**Research**

**By: Ruth Boocock**

**Senior Lecturer in Dietetics**

**Course Leader (MSc Dietetics)**

**Teesside University**

The Teesside University Centre for Public Health Research is about transforming health and wellbeing and reducing health inequalities through co-production of world-class public health research.

Additionally, Fuse, the Centre for Translational Research in Public Health, brings together the five North East Universities of Durham, Newcastle, Northumbria, Sunderland, and Teesside in a unique collaboration to deliver world-class research to improve health and wellbeing and tackle inequalities. Fuse is a founding member of the NIHR School for Public Health Research (SPHR).

The student dietitians spent 13 weeks working alongside research dietitians and teams on the following workstreams

* Evaluating the fruit and vegetable stalls at local hospitals
	+ Working collaboratively with a local NHS foundation trust to scope evidence for evaluating the stalls’ impact on health eating.
* Evaluating the effect of fluoride on the iodine status of pregnant women
	+ Data analysis of dietary and non-dietary sources of fluoride and iodine to explore their association with thyroid function during gestation.
* Systematic review of impact of energy drinks on children and young people
	+ Providing a synthesis of the best available evidence to contribute to a policy of health impact of these drinks.
* Barriers and enablers to fruit and vegetable consumption in pre-school children
	+ Systematic review providing key evidence to inform effective and sustainable interventions for healthy diets and obesity prevention.

Further opportunities to build research expertise came through spending time with local NHS trust research and development teams, by attendance at a NIHR run Raising Awareness of Clinical Research course and an online session with the BDA Research Officer.

The Lead Practice Educators were Research Dietitians or Clinical Academic Dietitians.