



BDA
Maternal & Fertility Nutrition Specialist
Group
Annual General Meeting
20/02/2024

**[www.bda.uk.com/specialist-groups-and-branches/
maternal-and-fertility-specialist-group.html](http://www.bda.uk.com/specialist-groups-and-branches/maternal-and-fertility-specialist-group.html)**

MaternalFertilitySG@BDA.UK.com

Agenda



BDA The Association
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**Maternal and
Fertility Nutrition**

Specialist Group

- Apologies for absence for committee members - Eulalee Green
- Committee Reports
- Election of Committee Roles - Olivia Wall
- Group Achievements - Eulalee Green
- Future meetings - Olivia Wall
- Any Other Business - Eulalee Green

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Chair's Report

Komal Deepak Kumar & Eulalee Green

Chair's Report

Komal Deepak Kumar & Eulalee Green



- 4 meetings over 2023-2024
- Highlights of 2023/2024:
 - New structure of the committee to ensure contingency led by the able Ro Huntriss and Dr Julie Abayomi
 - Working groups set up for development of GDM and Fertility guidelines -which will be a global first.
 - Development of newer NHS roles in the front of fertility, maternal health and endometriosis.
 - Ongoing success of the Nutritional Management in Pregnancy Course
 - Development of NIHR Internships in the area of GDM, Obesity in Fertility
 - Development of Band 8 Women's Health Lead Dietitian roles - promising workforce development
 - Great representation in the development of the new Manual of Dietetic practice and more...
- Plans for 2024: **Project planning for validation of the Nutrition screen tool for Female Fertility.**





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Treasurer's Report

Committee member: Eugenia Grand

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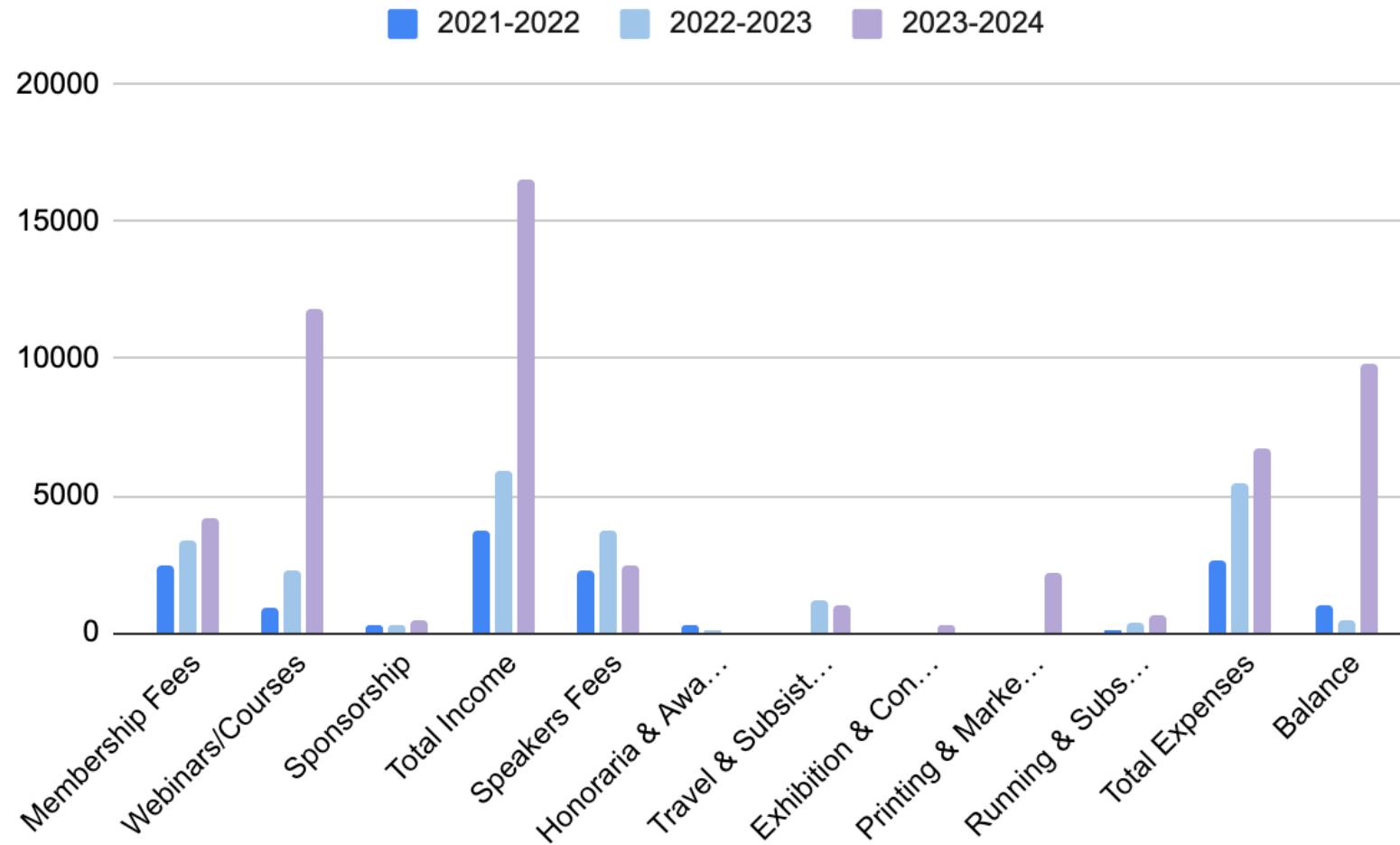


