



## News from the chair

As we approach the end of the year, we can look back at a prolific year in the Food and Nutrition Network. We have reached 170 members, and the network mailing list is an efficient way to engage and interact with a broad group of researchers at Aarhus University.

2021 became the year where we finally could meet in person to our annual network meeting. Keynotes from Professors Mike Lean and Thomas Hummel set the stage for a day with great discussions and a lot of interaction. We will of course repeat the annual meeting in 2022 so look out for updates on dates and program.

Aarhus University has great facilities for food and nutrition research, and the network will like to make these more accessible for members of the network by inviting to visits at research sites throughout the University. Department of Forensic Medicine opened the doors in September and when the situation allows it, we will organize site visits at other departments at AU Health. These visits are open for all members of the network and we hope you will take this opportunity to meet researchers and explore potential collaborations.

*Niels Jessen*

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## Annual Meeting | May 31, 2022



The second annual meeting of the Food and Nutrition Network has been scheduled for 31 May 2022 @9:00-13:00. Please mark your calendar and stay updated about the annual meeting at our [website](#). More information will follow soon.

In the meantime, we suggest you take a look at the above pictures from the annual meeting of the Food and Nutrition Network in October 2021, where more than 60 researchers from the university and the industry with a shared interest in the interplay between health and nutrition finally were

able to meet face-to-face and network. You can [read more about this amazing day](#), which also included several poster presentations from postdocs, PhD students, and other young researchers.

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### **Site visit at Section for Sport Science | March 28, 2022**

To provide members with an overview of current food and nutrition research facilities at Health and other AU faculties, the steering committee has planned a series of site visits. At the site visits, you will learn about ongoing research, attend a guided tour, and get the chance to interact with local researchers and other network members.

The next site visit is scheduled for 28 March 2022 at the Section for Sport Science, Department of Public Health. Here you will meet “[The Research Unit in Exercise Biology](#)”, which has specialised in exercise and training interventions. Among other things, the research unit has laboratories for doing physiological and biomechanical research as well as advanced strength training facilities, including a cardiorespiratory laboratory.



**Date and time:** March 28, 2022 @14:30 – 16:00

**Location:** Section for Sport Science, Dalgas Avenue 4, 8000 Aarhus C

**Registration:** Please mark your calendar and stay updated about the site visit at our [website](#).

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### **Seminar series at Folkeuniversitet | Spring 2022**

We are happy to announce a new seminar series “You are what you eat” at Folkeuniversitet starting in late January 2022. In this seminar series organized by the Food and Nutrition Network, researchers in pairs will – based on different approaches – discuss the associations between nutrition, health, and disease. Examples of topics covered include oral health, loss of sense of smell, obesity, diabetes, and intestinal bacteria. Read more (in Danish) about the seminar series and register at [Folkeuniversitet website](#).

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### **New book “Nutrition, Food and Diet in Ageing and Longevity”**

We would like to bring your attention to the recently published book “Nutrition, Food and Diet in Ageing and Longevity” by Professor Emeritus [Suresh Rattan](#) from the Department of Molecular Biology and Genetics, Aarhus University. [Read more about the book](#) that provides up-to-date information about ongoing research within nutritional components, food habits and dietary patterns

in different cultures. Overall, the book aims at inspiring researchers and other healthcare professionals to take a more holistic approach to food and food habits.

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## **Highlights from 2021 – food and nutrition research at AU Health**

### **February 2021**

PhD student [Frederik Kraglund](#), Clinical Professor [Peter Jepsen](#) from the Department of Clinical Medicine and colleagues showed in [study published in \*Clinical Epidemiology\*](#) that the incidence of alcohol-related liver disease has decreased over the last 10 years or more in Denmark, as has the mortality due to diagnosis at earlier disease stages.

### **March 2021**

Professor [Torben Sigsgaard](#) and colleagues from the Department of Public Health showed in collaboration with researchers from the University of Illinois, Chicago in a large register-based [study published in \*Environmental Health Perspectives\*](#) that even small amounts of nitrates in the mothers' drinking water before and during pregnancy affected fetal growth and resulted in a reduced birth weight.

