

**British Dietetic Association**  
**Maternal Fertility & Nutrition Specialist Group**  
**AGM 20/02/2024**  
**Committee Reports**

**Chair's Report**

Committee members: Komal Deepak Kumar & Eulalee Green

We have held four meetings to coordinate the committees' work; their reports are detailed below. This is very brief representation of the work entailed as the past year we have seen development of a 5 year vision

- 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 inhouse Pregnancy coursework
- Development of NIHR Internships in the area of GDM, Obesity in Fertility
- Development of B8 Womens health lead dietetic 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.**

## Project Coordinator

Committee Member: Catherine Gallagher

### Activity 2023-2024

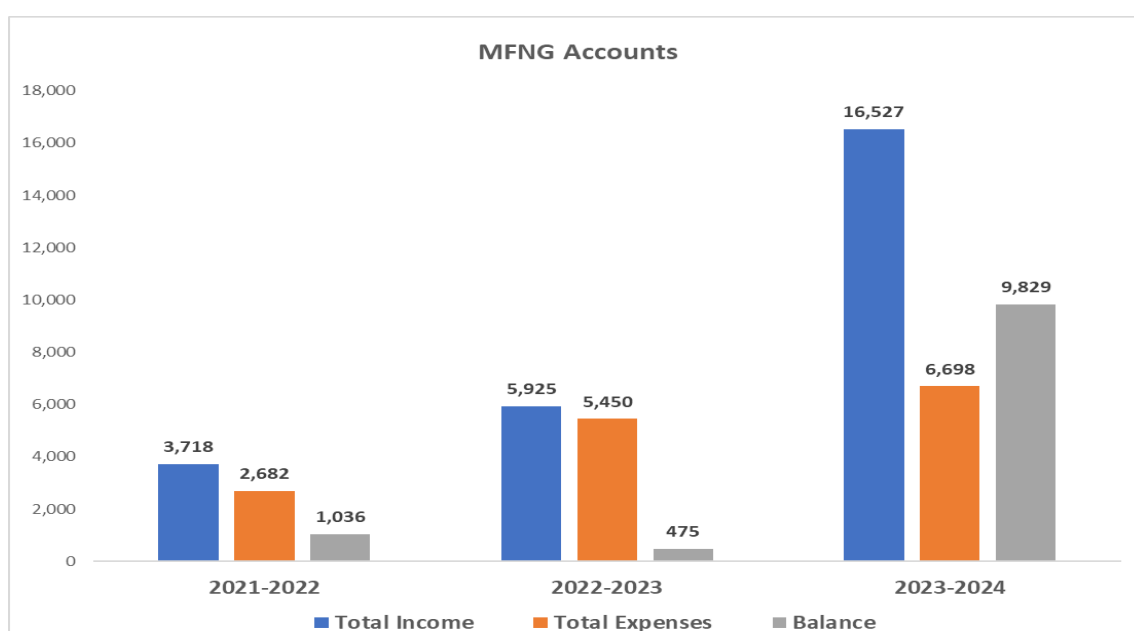
- A range of committee meetings, webinars and study days carried out over the previous 12 months (*refer to the secretary, events coordinator and treasurers' reports*)
- Established two separate working groups to inform the development of UK guidelines for dietetic management of both fertility and gestational diabetes.
- BDA pregnancy fact sheet updated -awaiting BDA reviewers feedback
- BDA fertility resource (for couples) -waiting BDA reviewers feedback
- Hyperemesis resource developed and now available free of charge for clinicians and pregnant women (produced with support from the Irish maternity dietitians & UK pregnancy sickness support group)
- Exciting business cases submitted including one for a Maternal & Fertility service review; gestational diabetes dietary guidelines and fertility dietary guidelines
- NIHR ARC NWC internship programme ongoing for resource officer, the work carried out supports evidence-based resource development and project management skills, all of which enhance the resource officer role within the committee.
- Rapid Conversion Evidence summaries (RaCES) project underway aligns with the NIHR Prevention and Public Health theme for 2024-5. The focus of this project is on designing an intervention to prevent Gestational Diabetes Mellitus. The RaCES paper is awaiting publication and aids in identifying effective interventions that can be incorporated into a multifaceted preventive approach. Additionally, a Public Involvement fund grant was secured and Patient and Public Involvement (PPI) meetings undertaken as part of the project. The next milestone may be applying for a future NIHR Doctoral Clinical and Practitioner Academic Fellowship (DCAF).