	2021-2022	2022-2023	2023-2024
Membership Fees	2,476	3,332	4177
Webinars/Courses	942	2,293	11,850
Sponsorship	300	300	500
Total Income	3,718	5,925	16,527
Speakers Fees	2,300	3,744	2,493
Honoraria & Awards	250	130	36
Travel & Subsistence	36	1,169	1,016
Exhibition & Conferences	0	0	321
Printing & Marketing	0	0	2,163
Running & Subscription Costs	96	407	300
Bank Charges	0	0	24
Debt	0	0	345*
Total Expenses	2,682	5,450	6,698
Balance	1,036	475	9,829



Treasurer's Report

Committee member: Eugenia Grand



Treasurer's Report

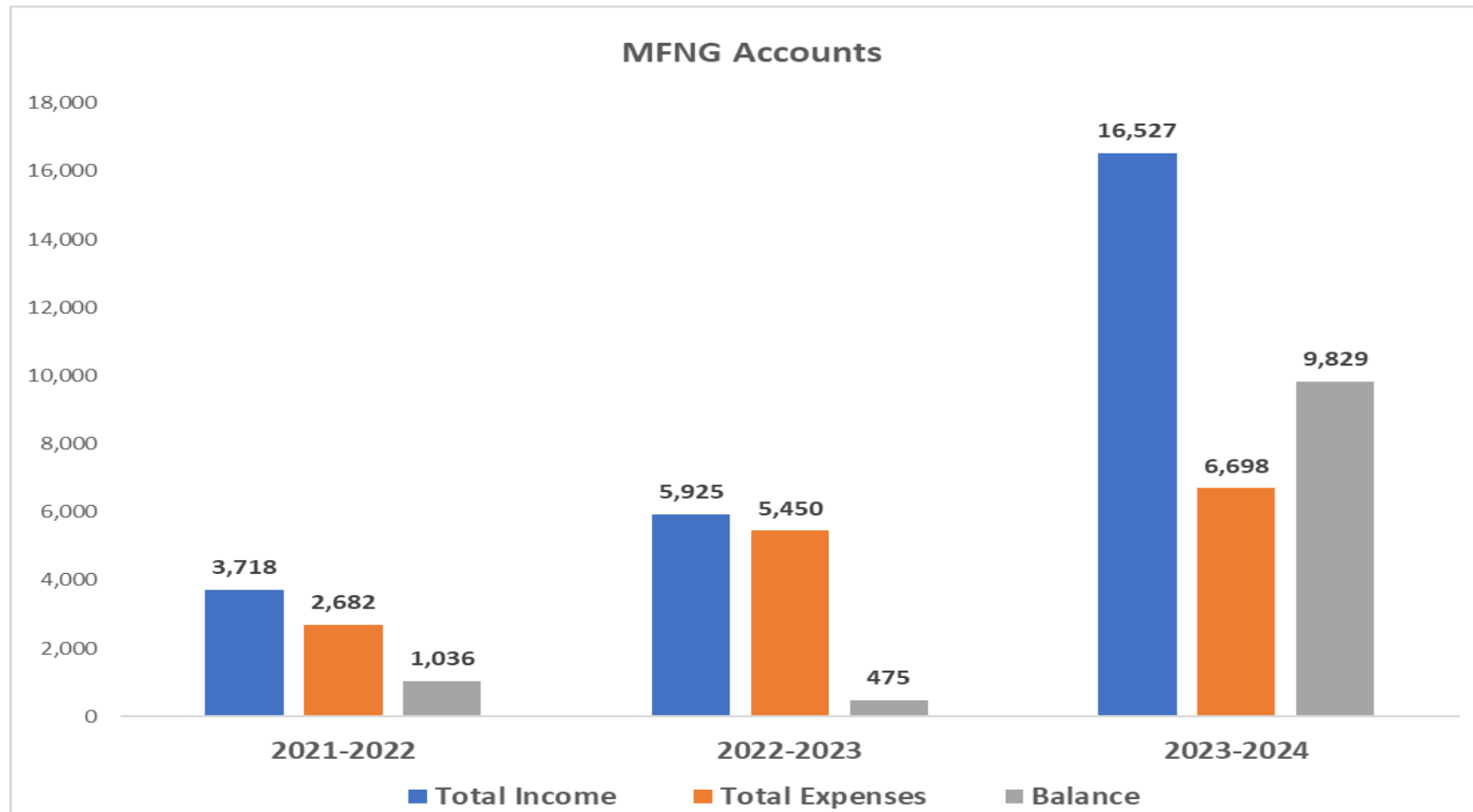
Committee member: Eugenia Grand



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Secretary & Membership Report

