



Sports Nutrition

Specialist Group

Management of Athletes with Diabetes

BDA Sports Nutrition Specialist Group Study Day & AGM

Friday 17th November 09:30 – 16:00

The Studio, Birmingham B2 5EP

09:30 – 10:45	Sports Nutrition Group AGM (members only)	Louise Sutton/Sharon Madigan
10:45 – 11:00	Registration (Tea/Coffee on arrival)	
11:00 – 12:00	Glucose control pre, during and post exercise	Dr Matthew Campbell: Research scientist in clinical exercise nutrition, Leeds Beckett University
12:00 – 12:45	Professional Cyclist with Type 1 DM	Sam Brand – Team Novo Nordisk James Moran - Performance Nutritionist & Registered Dietitian, English Institute of Sport
12:45 – 13:00	Q & A Session	
13:00 – 14:00	Lunch & Practice in Motion	
14:00 - 14:15	FrieslandCampina Institute UK launch	Dr Karen Reid– Country Manager UK
14:15 – 16:15	Management of a Professional Athlete with Type 1 DM. Behaviour Change in Diabetes	Dr Catherine Norton: Lecturer in Nutrition, University of Limerick Dr Nicky Kime: Senior Research Fellow, Leeds Beckett University
16:15	Close	

Costs:

BDA Sports Nutrition Group/SENr Members = £75

BDA Members (non SN/SENr members) = £90

Non BDA Members = £125

Students = £40

For any queries, please contact the BDA on sgevents@bda.uk.com or 0121 200 8080

Speaker Information

Dr Matthew Campbell PhD ACSM CEP BSc (hons.)

Matthew is a Senior Lecturer in Clinical Human Exercise Nutrition. He joined Leeds Beckett University after completing a PhD in Clinical Exercise Physiology and Nutrition and undertaking a post-doctoral research fellowship at the University of Northumbria in collaboration with the NIHR Institute of Cellular Medicine at Newcastle University's Medical School. Matthew has a special and longstanding interest in how lifestyle influences lifelong health and wellbeing in chronic disease, particularly Type 1 Diabetes. He currently leads programmes of research dedicated to developing pragmatic strategies to help people with Type 1 Diabetes safely engage in exercise and physical activity. These tightly controlled laboratory-based studies are accompanied by ongoing translational research seeking to develop novel service provisions which aim to deliver evidence based, scalable and reproducible lifestyle care pathways.

Dr Catherine Norton BSc PhD RD

Catherine is a Lecturer in Nutrition at the University of Limerick. She has experience in both Clinical Dietetics and as a Performance Nutritionist and was previously the Lead Performance Nutritionist with Munster Rugby.

Dr Nicky Kime BSc PhD

Nicky is a Senior Research Fellow in qualitative and evaluation research at Leeds Beckett University. Nicky has a wide-ranging research profile with a key interest in type 1 diabetes across the life-course. Her current work is centred on service re-design and improvement, the education of health care professionals working within diabetes care, transition from paediatric to adult diabetes services, and diabetes self-management education.

Sam Brand – Team Novo Nordisk

Sam Brand's Team Novo Nordisk career started as a triathlete. In 2013, the Isle of Man resident qualified to race for Great Britain at the 2013 ITU World Championships, and in 2014, he finished 12th in his age group at the Nottingham Triathlon, a World Championship qualifier. In 2015, Sam decided to focus exclusively on cycling, and in 2016 he was invited to

ride with the Development squad. “My athletic career is just getting started,” Sam says, “and I look forward to getting more involved with the team and making all my friends and family proud.”

In August 2017, Sam was invited to join the Pro Men’s Team as stagiaire for the remainder of the 2017 season.