



# THE NUTRITION SOCIETY GAZETTE

Winter 2022



**Celebrating 75 years of the *British Journal of Nutrition***

- Nutrition Greats: Professor Stanislas K Kon
- New: The Nutrition Society Academy
- A day in the life of a Sports Nutritionist

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# Editorial

Dr Carrie Ruxton, Honorary Strategic Communications Officer

**H**appy New Year! It's great to kick off 2023 with the inspiring nutrition science at our Winter meeting but, as this packed issue shows, there is much to look forward to, and celebrate, in the Nutrition Society.

We celebrate the *British Journal of Nutrition* reaching 75 years (pages 6-7) and our well-deserved Silver Medal winner (page 12). We celebrated a successful 2022 Summer Conference in Sheffield (page 10-11) and look forward to this year's exciting conferences in Glasgow, Ireland and Liverpool (see back page for details).

Don't forget to read about this issue's Nutrition Great, Professor Stanislas K Kon (page 4-5) and hear about the career of one of our Honorary Fellows, Professor Mark Wahlqvist (pages 16-17). But that's not all, because we have updates from our President, Trustees, Theme Leaders, Section leaders, and Special Interest Groups as well as articles on new horizons in nutrition science from Scotland, Australia and Georgia. If you've ever wondered what a sports nutritionist does, check out the article on page 24.

As the snow and rain finally clear, so I can get back to running again, I'm anticipating this year with positivity and curiosity. I hope you are too, and maybe we will see you at one of the Nutrition Society's many events during 2023! ■



Registered Office: Boyd Orr House, 10 Cambridge Court, 210 Shepherds Bush Road, London W6 7NJ

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# President's Report

Professor Julie Lovegrove, President



**T**he Nutrition Society has much to celebrate as we look back on 2022 and anticipate events in 2023. We enjoyed a very successful face-to-face Summer Conference in Sheffield in July on “Food and Nutrition: pathways to a sustainable future” jointly hosted by Sheffield Hallam University and Sheffield University with over 250 delegates. Sir Charles Godfray from the University of Oxford opened the event with a memorable lecture on ‘The challenge of providing healthy, sustainable and equitable diets for all’, which was followed by excellent presentations on this topical subject.

I'm proud to say that the impact factors of all the Society's scientific journals increased markedly in 2022, highlighting the prominence of our journals within the field of nutrition. The *British Journal of Nutrition*, our flagship journal, also celebrated its 75th Anniversary. This achievement has been marked by several events throughout 2022, which culminated with a symposium at the IUNS-International Congress of Nutrition in Tokyo in December. Another achievement to celebrate at this event, is the prestigious IUNS “Living Legends”

Award for a substantial contribution to a national nutrition body. I was delighted to learn that Professor Joe Milward, Emeritus Professor from the University of Surrey and an Honorary Fellow of The Nutrition Society, received this well-deserved accolade. Take a look at page 16 for more details.

Recently, several members have been appointed to key positions within the Society. I welcome Drs Charlotte Evans and Andrea Azcarate-Peril as the new Editors-in-Chief for *Public Health Nutrition* and *Gut Microbiome*, respectively, as well as Professor Tom Hill as our new Honorary Treasurer, Drs Caroline Childs as the new Clinical/Medical Council Member, Dr Hannah Theobald as the new Council Member for Industry and Emma Feeney as the new Secretary of the Irish Section. Thanks to all those stepping down from these positions. Lastly, it gives me great pleasure to congratulate the new President Elect, Professor Mary Ward from Ulster University, Coleraine, Northern Ireland (see below for an introduction to Mary and her interests). A very warm welcome to you all, I am very much looking forward to working with you this year.

The Nutrition Society has an international reputation as a leading and trusted voice in the field of evidence-based nutrition, and this year has received an increased number of requests for our expert views and opinions on topical issues, such as vitamin D food fortification, governance of artificial intelligence, and diet and gut microbiome. These consultations demonstrate an increased recognition of the Society's important role in science, and are a mark of the respect and esteem in which it is held.

As we emerge from the festive season, we begin 2023 with our annual Winter Conference on ‘Architecture of Food: processing, structure and health’. To avoid conflict with the IUNS – International Congress of Nutrition in December 2022, the Winter Conference is taking place on 24-25 January 2023 at the Royal Society, London, following our Annual Reception.