Committee member: Olivia Wall

Secretary & Membership Report

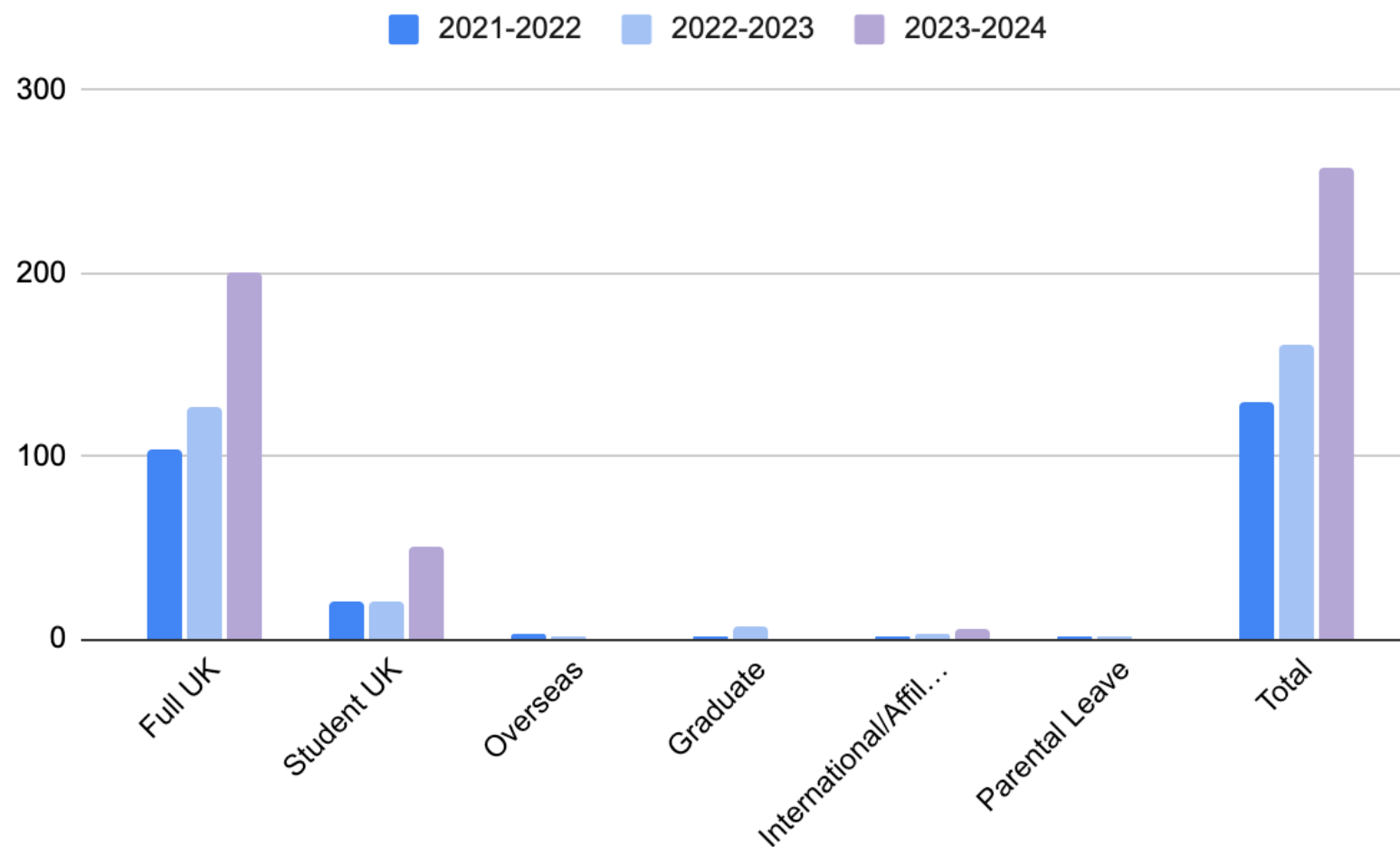
Committee member: Olivia Wall

- New secretary since October 2023
- Agreed 4 dates for 2024 meetings
- Unfortunately we were unable to do face-to-face meeting in London in 2023 - fingers crossed for 2024



Secretary & Membership Report

Committee member: Olivia Wall





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Project Coordinator Report

Committee Member: Catherine Gallagher

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Activities 2023-2024:

- Established working groups to develop guidelines for GDM and Fertility
- BDA pregnancy fact sheet updated
- BDA fertility resource (for couples)
- Hyperemesis resource developed and **soon to be available free of charge for clinicians and pregnant women**
- Business cases submitted: Maternal & Fertility service review; GDM dietary guidelines and fertility dietary guidelines



Project Coordinator Report

Committee Member: Catherine Gallagher



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Plans for 2024-2025:

- Benchmarking for Maternity & Fertility services
- Postpartum resource under development
- Plans to develop factsheets: Vegan/Vegetarian, Pregnancy Post Bariatric Surgery, GDM in other languages
- Further collaborations with Irish Maternity Dietitians



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Pregnancy Course Report

Committee member: Anita Beckwith

Communications & Courses Report

Committee member: Anita Beckwith