### Plans 2024-2025

- Maternal & fertility service review underway, a useful workforce benchmarking project to be completed in 2024.
- The working groups for both gestational diabetes and fertility are working hard to review the existing evidence to inform the future dietary guidelines for these important areas of dietetics
- Plans to complete a business case for Nutrition screening tools project
- Post partum resource in progress and should be available soon.
- Plans to develop a vegan /vegetarian fact sheet for pregnancy -welcoming group members with an interest in this area to get involved.
- Plans to develop a pregnancy post bariatric surgery resource -welcoming group members with an interest in this area to get involved.
- Plans to produce further resources for gestational diabetes - GDM resources in other languages while considering various cultural diets and a GDM snack list.
- The committee hope to build collaborations with Nutrition and Diet Resources (NDR) to ensure useful resources are widely disseminated.
- We are keen to develop further collaborations with the Irish Maternity Dietitians
- Looking to recruit a student representative to join the committee
- Resource officer will support the various project plans the committee and members are undertaking; see chair report for a summary of the 2024/2025 plans.

MFNG Accounts	2021-2022	2022-2023	2023-2024
Membership fees	2,476	3,332	4,177
Webinars & Courses	942	2,293	11,850
Sponsorship	300	300	500
<b>Total Income</b>	<b>3,718</b>	<b>5,925</b>	<b>16,527</b>
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
Professional fees	0	0	2,163
Running & Subscription Costs	96	407	300
Bank charges	0	0	24
Debt	0	0	345*
<b>Total Expenses</b>	<b>2,682</b>	<b>5,450</b>	<b>6,698</b>
<b>Balance</b>	<b>1,036</b>	<b>475</b>	<b>9,829</b>

\* £345 unpaid invoice Nov 2023

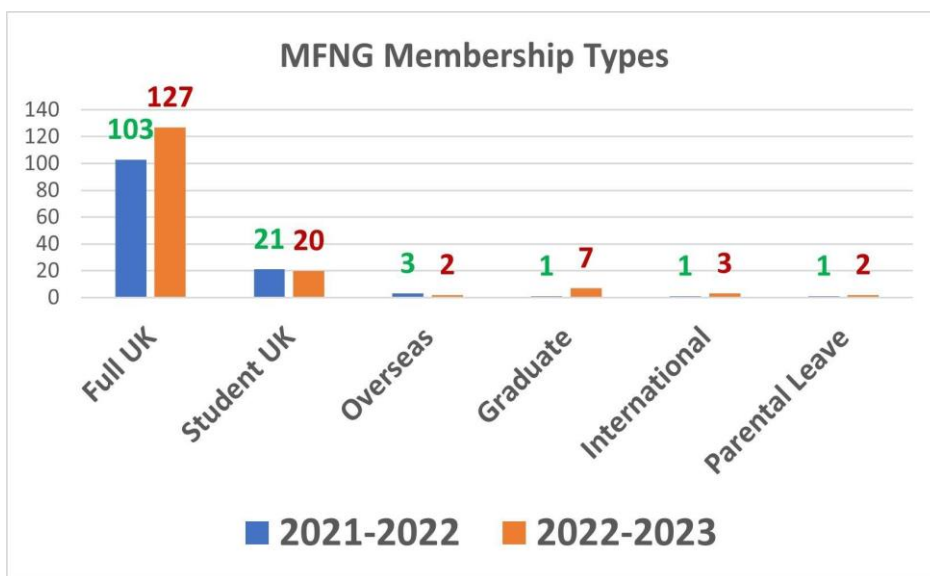


## Secretary & Membership Coordinator's Report

Committee member: Olivia Wall

Olivia new to post since October. There have been 4 meetings in 2023. Agreed dates for 2024 meetings, and hopefully one in person in December

MFNG Membership Types	2021-2022	2022-2023	2023/2024
Full UK	103	127	201
Student UK	21	20	51
Overseas	3	2	
Graduate	1	7	
International/Affiliate	1	3	3
Parental Leave	1	2	
Total	130	161	257



NB: Membership numbers exclude BDA staff members.