This will be followed by our Scottish Section Spring Conference at the University of Strathclyde, Glasgow on 3-4 April 2023 on the subject of ‘Diet and Health Inequalities’. I'd like to end by wishing you a fantastic year ahead. ■



## New President Elect Announced: Professor Mary Ward, Ulster University.

The Society is thrilled to announce its new President Elect, Professor Mary Ward. Professor Ward is a professor of Nutrition and Dietetics at the Nutrition Innovation Centre for Food and Health (NICHE) at Ulster University, having graduated with a BSc in Nutrition and Dietetics from Trinity College Dublin and a PhD from Ulster. Her research is largely focused on micronutrients, in particular B-vitamins and one-carbon metabolism and their role in maintaining health across the lifecycle, from early life through to older age. She has a particular interest in cardiovascular disease and heads up the vascular unit within NICHE. She has been an active member of The Nutrition Society for many years, having previously held the positions of Membership Secretary and Chair of the Irish Section (2009-13). She will be the third Irish Section member to have the honour of becoming President, following in the footsteps of Professor Mike Gibney, UCD (1995-98) and Professor Sean Strain, Ulster University (2010-13).

# Professor Stanislas K Kon, CBE

## First Editor of the *British Journal of Nutrition*

Professor Paul Trayhurn, BSc, DPhil, DSc, FRSE, University of Liverpool

Professor Stanislas Kon (1900-1986) was a distinguished scientist who was born in Minsk but grew up in Poland where he trained in chemistry. He gradually moved into nutritional biochemistry through periods spent in major nutrition centres, including with Professor Harry Steenbock in Madison, Sir Frederick Gowland Hopkins in Cambridge and Sir Jack Drummond in London. He subsequently made what became a permanent move to the UK to join the National Institute for Research in Dairying (NIRD) in Shinfield – sadly closed some years ago – where he remained until retirement. He was Head of the Department of Biochemistry & Physiology at NIRD, and subsequently Head of the Nutrition Department and Deputy Director of the Institute. Vitamins were a major interest throughout his career, and he made a number of important discoveries in the field, including being one of those to demonstrate that the conversion of  $\beta$ -carotene to vitamin A takes place mainly in the intestinal tract.

Professor Kon is, however, undoubtedly best known to members of The Nutrition Society as the first Editor of the *British Journal of Nutrition*, an announcement of the launch of the journal appearing in *Nature* on 28 June 1947. He took on the role of Chairman of the Editorial Board that same year and continued until 1965 – a remarkable 18-year tenure. Although Professor Kon was formally termed ‘Chairman’ of the Editorial Board, in effect he ran the journal. This title continued until my own appointment in 1999 at which point ‘Editor-in-Chief’ became the designation. At the beginning, as now, Cambridge University Press were the publishers for the *BJN* (interrupted by a brief period with CABI).

The first issue of the *BJN* appeared in September 1947 (and can be viewed online: <https://www.cambridge.org/core/journals/british-journal-of-nutrition/issue/E2A98B90A5472C9135FAD1D4C02C5759>). It contained abstracts of communications to the Society and obituaries to Sir Frederick Gowland Hopkins and Sir Joseph Barcroft, in addition to primary research articles. Two of the inaugural articles were co-authored by Professor Kon himself – “Reproduction and lactation in the rat on highly purified diets”<sup>(2)</sup> and “A study of the composition of sow’s milk”<sup>(3)</sup> – these reflecting the core focus of NIRD on milk and lactation.

Prior to being appointed Chairman of the *BJN*’s Editorial Board, Professor Kon was General Editor of the *Proceedings of the Nutrition Society*, the first issue of which appeared in 1944. He therefore brought to the *BJN* the benefits of his editorial experience and a close knowledge of The Nutrition Society, at that time still a young organisation. His overall contribution to the Society later went even further in that, between 1965-68, he was President and subsequently an Honorary Fellow.



