

**British Dietetic Association**  
**Maternal Fertility & Nutrition Specialist Group**  
**AGM 28/02/2022**  
**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 - 3 abstracts were submitted in the maternal and fertility category by the committee and broader group members. Presented abstracts were further published in the Journal of Human Nutrition and Dietetics.
- Organised PEN Training for writing for Practice Evidence in Nutrition (PEN Guidelines); the team will be working alongside Specialist Fertility Dietitians from Canada.
- 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.

**Treasurer's Report**

Committee member: Eugenia Grand

Item	Income	Expenditure	Balance
Subscription	2,476		
Sponsorship	300		
Webinars	942		
Total Income			3,718
Expenditure			
Travel		36	
Honoraria		250	
Speakers		2,300	
Subscriptions		48	
Bank Charges		48	
Total Expenditure			-2,682
Account Balance			1036

### **Secretary & Membership Coordinator's Report**

Committee member: Bahee Van de Bor

The Secretary had coordinated and minuted four meetings over the last 12 months to coordinate the work of the MFNG of the committees.

MFNG has increased by 30% over the last year to 130 members as of Monday, 21/02/2022. This includes the following:

- 103 full members
- 21 student members
- 3 overseas members
- 1 graduate member
- 1 parental leave member
- 1 affiliate member

### **Communications & Courses Coordinator's Report**

Committee Member: Anita Beckwith

Over the past 12 months:

- Produced the Gestational Diabetes Patient Resource
- Led on the development of the pilot for the Nutritional Management in Pregnancy course
- Maintained consistent communications links through members and Committee
- Working with Claire Pettitt and Ro Huntriss to produce the Fertility Guidelines

Future plans for 2022/23:

- Leading on the Nutritional Management in Pregnancy Course revision and delivery, to become a standalone course accessible to DIETITIANS & Registered Nutritionists nationally/internationally
- Full course will be delivered virtually (a hybrid of recorded and live sessions over Teams/Zoom) through May (3,10,17,24,31) & June (7) 2022. Marketing support with the BDA. Advertising and registration will be open in March 2022: and will be widely publicised.

### **Event Coordinator's Report**

Committee member: Ro Huntriss

The Events team will have delivered three webinars between March 2021 and February 2022 and increased the number of tickets sold from 75 of the previous year (in addition to the Study Day) to 118; despite the challenge of the COVID years:

- How to Manage PCOS Nutrition for Fertility and Pregnancy; 84 tickets sold
- How to Create a Business Case; 34 tickets sold
- The Maternal and Fertility Study Day has been deferred to March 2022

The Event team plans to deliver at least 3 webinars over the next 12 months in addition to the annual study day. The details will be announced in the MNG newsletters.

## Research & Resource Coordinator's Report

Committee members: Julie Abayomi and Kate Maslin (on Mat leave)

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 would like to contribute future research projects. If you would like to be added to the list, please email [MaternalFertilitySG@bda.uk.com](mailto:MaternalFertilitySG@bda.uk.com).
- Published a paper regarding our investigation of the dietetic management of Hyperemesis Gravis in the Journal of Human Nutrition & Dietetics [Maslin, Kate; Billson, Hazel A.; Dean, Caitlin R.; Abayomi, Julie. (2021). "The Contribution of Registered Dietitians in the Management of Hyperemesis Gravidarum in the United Kingdom" *Nutrients* 13, no. 6: 1964. <https://doi.org/10.3390/nu13061964>
- Published 2 other papers in the field of maternal health/nutrition
  - Singh M, Stacey T, Abayomi J, Simkadam, P, I (2021) Maternal mental health and infant and young child undernutrition: protocol for a systematic review *BMJ Open* 2021;11:e044989. doi: 10.1136/bmjopen-2020-044989
  - Charnley, Margaret; Newson, Lisa; Weeks, Andrew; Abayomi, Julie.(2021). "Pregnant Women Living with Obesity: A Cross-Sectional Observational Study of Dietary Quality and Pregnancy Outcomes" *Nutrients* 13, no. 5: 1652. <https://doi.org/10.3390/nu13051652>
- Produced a podcast about weight gain & obesity during pregnancy for health professionals (sponsored by Nutricia)
- Written the nutrition chapter for Mayes Midwifery, the standard textbook for midwives (due to be published in 2022)
- Facilitated the first maternal & fertility nutrition session at the BDA research day; our committee members chaired & judged the abstracts for this session.
- Presented research at the BDA research conference (Kate Maslin & Komal Deepak)
- Presented at an international PKU study day in Amsterdam (online) about maternal PKU and nutritional requirements.
- Delivered a webinar for the European Society for Paediatrics, gastroenterology, hepatology and nutrition (ESPGHAN) about the Early Life Programming of Obesity
- Delivered a workshop as part of the ESPGHAN conference about Early Life Programming of Obesity in Vienna (but online due to Covid)
- Represented our group and presented a research poster at the International Congress of Dietetics, in Cape Town (but online due to Covid)
- Disseminated relevant research via newsletters and social media.

## 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 a new page for members to access information & recordings for previous webinars.
- Quarterly e-newsletter produced for all members
  - Figures for the previous 12 months:
    - 4 newsletters sent
    - 596 sent to recipients
    - 575 delivered to recipients
    - 265 unique opens (46%)
    - 383 clicks
- Ad-Hoc newsletters
  - 3 newsletters sent to inform of AGM and 2 upcoming webinars.
- Continue to raise MFNSG's internet presence.
- Developed the page for the BDA website to promote the Dietitians' role in Maternal & Fertility.
  - <https://www.bda.uk.com/specialist-groups-and-branches/maternal-and-fertility-specialist-group/what-do-maternal-and-fertility-dietitians-do.html>

## Social Media Coordinator's Report

Social Media Officer - Sarah Ashley-Maguire

Social media activity increased from 2021 as presented in the numbers below. Social media training from BDA was undertaken, which was beneficial.

30 Day Social Media Challenge planned for April 2021 did not happen due to Social Media Officer losing capacity. Re-scheduled for 2022.

*Twitter - @BdaMaternal - (public-facing)*

- 13.4K impressions (increased from 4,429 reported in 2021)
- 1280 profile visits (increased from 202 reported in 2021)
- 36 mentions (increased from 11 reported in 2021)
- 580 followers (increased from 355 reported in 2021)

*Instagram – @BDA\_MaternlandFertility(public-facing)*

- Accounts reached 870
- Accounts engaged 78
- Followers 1054 (increased from 771 reported in 2021)

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

- 367 members (increased from 233 reported in 2021)
- Past 60 days engagements; posts 30 (+25%), comments 170 (+136%), reactions 269 (-6%)

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

We would like members to let us know what they would like to see more of over our social media channels. Many thanks.

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