Nutrition Management in Pregnancy Course:

- Endorsed by BDA & AfN
- RDs, RNs & 4th Year final Dietetic Students
- Online via Teams & BDA Learning Zone

2023/2024:

- Taught: November 2023- January 2024
- Live Panel: end January 2024
- Monthly Q&A with teaching group
- Teams & BDA Learning Zone platform: access June 2024
- Welcomed 2 new members of the teaching group
- Professor Amy Brown: Breastfeeding
- Dr Abigail Easter: Eating Disorders in Pregnancy
- 39 attendees



Nutritional Management in Pregnancy Course

May/June 2024:

Committee member: Anita Beckwith

- Online via Teams and BDA Learning Zone
- Fully live
- Changes in teaching group
- Revised programme: new sessions & speakers
- Continue format: 2 speakers/session & live panel
- Continue Q&A opportunities post-taught section
- Continue with Teams & BDA Learning Zone
- 6 months access to platform
- Further development from current course feedback
- Email interest: maternalfertilitysg@bda.uk.com

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Funding opportunities/Bursaries

Committee member: Anita Beckwith

RCOG/BFS – Management of Subfertility & Assisted Conception

The Management of Subfertility and Assisted Conception event is a joint effort between the Royal College of Obstetricians and Gynaecologists (RCOG) and the British Fertility Society (BFS), taking place from 16–19 April 2024. This online course brings together cutting-edge research and evidence with the latest clinical updates on emerging issues in subfertility and assisted conception.

