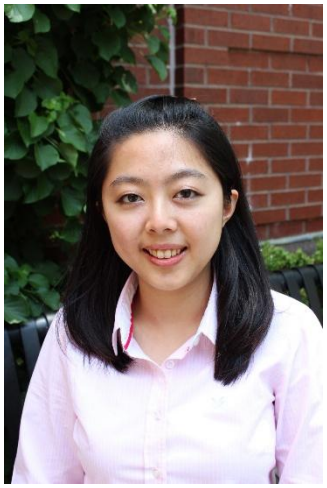
Who are we



This project is led by **Dr. Heidi Lai**, an Associate Scientist at the Fatty Acid Research Institute (FARI). Heidi is based in London (UK), and her work focuses on fatty acids and healthy ageing, including understanding how maternal nutrition shapes long-term health outcomes for children. She is passionate about making research accessible, meaningful, and grounded in real experiences, believing that research is strongest when shaped by the people it aims to benefit. You may also meet other members of the research team during the project. Each person is committed to creating a welcoming, inclusive environment where your voice is valued and your insights directly shape the research.

Dr. William Harris
FARI President and Founder
Sioux Falls, South Dakota, USA

Dr. Nathan Tintle
FARI Executive Director, Senior Scientist and Biostatistician
Sioux Center, Iowa, USA

Dr. Nathan Ryder
FARI Associate Scientist and Biostatistician
Iowa, USA

FARI
Fatty Acid Research Institute
ADVANCING THE KNOWLEDGE OF FATTY ACIDS AND HEALTH

More about FARI:
https://www.faresinst.org/

About the Project (Plain Language Summary)

High levels of omega-3 fatty acids are known to be good for health, especially during pregnancy. They may help lower the risk of preterm birth and support improved brain health in late life (>60y). However, we still don't fully understand if omega-3 fatty acids a mother consumes during pregnancy may directly improve her baby's brain development. Omega-3 fatty acids continue to get a lot of research and public attention. But, other types of fats – like omega-6, trans fats, monounsaturated, and saturated fats – also play an important role in nutrition and health.

In this study, we will analyse data from a prospective cohort, involving 2,035 mum-baby pairs. We aim to learn how a mother's diet during pregnancy affects fatty acid levels in the baby's blood (umbilical cord) at birth. We will also find out if cord blood fatty acid levels may predict a child's brain development at 6 months, 18 months, 2.5, and 3.5 years old. The research will help us understand how a mum's diet shapes her child's long-term health. Our work will also help guide future nutritional trials, dietary recommendations, and public health guidelines.

Objectives

The PPIE group will:

- Contribute to shaping research questions and priorities.
- Provide feedback on study materials, communication strategies, and public-facing documents.
- Offer perspectives on the interpretation of findings and their potential health implications.
- Co-develop dissemination strategies (academic and non-academic).
- Advise on future research directions and clinical translation opportunities.
- Support equality, diversity, and inclusion (EDI) across the project.

Duration of Membership

Membership lasts for the duration of the project (funded to end in Nov 2027).
Members may step down at any time and may be replaced to maintain group diversity and continuity.

What You Can Expect

Meetings

- 4–5 online sessions (60–90 minutes each)
- Held via Zoom or Microsoft Teams
- Scheduled at times that suit the group
- Agendas sent in advance
- Notes shared afterwards

Roles and Responsibilities

PPIE Members

- Attend scheduled online meetings.
- Share experiences, insights, and perspectives respectfully.
- Review documents or materials when requested.
- Maintain confidentiality of project information.
- Notify the project lead if unable to attend a meeting.

Payment and Practicalities

Compensation

You will be paid for:

- attending meetings
- reviewing documents
- contributing to dissemination

Payment follows **INVOLVE guidelines**, which ensure fair and consistent rates for public involvement. Payments are usually processed between 3-5 business days via bank transfer after you have submitted a payment form to us, which will be issued via email after sessions.

You can choose:

- bank transfer
- voucher
- or to decline payment, if preferred

Declining payment does not affect participation in anyway. If payment timelines change, we will notify you as soon as possible.

Contact: Dr. Heidi Lai (heidi@faresinst.com)