



FIO FOOD NEWSLETTER

FIO Food Stakeholder workshops in January & February 2024

We are excited to announce that the FIO Food Team has secured the dates for the Stakeholder Impact Group (in-person) meeting. To make this event extra productive, the meeting will take a form of a workshop with the aim to triangulate key stakeholders' perspectives to suggest directions for transforming the food system and enabling people living with obesity and food insecurity to make healthier and more sustainable dietary choices.



We strongly encourage your participation and please feel free to forward this information to colleagues with relevant interests.

We would greatly appreciate your input and it would be a great opportunity to meet in person, with many, for the very first time! If you are interested in joining, please **register** here: <https://forms.office.com/e/Fs2wxmZwBw>
For more information, please contact **Dr Dan Crabtree** (daniel.crabtree@abdn.ac.uk)

To maximise participation, we are offering two dates and locations to choose from:

- **January 30th 2024**; Royal Society of Edinburgh, Edinburgh
- **February 16th 2024**; NESTA London Office, London

What are the benefits of participation?

- A unique opportunity to hear **different perspectives from excellent guest** speakers representing **healthcare professionals, policymakers** and **consumers** living with obesity and food insecurity;
- A platform for **networking** and initiating future collaborations;
- **Contribution** (as authors) **to clinical and policy recommendations** shared nationally.

Conference & Parliamentary talks

Dr Mark Green was privileged to be invited as an expert witness to the session about how to design healthy places as part of the Health and Social Committee's inquiry on prevention on the 18th of October 2023. They provided evidence on a range of topics including food environment, where they highlighted our FIO Food findings from WPI on the importance of promoting affordable foods and how food insecure households were increasingly being pushed towards unhealthy diets.

[More about the event here.](#)



FIO Food ECR - **Marta Lonnie** - was presenting results from the FIO Food project at the 14th European Nutrition Conference - in Belgrade, Serbia (14-17th November). She shared WP4 findings on the *Knowledge Mobilisation in Co-produced Food Systems Research: Early Career Researchers' Perspectives*. A big thank you to all the TUKFS ECRs who contributed to the presented outputs!

[Conference poster can be found on last page of this newsletter.](#)



On the 14th of November 2023, **Professor Charlotte Hardman** was representing the FIO Food and Bean Meals Teams in an evidence session for the **EFRA Committee** on the *Fairness in the food supply chain*, providing oral evidence.

[More about this event here.](#)

Professor Alex Johnstone and **Professor Charlotte Hardman** attended the TUKFS Annual Meeting in Reading (20-21 November 2023). They presented preliminary insights from WPI on Food insecurity, obesity and food purchase behaviours as well as introduced the DIO Food project to the wider TUKFS audience.

Hot off the press!

We proudly present the latest insights from Work Package 1 (Lived Experience) below. The aim of this analysis was to investigate in a sample of people living with obesity, the perceived impact of the cost of living crisis on food insecurity, and whether food insecurity in turn predicted the use of food purchasing behaviours and food preparation practices in relation to the cost of living crisis.


In brief, we conducted online survey (N = 583) of adults residing in England or Scotland with a body mass index (BMI) indicating obesity.

We found that:

- Those more **negatively impacted** by the cost of living crisis experienced **greater levels of food insecurity**;
- Higher food insecurity** was associated with greater use of **budgeting, supermarket offers, energy-saving appliances, and cooking resourcefully**;
- Food insecurity** was **not found to be associated** with the use of **meal planning**;
- Budgeting** was **negatively associated with dietary quality**, whereas **meal planning** was **positively associated with diet quality**.

Food purchasing behaviours and food preparation practices predicted by cost of living crisis and food insecurity in people living with obesity



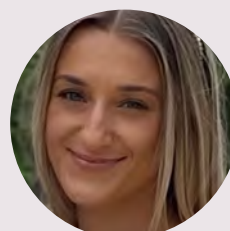
 **What does it mean?**

This paper illuminates the disproportionate impact economic crises have on people experiencing food insecurity and has added to this understanding, from the perspective of people living with obesity.

These data support fiscal, governmental and environmental measures to transform the food system in the UK, to address these diet and health inequalities.