📍 Online

📅 16 - 19 April 2024 | 9:00 am - 5:00 pm

6th European Conference on Preconception Health and Care.
Leuven (Belgium), 19 - 20 September 2024

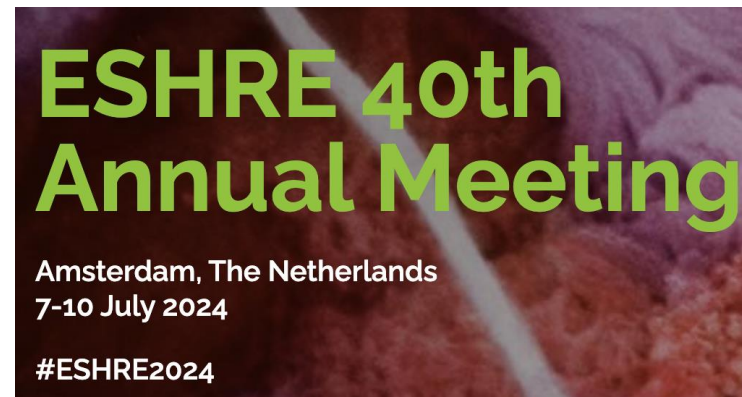


CONFERENCES
venue Assembly Buildings Conference Centre
from 2 July 2024 to 5 July 2024

Organised by:
Irish Section, The
Nutrition Society

Co-chair of local
organising committee:
Dr Anne Nugent,
Queen's University
Belfast

Co-chair of local
organising committee:
Professor Jayne
Woodside, Queen's
University Belfast



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- Applications open 21/2/2024
- Applications close: 26/2/2024 (5pm)
- Submit abstract/research idea

OR

- Why you should attend for your clinical practice
- **BDA MFNSG members ONLY**
- **Not open to students**
- **Can only apply for 1 bursary (choose which with submission)**

Events Report

Committee members: Ro Huntriss & Anita Beckwith

Events Report

Committee member: Ro Huntriss until August 2023



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Events 2023

- March 2023 Joint webinar with BDA Obesity Specialist Group - Obesity and Fertility
- June 2023 - Joint Study Day with Maternal Dietitians Ireland covering twin pregnancies, endometriosis, fertility, miscarriage, eating disorders and PKU



Events Report

Committee member: Anita Beckwith from August 2023

- **This evening's webinar:** Prof Helene McNulty, Melanie McGrice, Laura Logan & Eugenia Grand

Plans for 2024/2025:

- Joint Study Day with PENG: 3rd & 4th Oct, Liverpool
- 3-4 webinars

Watch out for Membership Survey this year to contribute further ideas for future topics



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Research & Resource Report

Committee members: Julie Abayomi & Kate Maslin

Research report

Committee members: Julie Abayomi & Kate Maslin

Past 12 months:

Continued to compile a database of MFSG members expertise and research interest - to be added email:

MaternalFertilitySG@bda.uk.com.

Facilitated the maternal & fertility nutrition session at the BDA research day 2023; committee members chaired & judged the 6 abstracts received

Presented research at the BDA research conference - Kate Maslin, Catherine Gallagher & Julie Abayomi

Responded to several policy consultations, including the RCOG consultation on “management of nausea and vomiting”, which now includes the role of the dietitian as part of the MDT and mentions the use of oral nutritional supplements for the first time.

Contributed to BDA consultation on specialists group research officers’ role

Published a chapter in the Mayes Midwifery textbook: Abayomi JC (2023) Nutrition for pregnancy. Mayes Midwifery. Elsevier

Delivered a session about nutrition in pregnancy at a Women’s health study day, in Cardiff, February 2024 (JA)

Presented at the MyNutriWeb annual Womens’ Health study day (March 2023) and RCOG world congress (June 2023) (KM).

Hosted a symposium about maternal nutrition at The Nutrition Society Summer Conference in Liverpool, July 2023. Kate Maslin presented in the main symposium about pregnancy after bariatric surgery. Komal Kumar presented an abstract. Three of JA’s PhD students presented & Katie Cole won best oral presentation, in the student competition.

