

British Dietetic Association

Maternal Fertility & Nutrition Specialist Group

AGM 23/02/2023

Committee Reports

Chair's Report

Committee members: Komal Deepak Kumar & Eulalee Green

We have held four meetings to coordinate the subcommittees' work; their reports are detailed below. As a new BDA group, we are well supported by the members who have helped to raise our group's profile by actively commenting, liking and sharing our posts on Facebook, Instagram and Twitter. We also have to thank the volunteers who have contributed a significant amount of their free time to undertake our subcommittee's work, despite the challenges of last year's challenges. We have also undertaken the following:

- Represented the MFBG at the BDA Research Symposium - 5 abstracts were submitted in the maternal and fertility category by the committee and broader group members. The winning abstract was published in the Journal of Human Nutrition and Dietetics. There was an increase in submission; almost twofold and greater participation was noted in the selected segment - demonstrating growing interest.
- Process of developing a working group to develop guidelines- Fertility Nutrition and Gestational Diabetes. The Gestational Diabetes working group will have representation from the BDA Diabetes Specialist group as well. The core team is in place - working through scoping exercises.
- Committee aiming to get some practice questions relating to nutritional supplements for pregnancy and fertility incorporated into PEN.
- Committee is a variety of projects they are currently working on. Plan to involve members in various projects and offer opportunities for members to lead on various tasks. For example, we are currently interested in hearing from members who might wish to lead on developing GDM resources in other languages and cultures. We hope to develop GDM resources for the following communities: Asian, European, Nigerian, and Middle Eastern. Open to further suggestions from members. Will inform members at the AGM and share on social media in the near future.
- Resource officer awarded NIHR Applied Research Collaboration (ARC) Northwest Coast Internship programme. This will allow her to work on research for one day a week for 12 months, to inform a future NIHR doctoral clinical academic and practitioner fellowship (DCAF) application, where she hopes to complete a PhD in GDM prevention.
- Established working groups for the development of the first dietetic-led GDM guidelines and fertility guidelines. Collaborations with the BDA Diabetes Specialist Groups to support these projects.
- Committee members are working on several new resources, including the BDA General fertility factsheet, Post-Partum factsheet and GDM snack list factsheet.
- Resource Officers involved in hosting the Nutrition Society Conference in Liverpool -3rd -6th July 2023, all members encouraged to attend.
- New intake for the nutritional management in pregnancy course at the end of 2023, members can express their interest now by emailing the committee email.

Project Coordinator

Committee Member: Catherine Gallagher

Activity 2022-2023

- A range of committee meetings, webinars and study days carried out over the previous 12 months (*refer to the secretary, events coordinator and treasurers' reports*)
- Nutritional Management in Pregnancy Course revised and launched virtually, strong interest and successful sales (*refer to communications & courses coordinator report and treasurers' report*)
- Research team have had papers published in high impact journals and presented at both national and international events, representing the MFSG (*refer to chair's & research and resource coordinators reports*)
- PEN Training conducted and sub-groups established to inform the development of UK guidelines for dietetic management of both fertility and gestational diabetes (*refer to chair's report and communications & courses coordinator report*).
- Regular communications with group members through a range of social media platforms and updates /announcements through the website and newsletters (*refer to website and newsletter coordinator and social media coordinator reports*)

