

Cédric Middel's visit to The George Institute for Global Health (UK office), The United Kingdom

4-29 November 2024

Cédric is a postdoctoral researcher at the department of Epidemiology and Data Science, Amsterdam UMC. From November 4th to 29th he visited the UK office of the George Institute for Global Health in London. Here he collaborated with Dr. Elisa Pineda, who is a leading researcher on the topic of unhealthy food environments in the global South.

Collaboration activities

The main aim of this visit was to set up a comparative case study, between health interventions in food-store environments in high and middle income countries. I had previously worked on such an intervention in Dutch supermarkets, whereas Dr. Pineda was currently working on a similar intervention in Mexican supermarkets. During the visit, myself and Dr. Pineda met weekly at the George Institute to work together in person (1). The Mexican intervention has suffered delays, leading to there not yet being enough data available to perform the comparison itself. To work around this, the focus of the visit was shifted to setting up a framework for the comparison and eventual publication. Cédric and Dr. Pineda worked out which aspects of the interventions would be compared, what corresponding data was needed, how this should be collected in the Mexican study, and how it should be reported. Between meetings, I would work on a manuscript for the publication of this study, integrating the outcomes of these meetings. By the end of the visit, a manuscript had been set up to which only the outcomes of the Mexican study, and the comparison itself still need to be added. This publication is expected to be ready for submission by May next year when the final data from the Mexican intervention has been collected. In addition, Dr. Pineda and myself have plans for two additional publications, one based on Dr. Pineda's research in Mexico, and one on a separate topic.

Besides the comparison study, I have worked to generate exposure for my work within APH by given presentations on my research in Dutch supermarkets at two seminars, one at the George Institute and the other at the Imperial College School of Public Health (2). Furthermore, I attended a one-day conference hosted by the imperial College Centre for Health Economics on the topic of ultra-processed food and the scope for government action (3). Here I made new connections with fellow researcher interested in unhealthy



1 Dr. Pineda (left), myself (middle)



2 My presentation at the George Institute



3 Joining the Centre for Health Economics conference

food environments, and saw several remarkable presentations that inspired new ideas for future research projects.

Culture and recreation

Unfortunately, I did not get to see as much of London as I would have liked, due to getting sick during my first weekend, and having to stay in bed for several days. Once recovered, I visited the amazing Science and Natural History Museums (4). Entrance to both of these is free and they are an absolute must-see for anyone remotely interested in topics. My apartment was situated in the bustling area near Baker street (5), home of the legendary figure Sherlock Holmes. Although the area bears little resemblance to what is depicted in the movies and books, there are still some places dedicated to this fictional character. Furthermore, the area is home to a host of amazing restaurants, many of which I just had to try during my stay. For a change of phase, I also visited the ‘rough-around-the-edges’ area of Shoreditch, to do some overpriced vintage shopping and check out the street art. When the noisy city became too much, I decided to make a beautiful hike along the coast, and take in the fresh smell of the sea (6).

In conclusion, my visit to London has been an amazing experience, both academically, as Dr. Pineda and I are planning several additional papers as a result of this visit and I have inspiration for several additional research projects, and culturally, as I have experienced sides of London that were completely new to me, and learned much about what drives and interests me on a personal level. I want to thank APH for providing this opportunity!



4 The Natural History Museum



5 Roaming the streets of London



6 Hiking along the coast