JA published an editorial about the conference in proceedings of The Nutrition Society:
o Abayomi J, Charnley M, Stone G, et al. Summer Conference on ‘Nutrition at Key Stages of the Life Cycle.’ Proceedings of the Nutrition Society. Published online 2024:1-16.
doi:10.1017/S0029665124000089



Research plans for 2023-2024

Committee members: Julie Abayomi & Kate Maslin



Conducted collaborative survey about the contents of the “Manual of Dietetic Practice”, the results of which showed that maternal and fertility nutrition were one of the most requested topics for inclusion in the textbook.

Five of our members are contributing to the new MoDP: Kate, Julie, Ro, Komal, Kath & Amanda.

Published a qualitative study about nutritional management of endometriosis (Kumar K, Narvekar, N, Maslin K)

Ro published a book: Huntriss, R (2023). Deliciously Healthy Fertility: Nutrition; Recipes to help you conceive. DK Publishing, UK

MFNSG led the consultation response from dietitians on behalf of the BDA to influence the development of NICE Menopause Guidelines.

Published 4 abstracts in the proceedings of the nutrition society:

- o The thoughts and feelings of student midwives regarding offering healthy eating advice during antenatal care.
- o The daily energy and macronutrient intake of Black African women pregnant in their 2nd trimester - preliminary findings in Liverpool, UK.
- o Maternal obesity and vitamin D status influence adiponectin concentrations in pregnancy.
- o An investigation into a healthy pregnancy lifestyle programme and its impact on maternal dietary intake.



Website & Newsletter Report

Committee Members: Kathryn Haywood & Laura Logan

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maternal-and-fertility-specialist-group.html](http://www.bda.uk.com/specialist-groups-and-branches/maternal-and-fertility-specialist-group.html)**

Website & Newsletter Report

Committee Members: Kathryn Haywood & Laura Logan

- Website has Public and Members-Only pages
- Members section for:
 - MNFSG clinical fact sheets
 - Events - previous & future
 - Projects, research and resource developments
- Quarterly newsletters - MFNG member-only
- Ad-hoc updates: course information, AGM, Webinar.
- Increased website presence & interest
- BDA Change in CRM system this year means statistics incomplete



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Website & Newsletter Report

Committee Members: Kathryn Haywood & Laura Logan

Plans for 2024-2025:

- Continue to raise MFNSG's internet presence & ensure information is relevant and up to date.
- Repeat the Members Survey Feedback & share themes and actions taken on the website.
- Promote newly developed resources within the specialism.
- Continue to work with committee members to ensure a consistent up to date website.



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Social Media Report

Committee Member: Tazmin Lewis

Social Media Report

Committee Members:

Tazmin Lewis



Key Objectives

- Manage & Organise public-facing & members only pages
- Promote the work of MFNG & BDA working with BDA member services & External Affairs
- Promoting webinars, MFNG study days , resources, relevant evidence-based information



Please help to raise our profile by visiting our social media pages and liking, commenting and re-share our posts.

Social Media Report

Committee Members:

Tazmin Lewis

Instagram – @BDA_MaternalandFertility(public)

	2022	2023	2024
Accounts Reached in last 90 days	870	1,436	1396
Accounts Engaged in last 90 days	78	74	115
Followers	1,054	1,339	1626
Posts	11	22	34

Social Media Report

Committee Members:

Tazmin Lewis

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

	2022	2023	2024
Members	367	422	474
Past 60 days Posts	30	11	20
Past 60 days Comments	170	95	56
Past 60 days Reactions	269	177	173

Social Media Report

Committee Members:
Tazmin Lewis



X - @BdaMaternal (public)

	January 2022	January 2023	February 2024
Impressions	13,400	127	1723
Profile Visits	1,280	19	0
Mentions	36	1	0
Followers	580	757	860

