



The FIO Food Team secures £0.5mln for further health inequalities research from the TUKFS Additional Funding Stream!

This additional funding stream is aimed at amplifying existing research on place-based interventions to reduce health inequalities in the food system. The funding comes from the UKRI Strategic Theme on Creating Opportunities, which has a strong focus on improving outcomes for local communities through policy and practice.



With increasing food and energy costs, the cost-of-living crisis will produce more diet and health inequalities for those from the most vulnerable groups, particularly children and those from socially deprived areas. In September 2022, 40% of British consumers reported that they were worried about being able to afford to purchase food in the next month, a characteristic of food insecurity. Inequalities in diet contribute to overall inequalities in health. We need evidence-based solutions to support the National Food Strategy approach to, 'deliver safe, healthy, affordable food, regardless of where people live or how much they earn'.

As the cost-of-living crisis is a dynamic process, we need approaches to timely respond to the emerging 'crisis', using the most recent data

Using the supplemental funding, in the DIO Food project our goal is to identify how we can provide timely evidence-based research and commentary from those facing diet and health inequalities, to be shared with key stakeholders. This work is different from the FIO Food in that is not solely focused on people living with obesity but rather working with vulnerable groups (early years and people with low income) to tackle the cost of living crisis to give timely policy directives.

This new work expands the existing FIO Food scope of living with obesity to connect with vulnerable citizens who are facing diet and health inequalities. This additional work plan directly addresses the pressing issue of diet and health inequalities, through targeted actions around:

The additional support will facilitate the expansion of the FIO Food work plan, with a further three WPs (5-7) under the remit of the **DIO-Food (Diet and Health Inequalities) project**: WP5 – Early Years, UK Infant food insecurity; WP6 – review of High Fat, Sugar and Salt (HFSS) policy on retail purchase patterns; WP 7 – Knowledge Mobilisation.

- highlighting the importance of the early years;
- the impact of current HFSS policy to improve dietary habits;
- creating the impact to share findings with stakeholders.

Prof. Charlotte Hardman (FIO Food) and Prof. Clare Pettinger (FoodSEqual) received award from the TUKFS-SPF Programme Annual Synergy Fund 2023



This research will map and curate examples of 'good practice' across the TUKFS projects where 'co' design/creation/production methods are being employed for food system transformation. 'Co-production' is a way of working together in equal partnership for equal benefits – it is a term that is increasingly used in research and practice because it is thought to empower communities and other stakeholders more fairly in research processes. Within food systems research, it is becoming popular as an approach in diverse contexts. But it remains a contested term, because its processes are seen to be 'messy' and complex.

The Team will unpick this messiness by exploring the utility of these approaches in relation to food system transformation, to optimally capture, quantify and report co-production activities and impacts across the TUKFS projects. Exploratory creative methods will be employed using a novel 'co-production oracle' workshop model (hosted by external facilitator) to support a mapping exercise that will capture 'good practice' examples of 'co-production in action' across TUKFS projects - this will result in a publicly available digital 'good practice' toolkit. This research will lead to improved joined-up understanding of 'co-production' and its application and potential impact across UKRI projects and beyond.



Knowledge Exchange Activities

The dual health burden of malnutrition and obesity – House of Commons



Professor Charlotte Hardman from Liverpool University and the lead of FIO Food WPI was invited to the event at House of Commons on the 6th of June for the launch of a new All Party Parliamentary Group (APPG) “Nutrition: Science and Health” to examine the evidence for the vital role of nutrition in tackling major health problems in the UK.

Set up by The Nutrition Society in collaboration with Newcastle University, the APPG invited UK experts to tackle the problem of malnutrition, cognitive ageing and to empower front-line health workers with a focus on nutrition science.

Using evidence-based approach, the inquiry will examine how implementing cutting-edge nutrition science can make a difference in health and support the work of the NHS.

Yorkshire network UK Association for the Study of Obesity event at Leeds University



Dr Hannah Greatwood, one of our ECRs from work package 3, recently presented at the Yorkshire network UK Association for the Study of Obesity event at Leeds University. Within her presentation she introduced the FIO Food project and explained the importance of co-production in promoting sustainable eating to people living with obesity and food insecurity.

The Retail Institute webinar



At the end of June, **Professor Paul Gately** and **Dr Hannah Greatwood** (Work Package 3), discussed the role of FIO Food at a Retail Institute webinar. Along with Beth Fowler from Asda and Nathan Atkinson and Anna Harrod from Rethink Food, the discussion highlighted how the cost of living crisis and food insecurity is affecting dietary behaviours within the UK.

Pathway to Principal Investigator panel discussion

Professor Alex Johnstone and **Professor Charlotte Hardman** took part in the online panel discussion called “Path to Principal Investigator” on Monday 26th June, organised by the TUKFS and Association for Nutrition. The speakers shared their career experiences and story of how they became a PI, providing advice on how to manage the role.



What's next?

Parliamentary event showcasing FIO Food project and insights from Sainsbury's analysis of say-do gap in shopping behaviours

The event planned on the 12th of July 2023 will showcase the elements of FIO Food and IGD work with a view to highlighting how this can support more effective policy outcomes.

Professor Paul Gately (lead of WP3) will represent the FIO Food Team and provide a summary of the FIO-Food project objectives and providing preliminary insights to show opportunities in co-creation to support systems change.