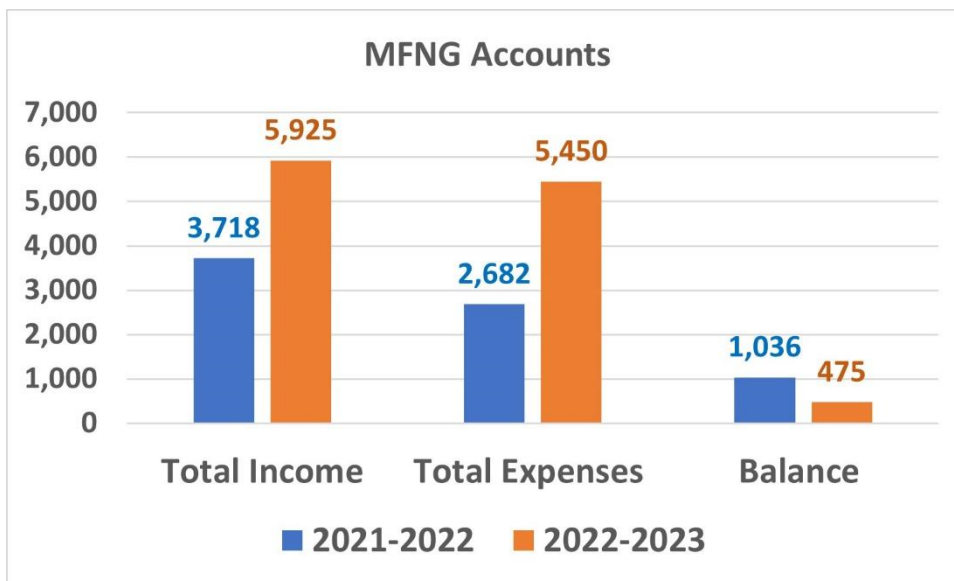
Plans 2023-2024

- Complete NIHR ARC NW Coast internship programme which will support evidence-based resource development and project management skills, all of which will enhance the resource officer role within the committee.
- Prompt committee members monthly to complete regular updates on each project on Basecamp.
- Review basecamp updates monthly and link in with individual committee members if updates are not available for existing projects to ensure timely milestones are set.
- Offer support to committee members to ensure all the to-do's assigned on basecamp is completed by the designated time frame. Identify any barriers to completing tasks and seek out strategies/ resources to support the project leads, ensuring the timely completion of assigned projects.
- Resource officer will support the various project plans the committee and members are undertaking; see chair report for a summary of the 2023/2034 plans.

Treasurer's Report

Committee member: Eugenia Grand

MFNG Accounts	2021-2022	2022-2023
Membership fees	2,476	3,332
Webinars & Courses	942	2,293
Sponsorship	300	300
Total Income	3,718	5,925
Speakers Fees	2,300	3,744
Honoraria & Awards	250	130
Travel & Subsistence	36	1,169
Exhibition & Conferences	0	0
Printing & Marketing	0	0
Running & Subscription Costs	96	407
Total Expenses	2,682	5,450
Balance	1,036	475



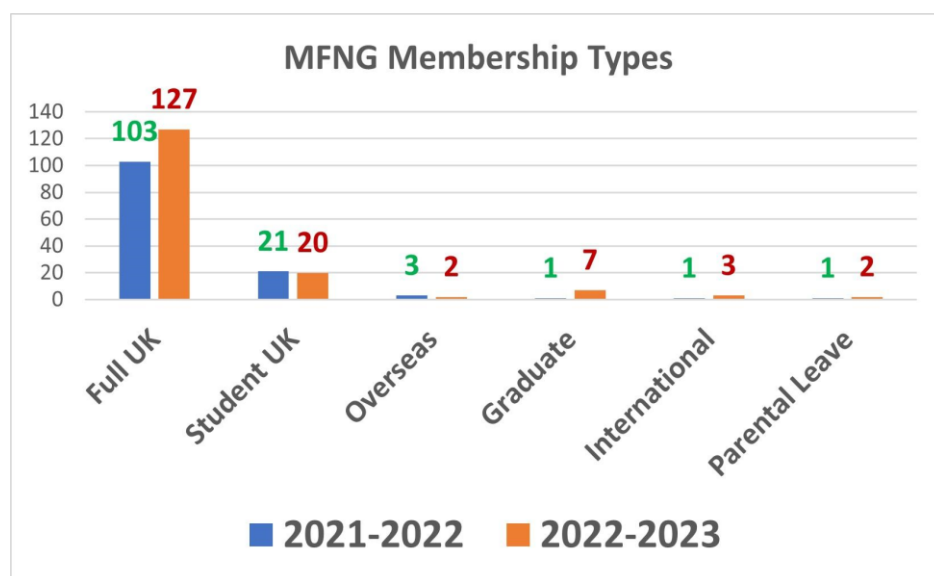
Secretary & Membership Coordinator's Report

Committee member: Bahee Van de Bor

The Secretary had coordinated and minute four meetings over the last 12 months to coordinate the work of the MFNG of the committees, including 1 in-person meeting in London.

MFNG has increased by 24% over the last year from 130 to 161 members as of Monday, 13/02/2023. This includes the breakdown below:

MFNG Membership Types	2021-2022	2022-2023
Full UK	103	127
Student UK	21	20
Overseas	3	2
Graduate	1	7
International/Affiliate	1	3
Parental Leave	1	2
Total	130	161



NB: Membership numbers exclude BDA staff members.

Communications & Courses Coordinator's Report

Committee Member: Anita Beckwith

2022 to 2023:

- Led on the development and delivery of Nutritional Management in Pregnancy course:
 - Now delivered with the BDA and endorsed by BDA and AfN
 - For registered dietitians, registered nutritionists, and 4th year dietetic students
 - First course delivered live in April & May 2022
 - Second course currently being delivered (live & recorded) January & February 2023
 - New addition to the current course: Eating Disorders in Pregnancy
- Maintained consistent communications links through members and committee.
- Working with Claire Pettitt, Eugenia Grand and Ro Huntriss to produce joint fertility factsheet.