Photograph from the Obituary of Professor Kon in the *BJN* (1987)<sup>(1)</sup>

Professor Kon’s 18-year tenure at the helm of the *BJN* will never be matched for its length of service. Indeed, the maximum term of his (eleven) successors has not exceeded six years. But importantly, what will also never be equalled is the extent to which his Editorship was critical to the development and overall functioning of the journal. The meticulous attention to detail that he paid with each and every manuscript, correcting the English despite it not being the language of his birth, was something that no Editor-in-Chief would – or indeed could – do now. In this he was legendary. The result was that the *BJN* quickly established a reputation for high standards, both in

what was published and for the quality of presentation. We, his successors, can only look back in awe at his dedication to the journal and at what was achieved.

There have, of course, been major developments in journal publishing since Professor Kon's time. Building on the strong foundations that he established, the *BJN* is truly international, both with respect to the provenance of articles and in the composition of the Editorial Board. Other key changes reflect the way in which the publication of all journals has evolved over the past two decades, such as the provision of articles online and the employment of web-based manuscript handling systems.

We can be confident that Professor Kon would have embraced change and ensured that the *BJN* continues to be at the cutting edge of nutritional science. That the *BJN* celebrated its 75th Anniversary last year owes so much to him. ■

**Professor Paul Trayhurn**  
*Editor-in-Chief, BJN 1999-2005*

1. Coates ME, Thompson SY (1987) Stanislas Kazimierz Kon, CBE, PhD (Warsaw), DSc (Reading), FRIC. *Br J Nutr* 57, 301-303.
2. Folley SJ, Henry KM, Kon SK (1947) Reproduction and lactation in the rat on highly purified diets. *Br J Nutr* 1, 39-53.
3. Braude R, Coates ME, Henry KM et al. (1947) A study of the composition of sow's milk. *Br J Nutr* 1, 64-77.

## Want to publish your research as a Supplementary Issue with the BJN?



Publishing your research as a supplementary issue to one of the Society's journals enables you to get your clinical findings, conference proceedings and symposia reports quickly and directly to your target audience.

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# 75th Anniversary Celebrations of the *British Journal of Nutrition*

Professor John Mathers, Editor-in-Chief, *British Journal of Nutrition*

2022 was a wonderful year for the *British Journal of Nutrition* during which we celebrated our 75th Anniversary. In the first half of the year, we brought together a Special Collection of some of our most highly cited articles. You can view the Special Collection overleaf.

In parallel, we published a series of Invited Commentaries that discuss why each of these highly cited papers was so influential, and which outline further developments in related areas of nutrition science. The Invited Commentaries were commissioned from one of the original authors (where appropriate) or from a contemporary scientist working in a cognate area.

Our most highly cited paper “*Body fat assessed from total body density and its estimation from skinfold thickness: measurements on 481 men and women aged from 16 to 72 years*” was published in 1974 by John Womersley and John Durnin (<https://pubmed.ncbi.nlm.nih.gov/4843734/>). This remarkable paper has attracted more than twice as many citations as the next most highly cited paper (that was also concerned with body fat estimation). In their Invited Commentary entitled “*The making of a classic: the 1974 Durnin–Womersley body composition paper*”, Steve Heymsfield and Boyd Strauss (<https://pubmed.ncbi.nlm.nih.gov/35393925/>) note that Durnin and Womersley were appropriately self-critical and probed deeply into questions raised by their findings. With the pressure to publish, too many of today’s authors appear to be content to present their results with relatively superficial thinking about what they have observed.

Nearly 60 years ago, Sir Kenneth Blaxter, a former President of The Nutrition Society, and his colleague John Clapperton wrote the highly cited article entitled “*Prediction of*

*the amount of methane produced by ruminants*” (<https://pubmed.ncbi.nlm.nih.gov/5852118/>). Reflecting on this classic paper, John Wallace commented that the importance of methane as a greenhouse gas in driving climate change means that the insights from Blaxter and Clapperton’s paper are as relevant today as they were in 1965. All of these papers are freely available on the *BJN* website for everyone to read. Scan the QR code to view.



In the second half of 2022 we looked to the future. We challenged recent winners of The Nutrition Society Silver Medal to write a Horizons article on a topic of their choice, that addressed an emerging area in nutrition research. These forward-looking Horizon articles were expected to evaluate critically recent novel developments that are likely to produce substantial advances in nutritional science, to be thought-provoking and possibly controversial. I have been delighted by the response from Silver Medal winners and you can read their ideas in the Collection on the *BJN* website.

