



Global Centre for  
Nutrition and Health

## DRAFT PROGRAMME

# Cambridge Summer School in Applied Human Nutrition

*A foundation certificate course in Applied Human Nutrition for professionals in  
health and related sectors*

July 28<sup>th</sup> to July 31<sup>st</sup>, 2017

Wolfson College Campus  
University of Cambridge, UK



[meetings.nnedpro.org.uk](http://meetings.nnedpro.org.uk)

## DAY 1: CORE CONCEPTS IN HUMAN NUTRITION

Friday 28<sup>th</sup> July

Time	Topic	Speaker
09.00 – 09.45	Introduction to Diet and Nutrition	Sumantra Ray and Pauline Douglas
09.45 – 10.15	Dietary Assessment Methods	Nida Ziauddeen
10.15 – 10.45	Body Composition and Energy Metabolism	(TBC)
10.45 – 11.30	Practical Session – Anthropometry and Bioimpedance Methods	James Bradfield and Matt Harvey
11.30 – 11.45	<i>Break</i>	
11.45 – 12.30	Introduction to Macronutrients ( <i>including the role of digestion and absorption</i> )	Michelle Venables (TBC)
12.30 – 13.15	Introduction to Micronutrients	Pauline Douglas
13.15 – 14.15	<i>Lunch</i>	
14.15 – 14.45	Introduction to Nutrition and Non-Communicable Diseases	Sumantra Ray
14.45 – 15.15	Nutrition and Cardiometabolic Disease	Sumantra Ray
15.15 – 15.30	<i>Break</i>	
15.30 – 16.15	Diet and Fatty Liver: A Case Study	Michele Vacca
16.15 – 16.30	Sum up of Day 1	Sumantra Ray and Pauline Douglas

*Day 1 Activity: Walking tour of Cambridge and visit to the Eagle (Recommended)*

## DAY 2: NUTRITION RESEARCH METHODS

Saturday 29<sup>th</sup> July

Time	Topic	Speaker
09.00 – 09.45	Introduction to Study Design and Quantitative Methods in Nutrition	Sumantra Ray and Rajna Golubic
09.45 – 10.30	Introduction to Qualitative Methods in Nutrition	Celia Laur and Jennifer Crowley
10.30 – 11.15	Introduction to Nutritional Epidemiology	Fumiaki Imamura
11.15 – 11.30	Break	
11.30 – 12.00	Critical Appraisal Mini-Workshop	Sumantra Ray and Jennifer Crowley
12.00 – 12.30	Nutritional interventions addressing food choices and eating behaviour	Alice Rosi*
12.30 – 13.30	Lunch	
13.30 – 14.15	New Frontiers in Human Nutrition Research: An Overview of Nutrigenetics and Nutrigenomics	Martin Kohlmeier
14.15 – 15.15	Mediterranean Diet Beyond the Mediterranean Shores	Gabriele Mocciaro and Simon Poole
15.15 – 15.30	Break	
15.30 – 16.00	Nutrient Quality and Health: Impact of Carbohydrate Quality on Human Health - News from the research front	Francesca Scazzina
16.00 – 16.45	Diet-Microbe Interactions in the Gut - Effects in human health and disease	Daniele Del Rio
16.45 – 17.00	Sum up of Day 2	Daniele Del Rio and Rajna Golubic

*Day 2 Activity: MRC Elsie Widdowson Laboratory tour and Vascular Lab Demo (optional)*

*\*2016 NNEdPro Summer School Scholar*

## DAY 3: NUTRITION IN HEALTHCARE: MAKING A DIFFERENCE

Sunday 30<sup>th</sup> July

Time	Title	Speaker
09.00 -11.00	<i>Introduction to Nutrition/Hydration Education and Leadership for Improved Clinical Outcomes (NHELICO) - Part 1</i>	
	Nutritional Screening and Assessment in Health Care	Sumantra Ray
	Hydration and Health in Primary Care	Pauline Douglas
	Fluids and Electrolytes in Acute Care	Minha Rajput-Ray
11.00 – 11.15	Break	
11-15 -12.05	Managing Undernutrition and Nutritional Support in Acute Care	Lisa Sharkey and colleagues
12.10-13.00	Managing Obesity in Acute Care	Adrian Park and colleagues
13.00 – 14.00	Lunch	
14.00 – 14.45	Nutrition and Cancer prevention	Francesca Ghelfi
14.45 – 15.00	<i>Continuation of Nutrition/Hydration Education and Leadership for Improved Clinical Outcomes (NHELICO) - Part 2 (including case studies)</i>	Sumantra Ray
15.00 – 16.00	Nutrition in Ageing including Micronutrient Deficiencies	Caryl Nowson
16.00 – 16.15	Break	
16.15 – 16.45	Nutrition in Disability Management and Occupational Wellbeing	Minha Rajput-Ray
16.45 – 17.00	Sum up of Day 4	Minha Rajput-Ray and Pauline Douglas

*Day 3 Activity: Formal Gala Dinner at Downing College - Cambridge University (Included)*

## DAY 4: NUTRITION, PUBLIC HEALTH AND POLICY

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### Monday 31<sup>st</sup> July

Time	Title	Speaker
09.00 – 09.30	The Global Nutrition Report and UN Decade of Action in Nutrition	Sumantra Ray and Federica Amati
09.30 – 10.00	Scope of Public Health Nutrition: "How a simple piece of string can improve public health?"	Margaret Ashwell
10.00 – 10.30	Global Evidence in Nutrition	Giuseppe Grosso
10.30 – 11.00	Nutrition, Public Engagement and Policy Formulation	Glenys Jones
11.00 – 11.15	Break	
11.15 – 11.45	Role of Nutritional Supplements	Manfred Eggersdorfer
11.45 – 13.00	Interactive Workshop	Wellness Rx
13.00 – 14.00	Lunch	
14.00 – 15.30	Course Assessment	
15.30 – 15.45	Break	
15.45 – 16.15	Course Summary	Sumantra Ray and Pauline Douglas

*Day 4 Activity: Punting on the River Cam (Recommended)*