

BDA EAST MIDLANDS BRANCH NEWSLETTER

Welcome!

- Summary of the October 2024 meeting
- Information about the next meeting: 12 March 2025
- Up-coming Topic will be on Avoidant/Restrictive Food Intake Disorder (ARFID)



BDA East Midlands Branch Meeting – 9th October 2024

Our meeting on 9 October was on the theme of **'Dietitians do Sustainability'** and we had a good turn out to join us on Zoom. Our guest speakers kept us engaged throughout the session. Below is a summary of what was presented.

Amy Roach, Dietitian for Sherwood Forest Hospitals NHS Foundation Trust presented on a dietitian's involvement in sustainability. Top picks from Amy's presentation include:

- Highly captivating video shared on health waste by Maria Kojck worth a watch: [Health Waste by Maria Kojck](#).
- Menu Engineering using nudge theory (Thaler & Sunstein, 2008) to encourage more sustainable choices by patients or users.



- Useful tips on how you can raise awareness about sustainability.

Amy can be contacted at: amy@greenerbydefault.org

BDA East Midlands Branch Meeting – 9th October 2024 continued....

Simon Evans Jones, from Nutricia presented on new approaches to packaging and plastics.

Key points:

- a) Ingredients contribute significantly to emissions - especially dairy. Nutricia launched Fortisip 1.5kcal in 2023 to start plant-based journey in response to this.



b) Nutricia Homeward has reusable options e.g. bottles and syringes to support the patients at home and the environment where possible.

c) New evidence published by Nutricia: 'it is clinically safe to use one giving set over a 24 hour period'- in small print it also highlights that this may not be suitable for all patients and clinical judgement is required.

Ruby Dalziel, 3rd year student dietitian at University of Nottingham spoke on

- a) Local initiatives and apps to support sustainability.



- b) Beware of Green Washing
- c) Great resource shared called 'The Flavour Thesaurus' by Nikki Segnit to support sustainable cooking.

Interested in a Replay? Listen to the recording here:

[East Midlands Branch - Dietitians Do Sustainability and AGM - YouTube](#)

Below is a link to the summary on the BDA website:

[Previous Events and webinars - British Dietetic Association \(BDA\)](#)

Save the date for our next BDA Branch meeting on **Wednesday 12th March 2025**. This will be online and is expected to run from 6:00 – 7:00 pm.

We are going to focus on '**Avoidant/Restrictive Food Intake Disorder (AFRID)**' – If you have something you want to share on this topic and/or if you would like to get involved in any way, please contact us at: eastmidlandsbranch@bda.uk.com

Instagram: @BDAAEastmidlands

Facebook: <https://www.facebook.com/BDAAEastMidlandsBranch>

Twitter: @BDAAEastMidlands

And finally...

Have you thought about joining our Branch committee?



It's a great way to promote dietetics and understand more about how the BDA works. No experience necessary – it's just great to have new people involved to help with sustainability of the Branch!

The committee is supportive and informal, and being on the committee is not a big time commitment; with the meetings on MS Teams usually lasting about 30 mins (about 6 times/year).

If you are interested, please feel free to contact: eastmidlandsbranch@bda.uk.com **We would love to hear from you.**

Your BDA Branch Committee Members

Chair:	Alison Scott
Secretary:	Carol Raaff
Treasurer:	Fiona McCullough
Events Officer:	Jane Musson
Publications Officer:	Sumeya Jakhura
Social Media Officer & student Member:	Ruby Dalziel
Ordinary Member:	Uzma Hussain

Interested in becoming involved in your local BDA Branch Committee, or have thoughts about future Branch meetings? To contact us, please email: eastmidlandsbranch@bda.uk.com