**Scan the QR code to view.**



We were very pleased to have worked with the Nutrition Society Training Academy to co-host an event for Early Career Researchers (ECRs) on 12 July in Sheffield Hallam University immediately before the Society’s Summer Conference. This was an opportunity for ECRs and others to hear about new frontiers in nutrition science. At that event, five of our Silver Medal award winners talked about their Horizons



articles and provided insight into developments in their research areas.

We continued our focus on ECRs at the Nutrition Futures conference in Coventry University on 6-7 September. One of our Editors, Renate Winkels (Wageningen University) gave an excellent ‘Publishing 101’ talk in which she demystified the publication and peer review process and answered questions from our young colleagues. We hope that this will encourage some of the attendees to review for the *BJN* (and other Nutrition Society journals) and, eventually, to join the Editorial Board.

As I wrote this, we were preparing for the IUNS International Congress of Nutrition 2022 to be held in Tokyo. At that congress we celebrated the *BJN*’s 75th Anniversary and showcased the journal to a global audience. Ken Murakami (one of our Deputy Editors) and I ran a number of “Meet the Editor” sessions at the congress that help colleagues with any queries that they may have about publishing in the *BJN* (and the other Nutrition Society journals) and to discuss how they can get involved with the journal e.g., as peer reviewers or by joining the Editorial Board. In addition, during the congress, I met with senior colleagues in the Japan Society of

Nutrition and Food Science to learn more about the policies and ambitions for publications of the outcomes of nutrition research by colleagues in Japan and to discuss how the *BJN* can help to achieve those ambitions.

It is now clear that the dominance of research by scientists based in Europe and North America is being challenged by the rapid rise in volume and quality of research produced in Asia, Latin America and Africa. The *BJN* is responding to those shifts by ensuring that we continue to publish the best nutrition science, regardless of its origin. Part of that response includes a careful re-alignment of membership of the Editorial Board to reflect better the geographical origin of our authors and readers. Our

global reach is also exemplified by the continuing success of our Paper of the Year competition (<https://www.cambridge.org/core/journals/british-journal-of-nutrition/british-journal-of-nutrition-paper-of-the-year-2021>).

The nine papers in the 2021 shortlist came from research teams around the globe including Europe, China, the USA and the Middle East. These papers celebrate the broad range of excellence in nutrition research for which the *BJN* is well-known including nutritional epidemiological studies, mechanistic and methodological investigations and clinical nutrition studies. This year's winning authors were Jose Uberos and colleagues from the University of Granada, Spain for

their paper entitled "*The association between restricted intrauterine growth and inadequate postnatal nutrition in very-low-birth-weight infants and their neurodevelopmental outcomes: a 50-month follow-up study*" (<https://pubmed.ncbi.nlm.nih.gov/33866979/>).

As we look towards the future, we will continue to introduce improvements in how the *BJN* does its work in serving the global nutrition research community as we strive towards our goal of making the *BJN* the go to journal for the best nutrition research. ■

75<sup>TH</sup> ANNIVERSARY

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# A New Nutrition Leadership Programme – The MENLP

Mark Hollingsworth, CEO



Not only is leadership a key part of my role as CEO of the Society, the study of the theory and the application of leadership is also one of my principal hobbies. The true price of leadership, and of being a leader, is a willingness to place the needs of others above one's own. I am therefore always looking for an opportunity to expand my knowledge in this area, whilst helping others to discover the 'leader within'. Such a situation occurred earlier this year when I was invited to join the academic advisory board of a new Nutrition Leadership Programme – the Middle East Nutrition Leadership Programme, MENLP.

This invitation was later extended to become a member of the faculty delivering the MENLP in Istanbul Turkey in September of this year. The MENLP is being developed through the inspiring work of Professor Ayesha Al Dhaheri and Dr Leila Cheikh Ismail, both from the United Arab Emirates, under the umbrella of the Emirates Nutrition Association, and organized by TathQeef in collaboration with The Nutrition Society – hence my involvement.

The programme commenced bright and early on 21 September with 20 delegates from across the Middle East at a team breakfast in the main venue, the Istanbul Hilton Hotel.. This was followed by morning sessions covering 'Champions in Context', 'Strategic Influence', and 'Developing Effective Relationships'. After lunch I delivered my first session: 'Leadership and Performance', during which I explained how character, principles, ethics and values underpin effective leadership, and explored how leadership theory translates into practice. I further identified the 7 functions of leadership and how they influence effective performance, exploring the important role that self-reflection plays in developing one's leadership, before



MENLP delegates at the Faculty on Day One.

finally establishing how to set personal leadership development goals.