## **Communications & Courses Coordinator's 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

#### **2024/2025:**

- 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](mailto:maternalfertilitysg@bda.uk.com)

## **Event Coordinator's Report**

Committee member: Ro Huntriss & Anita Beckwith

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 2024- 2025 (Anita Beckwith):

- This evening's webinar with our AGM
- Joint Study Day: 3rd & 4th October 2024, Liverpool
- 3-4 webinars through 2024/2025

The details will be announced in the MNFSG newsletters & our social media channels.

### **Research Coordinator's Report**

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

Continued to compile a database of MFSG members expertise and research interest for members would like to contribute future research projects. If you would like to be added to the list, please send an email to [MaternalFertilitySG@bda.uk.com](mailto:MaternalFertilitySG@bda.uk.com).

Facilitated the maternal & fertility nutrition session at the BDA research day 2023; our committee members chaired & judged the abstracts for this session. Six abstracts were 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/ workshop

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

Conducted and published a survey as part of a team of editors 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. <https://pubmed.ncbi.nlm.nih.gov/37840226/>

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):<https://pubmed.ncbi.nlm.nih.gov/37575367/>

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 Stone G, Charnley M, Abayomi J. The thoughts and feelings of student midwives regarding offering healthy eating advice during antenatal care. Proceedings of the Nutrition Society. 2023;82(OCE5):E305. doi:10.1017/S0029665123004044

o Rotimi MI, McKelvin G, MacDonald M, Abayomi JC. The daily energy and macronutrient intake of Black African women pregnant in their 2nd trimester - preliminary findings in

Liverpool, UK. Proceedings of the Nutrition Society. 2023;82(OCE5):E283.  
doi:10.1017/S0029665123003828

o McCann MT, Alhomaïd RM, Corr A, Abayomi, J et al. Maternal obesity and vitamin D status influence adiponectin concentrations in pregnancy. Proceedings of the Nutrition Society. 2023;82(OCE5):E310. doi:10.1017/S0029665123004093

o Cole KL, Butler T, Martin-Smith R, Abayomi JC. An investigation into a healthy pregnancy lifestyle programme and its impact on maternal dietary intake. Proceedings of the Nutrition Society. 2023;82(OCE5):E292. doi:10.1017/S0029665123003919  
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 events, announcements and relevant information.
  - "Nutritional Management in Pregnancy Course" webpage with a "Meet the Team" sub-page. Both are unrestricted & accessible to all those interested in the course.
  - Addition of a webpage to inform current projects, research and resource development.
  
- BDA change in CRM system has meant that newsletter statistics are unavailable for March - October 2023 & unable to compare website statistics with previous data this year.
  
- Quarterly e-newsletter produced for all members.
  - Figures for December 2023 newsletter (NB: figures include BDA Staff Members):
    - 377 sent to recipients.
    - 201 unique opens
    - 219 clicks
  
- Ad-Hoc newsletters
  - 31st January - WEbinar & AGM
    - 196 sent to recipients.
    - 122 unique opens.
    - 127 clicks.

Plans for 2024-2025:

- Continue to raise MFNSG's internet presence & ensure information is relevant and current.
- 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.

## **Social Media Coordinator's Report**

Social Media Officer - Tazmin Lewis

Social media activity from 2022 as presented in the numbers below for 2024

2024 Twitter @BdaMaternal - (public-facing) 28 Day Summary run 15/02/2024

- 1723 Impressions (1256% increase)
- 0 profile visits
- 0 mentions
- 860 followers (103 increase, 13.6%)

2024 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 2023)
- Accounts engaged 74 increased +35.4% (decreased from 78 in 2023)
- Followers 1,339 increased + 21.4% (increased from 1054 reported in 2023)

2024 Facebook @BDA Maternal & Fertility Nutrition Group (closed group)

- 474 members increase +12% (increased from 422 reported in 2023)

Plans for 2024-2025

- Naomi has stepped down from social media role. Tazmin remains in role
- 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.
- 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