

Fuse Research Event

Food, Pregnancy and Me

Monday 1 December 2025, 10.00 – 11.30am

Joint online event with the NIHR School for Public Health Research and Nourishing Futures Network

PROGRAMME

10.00 - 10.05	Welcome Professor Amelia Lake – Fuse Deputy Director and Professor of Public Health Nutrition, Teesside University Dr Steph Scott , Senior Lecturer in Public Health, Population Health Sciences Institute, Newcastle University
10.05 - 10.15	Food insecurity and why it is important for pregnancy Professor Nicola Heslehurst – Professor of Maternal and Child Nutrition NIHR Advanced / Career Development Fellow, Population Health Sciences Institute, Newcastle University
10.15 - 10.25	Prevalence of food insecurity and associations with maternal and infant health Dr Zainab Akhter – Research Associate, Population Health Sciences Institute, Newcastle University
10.25-10.40	Pregnant women's experiences of food insecurity Dr Ella Dyer – Research Associate, Post-Doctoral Policy Academy Fellow Population Health Sciences Institute, Newcastle University
10.40 - 10.50	Co-production of recommendations to prevent and mitigate food insecurity in pregnancy Dr Kiya Hurley – Programme Coordinator - Children, Young People and Families theme, NIHR School for Public Health Research and Research Fellow, Department of Applied Health Sciences, University of Birmingham
10.50 - 11.00	Next steps, Expected Value of Sample Information for Future Study Evaluating Universal Free Vitamins for all Pregnant People in England Professor Heather Brown – Division of Health Research, Lancaster University
11.00 - 11.10	Preliminary findings from the food insecurity and breastfeeding qualitative study Dr Gina Nguyen – Research Associate, Population Health Sciences Institute, Newcastle University
11.10 - 11.30	Panel discussion and Q&A
11.30	Close

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