A series of team building exercises took place over the 3 days, under the excellent guidance of Mr Serkan Halic (HTC Events), including time spent in an outdoor adventure centre in the Turkish countryside. The programme also offered a facilitated discovery of delegates' individual communication and personality types, and how this can be a powerful aid to developing a personal leadership plan. The MENLP concluded on the third day with a final session from me on the power of 'Setting Strategic Goals: Professional and Personal'.

It was three very intense days, with 07:30am starts and late evening finishes

after a facilitated dinner and more team building work for the delegates.

Throughout this period, the faculty emphasised that great leaders truly care about those they are privileged to lead and understand that the true cost of leadership privilege comes at the expense of self interest. In today's context a leader serves as a bottom-up servant to enable action, and as a top-down symbol to motivate and provide for meaning in the team or organisation.

Everywhere we look there is a demand for not just more leaders, but for a new breed of leaders. I am honoured to have assisted in providing the 20 delegates on the first MENLP with a unique opportunity to start their respective leadership journeys. My frustration is that it was only 20 people – we need to find a way to develop many more leaders, and more quickly. It is an exciting, if daunting, challenge. But, if leading is serving and enabling action, then there is no excuse as a leader not to robustly pursue the challenge! ■



Outdoor team building.



# The New Nutrition Society Academy

Penny Hunking, Honorary Training Academy Officer



**T**he Nutrition Society launches the Nutrition Society Academy, the subscription-based platform providing you with all the tools to develop your nutrition science knowledge and professional skills. The Academy is for everyone, powering up your career at all stages. Subscribing to the Academy platform makes it easy for you to engage and commit to your continued professional development (CPD) in a cost-effective way.

Recognising the fast-paced field you work in; the Society's investment into the Academy platform makes building and maintaining your CPD portfolio straight forward and provides a place to record your achievements.

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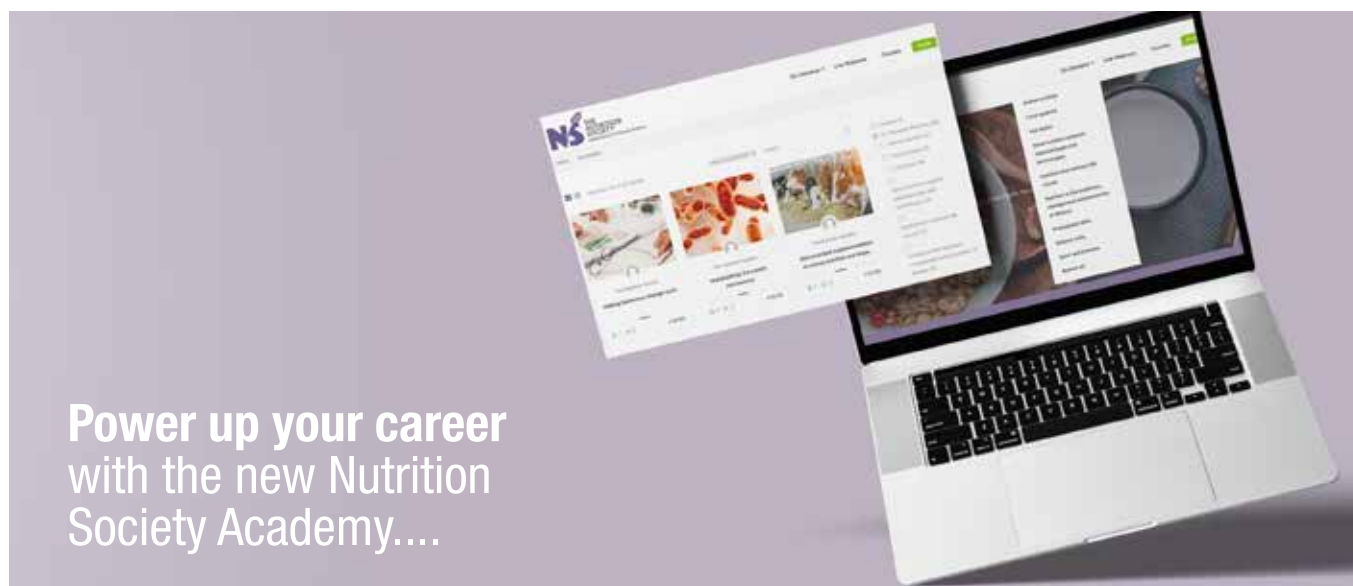
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A community with your career at the centre