Social Media Report

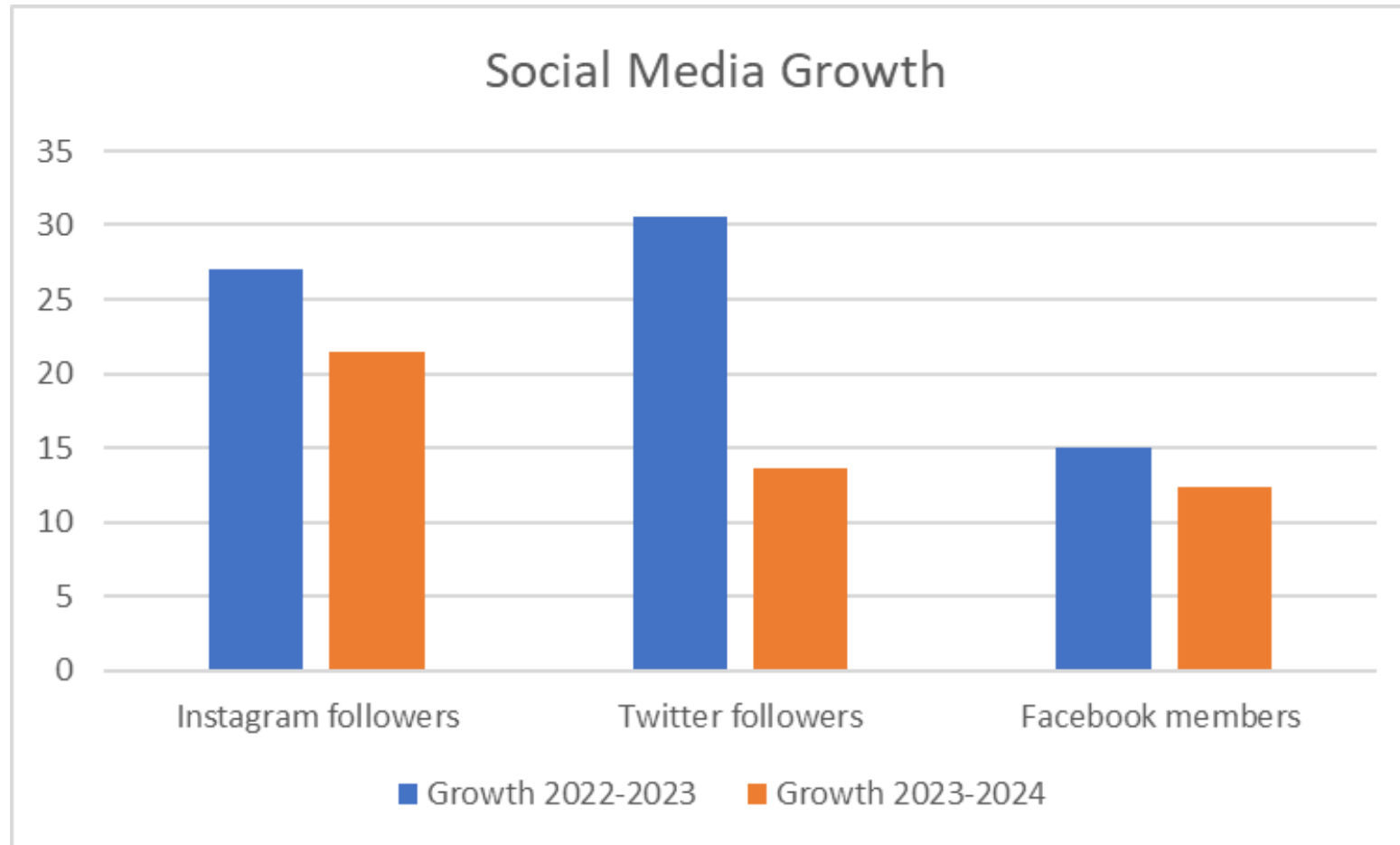
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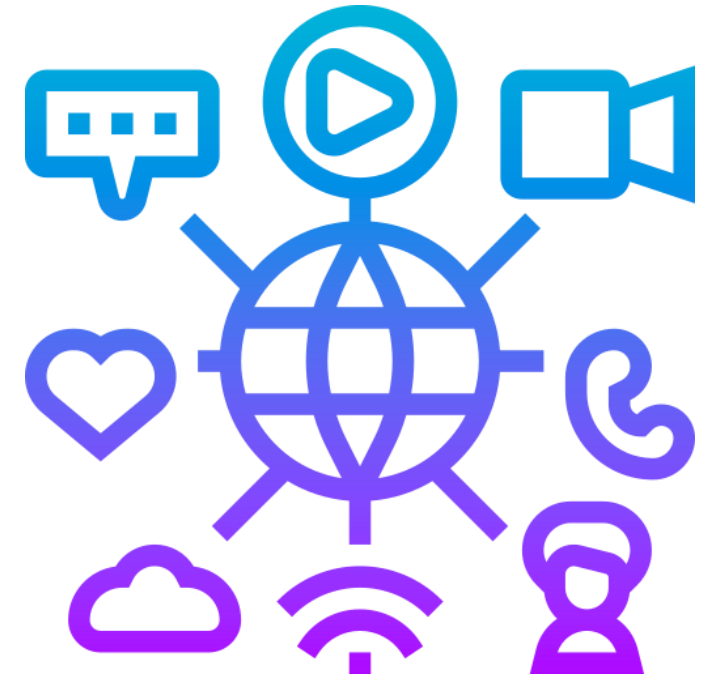
Committee Members:

Tazmin Lewis



Plans for 2024-2025

- Increase sharing of new research & evidenced based information (Social Media Focus 1-2 month campaign)
- Health awareness days/months
- Highlight dietitians working in this subject
- Grow community - Increase followers/engagement for all platforms



Please help to raise our profile by visiting our social media pages and liking, commenting and re-share our posts.

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- Future meetings - Olivia Wall
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Election of Committee Roles

Chair: Komal Deepak Kumar → Ro Huntriss

Vice Chair: Eulalee Green → Julie Abayomi

Secretary: Bahee van de Bor → Olivia Wall

Events Coordinator: Ro Huntriss → Anita Beckwith + Laura Logan

Treasurer: Eugenia Grand → Eulalee Green + Emma Schneider

Research: Julie Abayomi → Kate Maslin + Komal Deepak Kumar

Social Media: Naomi O'Connor → Tazmin Lewis + Claire Pettit

Open Committee Roles

Requests for internal expressions of interest:

Website Coordinator

Research (in 1 year)

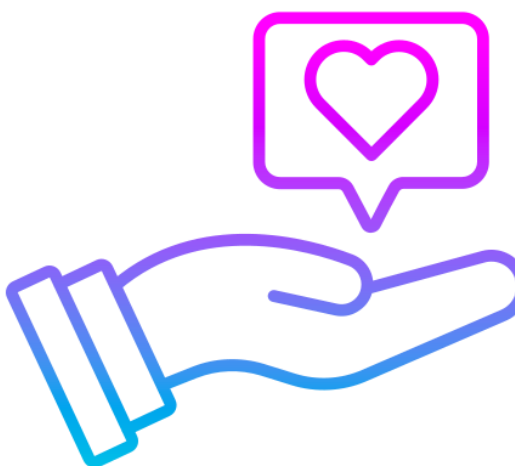
Co Treasurer

Requests for external expressions of interest:

Student Member

Thanks to

Kathryn Haywood, Vicky Gkloumpou, Bahee van de Bor, Eugenia Grand and Hazel Bilson for their hard work with the early years of the MFSG and continued contributions with fact sheets and guideline development



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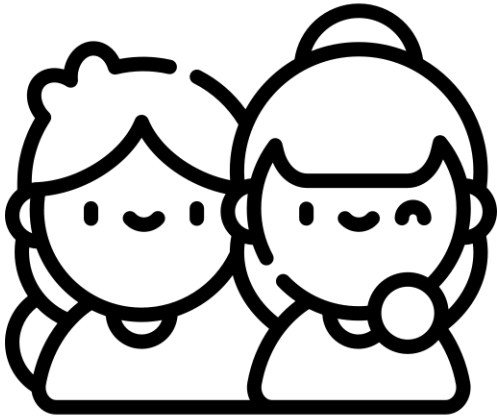
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Group Achievements



- Development of a Maternal and Fertility Nutrition coursework specially designed for South Asia, Africa and Middle East - approved by Commission of Dietetic Registration, US
Komal Kumar
- Fertility Nutrition Course for Healthcare Professionals - endorsed by BDA
Ro Huntriss
- Collaborative input with Menopause specialist Dietitians for reviewing current NICE guidelines
- RCOG guidelines now include Dietetics referral and supplementation guidance
- Publication of chapter in Mayes Midwifery textbook
Julie Abayomi
- NIHR ARC NWC internship programme ongoing
- Rapid Conversion Evidence summaries (RaCES) project underway: designing an intervention to prevent Gestational Diabetes Mellitus
Catherine Gallagher

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