



# NIHR Bristol Biomedical Research Unit in Nutrition, Diet and Lifestyle



*“The Bristol Nutrition BRU builds on our expertise in nutrition and clinical research methods. We have an exciting programme of projects that I believe will make a difference to people’s health”*

**Andy Ness, BRU Director**

The National Institute for Health Research Bristol Nutrition Biomedical Research Unit opened on 1 April 2012 and is a partnership between the University Hospitals Bristol NHS Foundation Trust and the University of Bristol.

The BRU performs patient-focused early phase experimental clinical research (commonly referred to as experimental medicine) in the areas of human nutrition, diet and lifestyle. Our aim is to pull basic scientific discoveries into clinical research and through to benefits for patients and the NHS.



## **Industry Collaboration**

**Led by Julian Hamilton Shield**



We welcome collaborations which may include measurement of diet, nutrition and lifestyle compliance, identification of nutritional phenotypes and endpoints, analysis of nutritional data in addition to implementation and conduct of studies and development of interventions.

The Bristol Nutrition BRU can provide facilitation for early phase exploratory studies including access to patient groups. We have multi-disciplinary expertise in the design and conduct of clinical nutrition studies and can support with regulatory processes including ethics and R&D as well as study design and implementation and patient and public involvement.

# Childhood Disorders

Led by Julian Hamilton-Shield



The aim of the childhood disorders theme is to improve the health of children with chronic disease. The theme includes studies on eating behaviours and diet and their influence on obesity. It also looks at type 2 diabetes and autoimmune disease, as well as novel projects on potential new therapies to treat rare genetic disorders.

# Perioperative Nutrition

Led by Charlotte Atkinson



People were often kept 'nil by mouth' (NBM) both before and after their surgery. However research suggests that such practices may not be necessary and that recovery may be improved if people are not kept NBM for prolonged periods of time. The overall aim of this theme is to investigate perioperative feeding (i.e. foods and drinks consumed around the time of surgery) to see if we can develop ways to improve outcome in people undergoing surgery or other major hospital treatment.



# Type 2 Diabetes and Sedentary Behaviour

Led by Ashley Cooper



Image by J Bewley/Sustrans

We live in an increasingly sedentary world. Evidence is growing that sedentary behaviour is an independent risk factor for poor health. The aims of the type 2 diabetes and sedentary behaviour theme are to characterise the sedentary behaviour patterns of people with type 2 diabetes, use this understanding to identify key determinants which are amenable to change, and design and test interventions to reduce sedentary time.

# Prostate Cancer

Led by Richard Martin



Diet and physical activity play an important role in the development and progression of prostate cancer. However, there is little evidence on the most effective nutritional or physical activity interventions to recommend. The prostate cancer theme is co-ordinating an integrated programme of systematic reviews, statistical analyses, qualitative research and the setting up of de novo feasibility studies.



# Core Team

Led by Andy Ness



The core theme supports the work of the specific research themes and carries out other studies. It:

- provides methodological expertise for work in specific themes (qualitative research methods, systematic reviewing and database and statistical support)
- conducts additional pilot and feasibility studies
- develops research networking and collaborations (the core team provides key support in PPI, Engagement and industry collaboration).



# Administration team

Led by Vanessa Marshall



The administration team support all areas of the unit with database management, trial co-ordination, finance, record keeping, external relations and reporting.



# Training

Led by Charlotte Atkinson



The Nutrition BRU has a comprehensive training policy and programme for all staff members. In addition, it supports four PhD students (one for each theme).



For further information please contact:

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