### **June 2021**

Clinical Professor [Henrik Kolstad](#) from the Department of Clinical Medicine and collaborators from several departments in Denmark showed in a cohort [study published in \*International Journal of Infectious Diseases\*](#) that even among patients with mild Covid-19 disease, who did not require hospitalization, the prevalence of a long-lasting reduced sense of taste and smell was highly increased.

### **August 2021**

Clinical Associate Professor [Christian Lodberg Hvas](#) from the Department of Clinical Medicine and colleagues showed in a recent study that the use of faecal microbiota transplantation (FMT) varies considerably among European centers, Denmark being at the forefront. The [study, which has been published in \*The Lancet Regional Health – Europe\*](#), revealed a significant gap in the usage of FMT activity, only 10% of patients with indication was offered the treatment.

### **September 2021**

PhD and consultant [Ole Frøbert](#), who is also affiliated with Steno Diabetes Center Aarhus, has been appointed professor at the Department of Clinical Medicine. [Read more about his research](#) in new forms of treatment of cardiovascular and lifestyle diseases, including blueberries treatment.

### **November 2021**

In three recent studies, PhD [Maike Mose](#), Professor [Niels Moeller](#) and colleagues from the Department of Clinical Medicine looked into the loss of muscle mass associated with hospitalisation. For this purpose, a novel [clinical model of systemic inflammation](#) was developed to allow comparison

of the nutritional effect of three different proteins: whey, casein, and  $\beta$ -lactoglobulin. Whereas all three proteins appeared to have similar effects on muscle, the latter was found to significantly rise the insulin level; a finding that could potentially be used in the treatment of Type 2 Diabetes. For more information in Danish, please see <https://health.au.dk/#news-21559>.

## **December 2021**

Clinical Professor [Henning Grønbaek](#) has been appointed department chair at the Department of Clinical Medicine in the field of liver, gastrointestinal and intestinal diseases from December 2021. [Read more about his research](#) in inflammatory liver diseases and non-alcoholic fatty liver disease.

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## **Current funding opportunities for food and nutrition research**

The Novo Nordisk “Tandem Programme” call. Application deadline is 12 January 2022:

[Tandem Programme – Translational research collaboration between Basic and Clinical Researchers](#)

The Novo Nordisk Foundation has several open calls within endocrinology and metabolism. Application deadline is 13 January 2022:

[Ascending Investigator Grant within Endocrinology and Metabolism – Nordic Region](#)

[Distinguished investigator grant within endocrinology and metabolism – Nordic region](#)

[Excellence Emerging Investigator Grant within Endocrinology and Metabolism – Nordic Region](#)

Independent Research Fund Denmark has an open call for Sapere Aude.

Application deadline is 23 March 2022:

[Sapere Aude: DFF-research leader – health and disease](#)

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## **Upcoming network events**

January – March, 2022      Seminar series at Folkeuniversitet

March 28, 2022              Site visit at Section for Sport Science, Department of Public Health

May 31, 2022                Second annual meeting for the Food and Nutrition Network

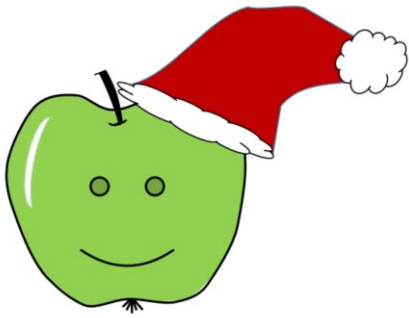
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## **2<sup>nd</sup> CiFOOD Conference | Early 2022**

The Aarhus University Centre for Innovative Food Research (CiFOOD) is hosting its second annual conference on 31 January and 1 February 2022. The conference, which will be online and free of charge, will focus on the major challenges of future food systems (food and packaging waste, non-communicable diseases, transition towards sustainable protein sources, resilient foods and climate change). For more information, please see <https://conferences.au.dk/cifoodconference2022/>

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## Have an incred-able Christmas...



The Food and Nutrition Network would like to share and promote all relevant news and activities within the network via our newsletter. We therefore encourage you to submit any input and news of interest to the network (e.g. publications, grants, conferences, seminars, open positions) to [research-networks.health@au.dk](mailto:research-networks.health@au.dk).

Deadline for input to the next newsletter: **20 February 2022**

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