

NIHR Research Partnership in Liver Disease

Improving detection and management of non-alcoholic fatty liver disease: Setting research priorities

Tuesday 26 September 2023, 9.30am - 2.30pm

[The Middlehaven Suite, Riverside Stadium, Middlesbrough, Cleveland, TS3 6RS](#)

About the event

Non-Alcoholic Fatty Liver Disease (NAFLD) is a chronic disease that affects around 1 in 3 people in the UK. If NAFLD is not detected and managed effectively it can progress to advanced scarring of the liver, cirrhosis, and for some, end-stage liver disease. Risk factors for NAFLD include pre-diabetes, obesity, and low levels of physical activity, therefore it is considered preventable for most people. Although it is not attributable to alcohol, alcohol consumption when combined with other risk factors, can accelerate progression of NAFLD, and reduce the positive effects of lifestyle behaviour change. Research also suggests that anxiety is highly prevalent in people with advanced NAFLD that has implications for effective management. Due to the asymptomatic nature of NAFLD, it can progress undetected, therefore patients frequently present once end-stage liver disease has developed.

The Tees Valley has some of the highest rates of liver disease in England. Darlington, Stockton-on-Tees, and Redcar and Cleveland are ranked 7th, 10th and 13th respectively for liver disease mortality rates in under 75s; and Hartlepool and Middlesbrough are ranked 4th and 16th for NAFLD-related hospital admissions. Other areas of north-east England are ranked similarly, and prevalence is largely driven by high levels of deprivation. Those from deprived areas are more likely to develop, be hospitalised, and die from liver disease when compared to those from the least deprived areas.

This in person event will provide information about a recently funded NIHR Research Partnership for liver disease research. It will include informative presentations and will involve a formal priority setting exercise that will inform a larger research funding application to NIHR. The purpose is to build research capacity and capability.

This is the second of three events that aims to identify and involve a range of stakeholders to facilitate the generation of good quality research proposals that have the potential to improve the lives of people with NAFLD.

Who should attend?

Anyone with expertise and experience of prevention, detection, and management of NAFLD, or other related long-term health conditions. We encourage attendance from clinical colleagues, academics and researchers with expertise in liver disease and/or lifestyle intervention, those working in local authority public health, community, and voluntary services. We also encourage people with NAFLD to attend to ensure research priorities are informed by lived experience.

PROGRAMME

09.15-09.30	Registration and Coffee
9.30-9.45	Welcome & Introduction Professor Leah Avery, Professor of Applied Health Psychology, and Practitioner Health Psychologist Teesside University Chief Investigator, NIHR funded Tees Valley Research Partnership
9.45-10.05	Non-alcoholic fatty liver disease: A growing public health concern Professor Peter Kelly OBE, Regional Director of Public Health, Office for Health Improvements and Disparities, Department of Health, and Social Care
10.05-10.20	Improving detection of NAFLD in primary care Professor Stuart McPherson, Consultant Hepatologist, Newcastle upon Tyne NHS Foundation Trust and Newcastle University
10.20-10.35	The influence of food environments and food insecurity on obesity Professor Amelia Lake, Professor of Public Health Nutrition, Teesside University. Associate Director of Fuse, The Centre for Translational Research in Public Health
10.35-12.30	Workshop: Setting research priorities to improve management of NAFLD using systems thinking and community asset methodologies Professor Paul Gately, Professor of Obesity and Exercise, Co-Director of the Obesity Institute, Leeds Beckett University and Director of MoreLife UK
12.30-13.30	Lunch and Networking
1.30-1.45	Experiences of living with NAFLD Yvonne Gray, Public Member with NAFLD, Liver North
1.45-2.00	Embedding Emotional Eating interventions into weight management pathways to improve NAFLD self-management Dr Jo Smith, Consultant Dietitian (Clinical academic), Tees, Esk, and Wear Valleys NHS Foundation Trust & Teesside University
2.00-2.30	Next steps and close – Professor Leah Avery

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