Plans for 2023- 2024:

- To lead on the delivery of Nutritional Management in Pregnancy Course Jan & Feb 2024
- Part of working group producing Fertility Guidelines

Event Coordinator's Report

Committee member: Ro Huntriss

The Events team have delivered a full day webinar and an evening webinar between March 2022 and February 2023 with the final webinar being pushed into March 2023 due to World Obesity Day - which will mark our first collaborative event with another specialist group. We also collaborated with My NutriWeb on two online events.

- Full-day online study day - 71 tickets sold.
- Fertility Nutrition in Research in practice - 90 tickets sold.
- BDA Maternal and Fertility Nutrition group collaborated with My NutriWeb webinars on two events where committee members were speakers.
 - Nutrition and Fertility
 - Nutrition and PCOS
- Joint study day with Obesity group moved to 2nd March due to World Obesity Day

Plans for 2023- 2024:

The Event team plans to deliver at least 3 webinars next 12 months in addition to the annual study day. The details will be announced in the MNG newsletters. The study day is suggested for June, another webinar around September and one on either side of Christmas. We will continue to be open to collaborative events, including collaboration with Irish Dietitians.

Research Coordinator's Report

Committee members: Julie Abayomi and Kate Maslin

Over the last 12 months, the research team have completed the following pieces of work:

- Continued to compile a database of MNFG member's expertise and research interest for members who would like to contribute future research projects. If you want to be added to the list, please email MaternalFertilitySG@bda.uk.com.
- Published 2 papers about maternal nutrition and weight management.
 - Azevedo Martins, AK., Newson, L., Nonato, G., **Abayomi J** (2022). The importance of good nutritional care during pregnancy: A comparison between the UK and Brazil. *British Journal of Midwifery*.
 - Newson, L., Bould, K., Aspin-Wood, B., Sinclair, L., Ikramullah, Z., **Abayomi, J** (2022) The lived experiences of women exploring a healthy lifestyle, gestational weight gain and physical activity throughout pregnancy. *Health Expectations*

- Presented posters about maternal nutrition education for midwives at
 - The Nutrition Society Conference in Cork, Ireland (June 2022) and the All Ireland Midwifery Conference in Cavan (November 2022),
 - The BDA Research Symposium 2022 and won the best abstract category- 3 papers were presented by committee members (Julie Abayomi, Catherine Gallagher & Komal Deepak) and 5 papers overall from the wider group.
- The nutrition chapter for Mayes Midwifery, the standard textbook for midwives, will be published in early 2023.
- Facilitated the second maternal & fertility nutrition session at the BDA research day; our committee members chaired & judged the abstracts (x6) for this session.
- Committee member Catherine Gallagher was successfully awarded an NIHR research internship to develop a research project about GDM.
- Published paper on Functional gut symptoms in Endometriosis:
Kumar K, Appleby-Gunnill B, Maslin K. Nutritional practices and dietetic provision in the endometriosis population, with a focus on functional gut symptoms. J Hum Nutr Diet. 2023 Feb 16. doi: 10.1111/jhn.13158. Epub ahead of print. PMID: 36794746.
- Media appearances:
 - Julie Abayomi was an invited speaker for 'Diet during pregnancy' a podcast for Sigma Nutrition Radio, Ireland. Episode 441 June 2022.
 - Disseminated relevant research via study days, newsletters and social media.

