Norwich Institute of Healthy Ageing

September bulletin 2021

Welcome…

To NIHA's September 2021 bulletin, which provides the latest news from Norwich Institute of Healthy Ageing. This bulletin is sent to all NIHA members, including those at UEA and our partner organisations.

Introducing Martyn Patel, NNUH

This issue we introduce Martyn Patel, a Consultant Geriatrician at the Norfolk & Norwich University Hospital (NNUH) since 2012. He has a passion for projects that encourage the involvement of older people in research and has worked closely over the last decade with teams from UEA that specialise in Dementia Care and also in Medicines Optimisation. As one of CRN Eastern's Specialty Leads since 2014 he is active in promoting the research of Ageing Syndromes for NHS patients, and as part of this encourages colleagues at NNUH and across the wider Eastern region to take up roles in research.

As a member of the CHARMER research team, a National Institute for Health Research funded study, he is part of a multidisciplinary effort to change doctor and pharmacist behaviour so that the idea of stopping potentially inappropriate medicines is more likely to be discussed with patients during their hospital stay.

Upcoming monthly seminar, 3rd September

The next NIHA monthly seminar will feature a presentation by Prof Malcolm Jackson (left) from the University of Liverpool who will discuss his research on developing approaches to prevent musculoskeletal decline in the elderly. This will be followed by Prof Anne Marie Minihane, Director of NIHA, who will provide a brief overview of current NIHA activities including opportunities to be involved.

This virtual event will take place on Friday 3rd September at 12pm. No need to register, you can join using this weblink: http://bit.ly/NIHAseminar.

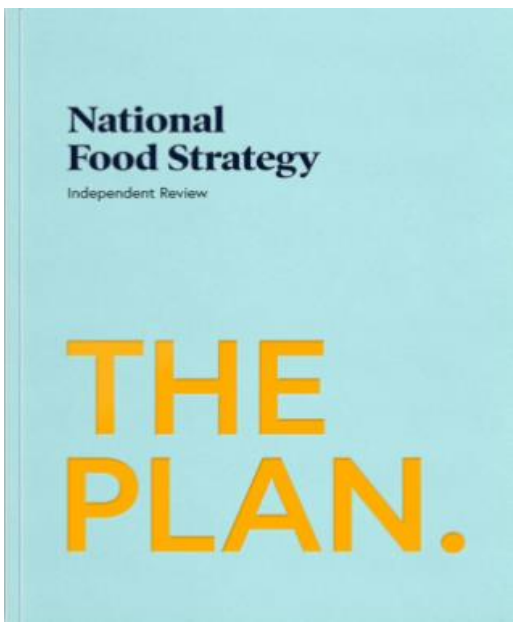
Recordings of previous seminars can be viewed on the NIHA website, so grab a cuppa and catch up online!

Government launch new obesity strategy

The UK Government have launched a new obesity strategy to get the nation fit and healthy, protect against COVID-19 and protect the NHS. The strategy includes several measures:

- Ban on TV adverts before 9pm for food high in fat, sugar, and salt.
- End of "buy one get one free" deals on unhealthy food.
- Calories to be displayed on menus.
- Campaign to help people lose weight, get active, and eat better.

This strategy is launched alongside a new "Better Health" campaign, led by Public Health England, that calls on people to embrace a healthier lifestyle, supported by a range of evidence-based tools and apps providing support.



National Food Strategy

The National Food Strategy is a Government commissioned independent two-part review into the strengths and flaws of the entire UK food system from farm to fork. Part 1 was published in July 2020 and examined issues of hunger and ill-health raised by COVID-19, as well as trade and food standards problems created by the UK's exit from the EU.

Part 2 has now been published and builds on this earlier work by examining the damage caused to ecosystems by the current food system and the urgent need to act in response to climate change. It also discusses the impact that diet-related disease is putting on the UK's health and finances. You can read the report in full here.

Upcoming funding opportunities

A reminder that NIHA members recently received the latest version of our spreadsheet summarising upcoming funding opportunities. This can also be downloaded from our website. Please get in touch on NIHA@uea.ac.uk if you would like to discuss any funding opportunities. We look forward to hearing from you!

For more information on our work, please contact the NIHA team on NIHA@uea.ac.uk

See our website www.healthyageingnorwich.com

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