

CALL FOR RESEARCH PROPOSALS: TARGETED DIETARY INTERVENTIONS

The Dietary Science Foundation is now announcing a total of 1.6 million Swedish kronor over two years for one or more high-quality intervention studies that break new ground in the field of nutrition and are relevant from a patient or societal perspective.

The food we eat not only provides energy and nutrients but also affects the body in many ways. For example, our food choices have a significant impact on blood sugar and insulin levels, especially in individuals with abdominal obesity. Through effects on insulin and blood sugar, diet can indirectly affect various neurotransmitters and hormonal systems in the body.

In addition to influencing our biochemistry, food choices also influence the gut microbiota and gut health. Therefore, there is reason to believe that targeted dietary interventions could counteract various disease mechanisms. To explore this area, the Dietary Science Foundation is now announcing a total of 1.6 million Swedish kronor for one or more clinical intervention studies examining whether any form of innovative dietary intervention can affect disease progression through changes in the body's biochemistry or gut flora.

We will prioritize projects that are relevant from both a patient and societal perspective and where the study design can be justified by well-conducted preclinical studies and/or smaller clinical studies.



Who can apply?

Individual researchers who can act as project leaders and work in a Nordic country can apply for the grant. Applicants must have a Swedish doctoral degree or equivalent foreign degree. We welcome projects involving regional, national, or international collaboration. CVs must be provided for all participants.

The grant

The Dietary Science Foundation is a nonprofit fundraising organization. We anticipate being able to distribute 800,000 kronor in the fall of 2024 and the same amount in the fall of 2025. We encourage projects to be co-financed by multiple funders. The research question should remain the same regardless of the funder.

Quality and assessment of the study

Applications will be evaluated by the Dietary Science Foundation's Scientific Advisory Board. The goal of the Dietary Science Foundation is to initiate research that can form the basis for national public health strategies or treatment recommendations. Therefore, we place great emphasis on study design and the clarity of the research question, which should be structured according to the PICO format (more information via [this link](#)). The study should meet the quality standards typically applied by the Swedish Agency for Health Technology Assessment and Assessment of Social Services (SBU) to individual studies included in their systematic reviews (more information can be found in [SBU's handbook](#)). The feasibility of the study will also be assessed.

The Dietary Science Foundation's Scientific Advisory Board includes individuals who work at SBU and have extensive knowledge of how a study should be designed



www.dietaryscience.org
info@dietaryscience.org



for it to contribute to a solid scientific foundation for treatment. Applicants are therefore encouraged to engage in dialogue with the Scientific Advisory Board in the final design of the study.

Applicants are encouraged to explore innovative methods to help participants adhere to different dietary strategies and to evaluate compliance. Those awarded funding will also be offered the opportunity to use the Dietary Science Foundation's digital platform for dietary interventions, where study participants can access information and recipes for following a specific dietary plan.

The grant can cover all kinds of project-related costs, such as salaries, travel expenses, publication costs, minor equipment, and costs for providing food to study participants.

A smaller planning grant is available for larger studies.

If a doctoral student participates in the project, the grant cannot be used to pay a salary for the time the student spends teaching.

The assessment process will take place in two stages. Following initial application, the foundation will (if necessary) request a more detailed description of the project. The foundation is seeking studies that can provide conclusive results and pass the scrutiny of future reviews by SBU and similar organizations. Therefore, it is important that the study is designed accordingly.

Management and reporting

To make the results of the study as useful as possible, they should be reported in accordance with the *CONSORT statement*: <https://www.goodreports.org/reporting-checklists/consort/>

The Dietary Science Foundation requires financial reporting to be submitted within the specified time for projects funded by us.

The Dietary Science Foundation also expects researchers who receive funding to write an article about the results in the Swedish publication "Läkartidningen".

Application

The application must be in Swedish or English and should be emailed as a PDF to utlysning@kostfonden.se **no later than May 15, 2024**.

The application should include:

1. A **summary** of maximum half an A4 page with the following information:
the purpose of the project
a description of the study design and methods
the clinical outcome measures to be achieved by the project
2. An overall **budget** for the project: estimated total cost with a breakdown of various items such as salaries, travel, food allowances, and planned financing from different sources.
3. A more detailed **description of the project** including theory, method, timeline, how the project will be carried out, project organization, and the roles of participating researchers. Specify the project's outcome targets carefully and provide a summary of the study protocol. Describe the research groups and healthcare providers involved and how they are expected to contribute.

The project description may be a maximum of four A4 pages long (with a 25 mm margin in Times or similar, font size 11). We need sufficient information at this stage



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to assess the project's relevance, quality, and feasibility. If we are positive about the project, we may request more details.

4. Attach the project leader's and participants' **CVs**. Each CV may be a maximum of two A4 pages. Any conflicts of interest must be disclosed (such as connections to food companies).

5. Attach a **publication list** for the project leader and participants.

6. Report **other sources of funding**. Specify the type of grant, funder, holder/project leader, grant period, and amounts (in SEK).

For questions email utlysning@kostfonden.se

WE LOOK FORWARD TO RECEIVING YOUR APPLICATION!

About the Dietary Science Foundation

The Dietary Science Foundation is a nonprofit fundraising organization founded in June 2014. The foundation's purpose is to increase the amount of scientifically based knowledge about the impact of diet on human health and disease, primarily by supporting, organizing, and coordinating nutrition research.



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