Presented results are part of the **Work Package 1 outputs: Capturing the experience of people living with obesity and food insecurity when navigating supermarket foodscapes.**

For detailed methods go to the published preprint or ask the authors:



Prof. Charlotte Hardman & Dr Rebecca Stone*



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Food insecurity in people living with obesity in the UK
Supporting sustainable and healthy food choices in the retail food environment



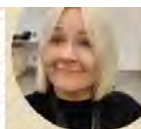
Diet and Health Inequalities

OCTOBER-DECEMBER 2023

Knowledge Mobilisation in Co-produced Food Systems Research: Early Career Researchers' Perspectives

NESD44

Authors: ⁽¹⁾ M. Lonnie, ⁽²⁾ E. Hunter, ⁽³⁾ R.A. Stone, ⁽⁴⁾ M. Dineva, ⁽⁵⁾ M. Aggreh, ⁽⁴⁾ H. Greatwood, ⁽⁵⁾ and A. M. Johnstone⁽¹⁾ on behalf of the FIO Food Team



To read our Emerging Research publication scan the QR code

Any questions? Contact me!
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14TH EUROPEAN NUTRITION CONFERENCE
FENS 2023, Belgrade, Serbia

Sava Center
14-17th November 2023



Highlights from Work Package 4: Stakeholder Engagement and Impact Delivery

The presented work is a part of the FIO Food Project, focused on sharing insights and evidence with key stakeholders about challenges in addressing healthier and environmentally sustainable diets in people living with obesity and food insecurity, with focus on the retail food environment.

Background

Impact is a critical outcome of modern food system research. It can be achieved through knowledge mobilisation (KM), which should be a continuous process throughout the project duration, from grant writing to sharing findings. The most common forms of KM include engagement, dissemination, co-design, and commercialisation.

Objectives

The aim of this study was to gather insights from the Early Career Researchers (ECRs) within the Transforming UK Food System - Strategic Priority Fund (TUKFS-SPF) network, on the barriers and facilitators to knowledge mobilisation in co-produced food systems research.

References:
• Johnstone & Lonnie on behalf of the FIO-Food project team (2023) *Obesity*, 1-2.
• Braun & Clark (2006) *Qualitative research in psychology*, 3(2), 77-101.
• Koorts et al. (2020) *Int J Behav Nutr Phys Act* 17,7.

Affiliations

- 1) The Rowett Institute, University of Aberdeen, UK
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- 3) Department of Psychology, University of Liverpool, UK
- 4) Leeds Institute for Data Analytics (LIDA), University of Leeds, UK
- 5) Carnegie School of Sport, Leeds Beckett University, UK

Methods

Data were collected during an online workshop in March 2023, with n=13 participants, who were ECRs and part of a TUKFS-SPF project. Participants gave written informed consent to participate in this research. This study was approved by the Institute's ethical review board. Focus groups were recorded via MS Teams. A topic guide adapted from Koorts et al. (2020) was used to assess barriers and facilitators to KM. Focus group sessions were transcribed verbatim and anonymised. Data were analysed using thematic analysis, following steps outlined by Braun and Clark (2006).

Conclusions

Continued support from senior academic staff as well as training opportunities may enhance disseminating skills among ECRs and increase the impact of research projects for ECRs to develop skills to support future TUKFS research.

Results

Over-cautiousness with initiating external contacts and collaborations

Perceived low recognition in the field

Lack of social media training

Difficulties in adjusting the language for a targeted audience

Limited time and financial resources to obtain required skill

The importance of support from experienced mentors

Access to established academic networks and multidisciplinary teams

Training provision

Ability to formulate a clear message about mutualism when seeking collaboration partners

Barriers

Facilitators

Funding: Biotechnology and Biological Sciences Research Council (BBSRC); BB/W018020/1 - FIO-Food, Food Insecurity in people living with Obesity

Collaborators: UNIVERSITY OF ABERDEEN, ROBERT GORDON UNIVERSITY, LIVERPOOL, UCL, UNIVERSITY OF LEEDS, Sainsbury's



Food Insecurity in people living with Obesity
Improving sustainable and healthier food choices in the retail FOOD environment

To learn more about the project go to the FIO Food website



New FIO Food publication

We are excited to share our new article published in the *Proceedings of the Nutrition Society*, entitled: **Tackling diet inequalities in the UK food system: is food insecurity driving the obesity epidemic?**

READ MORE



New Team Member!

The DIO Food project has a new Team Member - Dr Daniel Crabtree, who will contribute as a Research Impact Officer!

Dan joined us last month to help maximise the potential of the DIO Food Study. He will undertake science communication and impact activities with the Project Team, to improve communication with stakeholders. Please contact Dan if you wish to discuss any knowledge mobilisation activities or become one of our stakeholders.

Email: daniel.crabtree@abdn.ac.uk

W E L C O M E



Further reading

It was a productive year for all work packages. Below you can find the latest press releases discussing FIO & DIO Food Projects.

Investigating the impact of HFSS - The Institute of Grocery Distribution

RGU study explores food insecurity amongst people living with obesity - The Northern Scot

New RGU research explores cost of living pressures and maternal and infant food insecurity - Grampian Online

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PRESS RELEASE



This research was funded through the Transforming the UK Food Systems for Healthy People and a Healthy Environment SPF Programme, delivered by UKRI, in partnership with the Global Food Security Programme, BBSRC, ESRC, MRC, NERC, Defra, DHSC, OHID, Innovate UK and FSA.