



# Issue no.2

## FIO FOOD NEWSLETTER

DECEMBER  
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### Season's Greetings

In December we entered the fourth month of our FIO Food Project. The first quarter of the project has been a great success. Since launching the grant, we have established important connections, recruited volunteers to join our Lived Experience Advocates groups, and the WPI Team have designed a survey (more on this below)!

The FIO Food Team has expanded! We have recently welcomed five new sparkly ECRs to support with the grant's delivery - Marta Lonnie, Dr Hannah Greatwood, Dr Rebecca Stone, Emma Hunter and Funmi Aggreh. The ECRs have been very busy in Santa's workshop preparing ethics applications and laying the groundwork for the next three years. Welcome on board!

As mentioned above, the WPI Team have been especially busy. They have developed a survey to understand what helps or hinders people living with obesity and food insecurity purchase healthy, sustainable food in the supermarket. The survey will go live in the New Year and is set to produce some really novel and insightful findings.

Season's greetings from the very merry FIO Food Team!



### Latest News



### Recruitment of Lived Experience Advocates

**Co-production** of research is one of the key strengths of the FIO Food project. It is defined as the process in which researchers, practitioners and members of the public collaborate to develop research together. This approach can help to strengthen public involvement, and create and implement more relevant and applicable solutions ([Farr et al, 2021](#)).

Our Team has developed a [video](#) to explain what it means to be a Patient and Public Involvement (PPI) member in health research co-production. We hope this video will help in the recruitment process.

*\*Click 'play' to view the animation.*

### Engagement with the Transforming UK Food System (TUKFS) Network

The FIO Food grant is one of eleven interdisciplinary research projects funded under the second call of the Transforming the UK Food System for Healthy People and a Healthy Environment - Strategic Priorities Fund (SPF) Programme. The TUKFS programme delivers workshops where academics from all TUKFS projects can exchange knowledge and experiences.



On the 12th September 2022, Dr Charlotte Hardman (from the FIO Food Team) and Dr Rachel Loopstra (from UCL) ran one of these workshops in Sheffield. The workshop was a discussion session on dietary inequalities/food insecurity, which aimed to identify synergies between TUKFS projects and to agree ways of working together to increase the scope and impact of research. Our ECR, Dr Rebecca Stone, has synthesised those discussions and produced outputs that you can find an example of on the next page.

\*For more deliverables from this workshop go [here](#).

## Monitoring food insecurity in the UK - TUKFS workshop (Sep 2022)



### How can we collect **robust data** to **monitor** the **extent of dietary inequalities/food insecurity** in **different** areas of the UK?



#### Private sector data

Access data on household food purchases collected by Kantar, supermarket loyalty cards etc.



#### Use national data to model local levels

Data from National Diet and Nutrition survey and Family Resources Survey can be applied to local area characteristics.



#### Bespoke local data collection

Collect survey data on fruit and vegetable intake, oily fish intake, intake of high sugar, fat and salt foods, sugar-sweetened beverages, household food insecurity using validated measurement tools; consider use of biomarkers: salivary cortisol, hair, urine samples.



#### Proxy data monitored at local authority level

Prevalence of underweight/ overweight/ obesity collected as part of National Child Measurement Programme; Fingertips public health data (oral health of children; % adults with overweight/ obesity; breastfeeding initiation; estimated diabetes diagnosis rate); data on hospital admissions for malnutrition.



#### Consider asking children directly

Parents may not always know of their children's experiences or may underreport them; children are aware of and can report issues of insecure and insufficient access to food in their homes.



#### Things to consider...

- Need for longitudinal and comparable area-level data to be able to track change and inequalities between places.
- Extent to which proxy data reflects outcomes of interest.
- Different constructs of dietary quality, and food insecurity.
- Who is represented in the data and who is not.
- Ethical issues concerning asking children and invasive nature of questions about access to food and diets.