society for Nutrition Education and Behaviour and the LGC Group.



NNEdPro signs a landmark contract with the BMJ Group to launch the first ever BMJ Journal dedicated to Nutrition, Prevention and Health

### Save the dates for NNEdPro's 10th Anniversary Week & Events

- Cambridge Summer School in Applied Human Nutrition: 14th-18th July 2018 - [www.nnedpro.org.uk/summer-school](http://www.nnedpro.org.uk/summer-school)
- International Summit on Medical Nutrition Education and Research in Cambridge: 19th & 20th July 2018 - [www.nnedpro.org.uk/international-summit](http://www.nnedpro.org.uk/international-summit)

In addition to our strategic partnerships, we have significant regional collaborations with the University of Waterloo in Canada, the University of Wollongong in Australia as well as the Remedy Clinic and Cordia Group of Educational Institutes in India among others. In 2018, along with the BMJ Group, we are delighted to have become co-founders of its first dedicated Nutrition journal, *BMJ Nutrition, Prevention and Health*, which will be an important vehicle for the translation of high-quality knowledge to strengthen evidence-informed health policy and practice.

### Through the looking glass and back...

Fifteen years ago, the Council of Europe published over 100 recommendations to improve nutritional care across European countries and the UK formed an Alliance led by the BDA to examine this issue. During this time the BMA passed a priority motion to strengthen nutrition related healthcare. Over two years, representatives from several professional organisations worked through the Alliance resulting in three outputs: a BBC documentary entitled 'Hungry in Hospital' around the patient journey, a consensus statement 'The 10 Key Characteristics of Good Nutritional Care', principles of which were subsequently enshrined in regulatory standards, and the 'Department of Health 2007 Nutrition Action Plan' containing a mandate for the 'Need for Nutrition Education Project'. NNEdPro was subsequently formed in 2008 with Fellowship funding awarded by the National Institute of Health Research to two founding members in Cambridge, as well as an educational award from Abbott Nutrition to the BDA. Since then, NNEdPro has evolved from a single project to a Global Centre for Nutrition and Health.



Empowering women through nutrition education in India via mobile Teaching Kitchens

Our work has focused on developing adaptable and scalable models for medical nutrition education combining clinical/public health knowledge with leadership training to aid implementation in healthcare settings.

On the other hand,

we have undertaken a range of primary research studies to fill key evidence gaps. Our international work has defined a common denominator of knowledge required to translate Nutrition to practice in multiple settings, whilst appreciating key regional differences. The India network is a case study of where a capacity building initiative in health professionals demonstrated that with minimal mentoring, 'champions' can generate locally sensitive but internationally publishable research data. This further led to a stream of

multi-disciplinary work to enable a unique health and social innovation model through mobile teaching kitchens, empowering the marginalised members of society to impact their own communities as well as across social classes as champions and micro-entrepreneurs around food, nutrition and health.



Creating future nutrition and health leaders at the Cambridge Summer School in Applied Human Nutrition by NNEdPro

In order to bring together key opinion leaders, we ran our first International Summit in 2015. By the third Summit, speakers represented seventeen countries, across five continents. Over the past three years, the message from the Summit has been clear and consistent – despite the growing complexities of malnutrition, there is little nutrition in medical curricula across the globe. Consensus developed via the Summits have led to a coordinated strategy through the development of an 'International Knowledge Application Network



Knowledge sharing at the NNEdPro International Summit Conference on Medical and Public Health Nutrition

in Nutrition 2025' (I-KANN-25) in partnership with GODAN. The fourth Summit in 2018 will examine progress to date and determine the road ahead. This will be preceded by our Summer School in Applied Human Nutrition where

a galaxy of international faculty and students will add one more solid brick to the foundations of a more nutrition sensitive workforce.

**But alas, there is still much work to be done! So, we urge one and all to consider joining with us as we envision a stronger future for nutrition, as the international community rises to the challenge of ending malnutrition in all of its forms over this coming decade.**

**Acknowledgements:** Patron - The Lord Rana | President - The Lord Balfe | Directors – S Ray, P Douglas, M Rajput-Ray, D Del Rio • **Global Innovation Panel** – C Laur, M Kohlmeier, G Grosso, R Golubic, F Ghelfi, J Bradfield, S Bhat, H Carter, S Griffin, E Barrett • **Key Resources Panel** – K Chamberlain, G Jones, N Ziauddeen, A Roy, M Brown, R Keane.

### Keep in touch with NNEdPro:

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Our Members: [www.nnedpro.org.uk/members](http://www.nnedpro.org.uk/members)

### Awards:

- 2015: CN Awards - Outstanding Achievement
- 2016: BMJ Awards - Finalist & Runner Up
- 2017: MNI Award - Winner
- 2018: GCRF Award - Joint Recipient