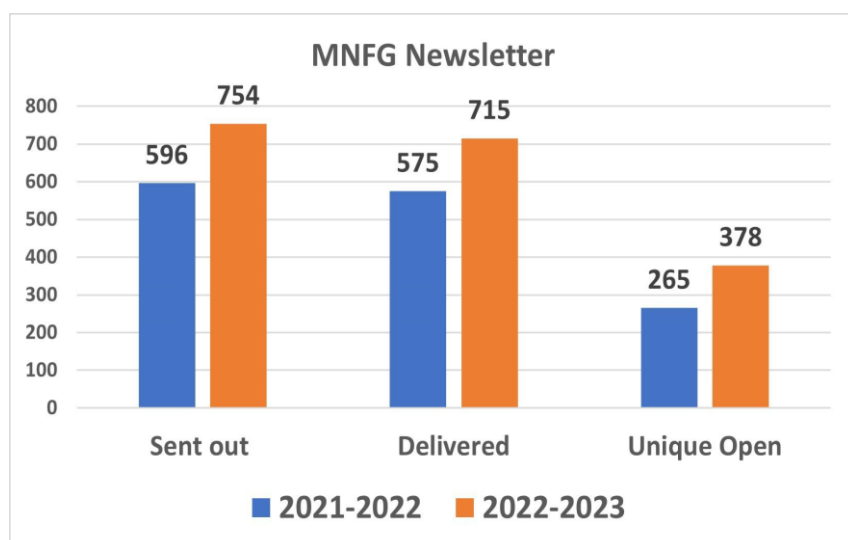
Plans for 2023-2024

To continue to provide support for members with research ideas, for example:

- Applications for NIHR doctoral/pre-doctoral fellowships
- Input to Study days
- BDA Research Day symposium presentations
- Writing & publishing papers
- Funding to attend relevant research conferences.

Website & Newsletter Coordinator's Report

Website team: Kathryn Haywood and Laura Logan



Website/Newsletter's update:

- Maintained specialist group website for both public-facing & members-only pages.
 - Regularly update with announcements and relevant information.
 - Addition of the "Nutritional Management in Pregnancy Course" webpage with a "Meet the Team" sub-page. Both are unrestricted & accessible to all those interested in the course.
 - Enhanced the "Meet the Committee" webpage to include photographs & information about our Committee Members and their roles.
- Coordinated the member's survey & results.
- Quarterly e-newsletter produced for all members.
 - Figures for the previous 12 months (NB: figures include BDA Staff Members):
 - 4 newsletters sent.
 - 754 sent to recipients.
 - 715 delivered to recipients.
 - 378 unique opens (53% - 5% increase to 21/22)
- Ad-Hoc newsletters
 - 6 newsletters sent to inform of Nutritional Management in Pregnancy course booking available, upcoming webinars, Members Feedback Survey and AGM.
- Increased website presence & interest
 - Unique webpage views increased by 4.6% in the previous 12 months.
 - Average time spent on webpages increased by 12.3% in the previous 12 months.

Plans for 2023-2024:

- Continue to raise MFNSG's internet presence & ensure information is relevant and current.
- Repeat the Members Survey Feedback & share results themes on the website.
- Promote newly developed resources within the specialism.
- Work with social media coordinators to ensure a consistent message.
- Add a webpage to inform current projects, research and resource development.

Social Media Coordinator's Report

Social Media Officer - Tazmin Lewis & Naomi O'Conner

Social media activity from 2022 as presented in the numbers below for 2023.

2023 Twitter - @BdaMaternal - (public-facing) 28 Day Summary run 11/02/2023

- 127 impressions decreased by 65% (decreased from 13.4k reported in 2022)
- 19 profile visits decreased 88.4% (decreased from 1,280 reported in 2022)
- 1 mention decreased 88.4% (36 reported in 2022)
- 757 followers increased by 12% (increased from 580 reported in 2022)

Registered #MFNSG on Sympur Signals for more in-depth Twitter analytics.

2023 Instagram – @BDA_MaternlandFertility(public-facing) Figures Based on Last 90 Days (13 Nov- 10 Feb)

- Accounts reached 1436 increased +27.4% (increased from 870 in 2022)
- Accounts engaged 74 increased +35.4% (decreased from 78 in 2022)
- Followers 1,339 increased + 6% (increased from 1054 reported in 2022)

2023 Facebook @BDA Maternal & Fertility Nutrition Group (closed group)

- 422 members (increased from 367 reported in 2022)

Plans for 2023-2024

- Naomi & Tazmin have taken over from Sarah and will be sharing the role of Joint Social Media Officer.
- Increase social media content and engagement around health awareness days and months both professional and public.
- Increase followers and engagement across all platforms.
- Promote educational opportunities courses, webinars, books across all platforms.
- Highlight BDA dietitians working in the area and repost their content. If you want us to reshare your posts or stories, please tag us in your stories or DM us.
- Create a YouTube Channel to promote resources.
- Overall, we want to grow the community and our visibility in the maternal and fertility spaces. Providing our members with tools and resources to help exert maximum influence on issues that matter to them.
- We invite our members to let us know what they want to see more of on our social media channels.

We would also like to ask our members to raise our profile by visiting and engaging on our social media pages, liking, commenting and re-share our posts.

You can find us here:

Instagram *@BDA_MaternlandFertility*

Facebook *@BDA Maternal & Fertility Nutrition Group*

Twitter *@BdaMaternal*