# Summer Conference 2022 in pictures



Hosted collaboratively by Sheffield Hallam University, The University of Sheffield and Sheffield City Council, the three day conference provided a wide ranging overview of the pathways to a sustainable future in food and nutrition. The scientific programme covered a diverse spectrum of topics, ranging from the challenges of providing healthy, sustainable and equitable diets for all, to the potential for biofortification as a strategy to address inequalities in health, to exercise and dietary considerations for men with prostate cancer. In addition to the six symposia, two plenary lectures and two award lectures, delegates were able to enjoy 78 Oral Communications.

## Ideas for Careers

The Nutrition Society Training Academy's popular 'Ideas for Careers' workshop provided delegates with the opportunity to build collaborative relationships with fellow nutrition professionals to take forward into the future. Questions ranged from 'How do I get more clients as a freelance nutritionist?' through to 'How long does the Association for Nutrition take to approve an application?'

The local organisers created a social programme that aligned with the 'sustainability' theme; with a plant-based breakfast food truck and a networking event on day one: 'Greener, Fairer, Healthier' showcasing a range of local produce and products from Sheffield. Delegates were also able to explore the outskirts of the city through morning runs and walks, or take a pause with some morning yoga.

Invited speaker reviews and Original Communications will all be published in *Proceedings of the Nutrition Society*. Log into your members area for full access to the journal.

## Celebrating 75 years of *BJN*

To celebrate the 75th Anniversary of the Society's flagship journal: *British Journal of Nutrition*, a special networking event took place. Previous Silver Medal award winners provided insight into developments in their own research areas and new frontiers in nutrition science. ■





6 Huge thank you and well done to the @HallamFood and @NutritionSoc teams for an inspiring, informative and fun few days. Excellent sessions and even better to catch up with friends after too many years away. Glad there was the reliable NutSoc dancing too!! #NSSheff22 #NSSummer22 @DrBecLang



# Silver Medal Award Winner 2022: Personalised nutrition for metabolic health

Dr Sarah Berry, Kings College London

**A**fter 22 years in Nutritional Research (that went fast!), I applied for the Society's Silver Medal Award with the hope that I could join the long list of esteemed previous winners. And Bingo.....here I am, super excited to receive the Silver Medal and also my first ever Research Award!

So how would I describe my research journey to date.....well I would start by saying it has been so much fun! Basically, I get to do my hobby every day (with a lot of hard but rewarding work thrown in and the odd bump in the road!). This hobby encompasses the theme of cardiometabolic disease risk, with specific focus on; 1) personalised nutrition (PN); 2) novel human research techniques and 3) food and fat structure. Since starting at King's College London in 1999 as a MSc Nutrition student, I have led more than 30 human nutrition studies culminating in the PREDICT programme of research and ZOE Health Study App.

I first presented my MSc Nutrition research at the 2001 Nutrition Society Summer Conference in Sheffield, and co-incidentally found myself back in Sheffield to deliver the Silver Medal lecture 21 years later which focused on my PN research. As PI of the PREDICT studies, my research has been at the forefront of developments in PN and is forging a new way forward in the design and implementation of large-scale remote nutrition research studies integrating novel technologies, citizen science and AI. However, as PN research and associated industries have exploded, so has the debate over its value. Important questions, which I outlined in my Silver Medal Lecture, fuel this debate: 1) Does PN work? 2) How can we apply it meaningfully? 3) Does personalised advice exclude population-based advice?

For PN to work it needs to first achieve and sustain dietary change, and second, to impact health outcomes, with greater efficacy than a 'one-size-fits-all' approach. It also needs to accurately capture the breadth of human individuality; not just our biology and what we eat, but how we live, what motivates us and our dietary preferences. Notably, advancements in technology enable us to deliver 'real-time' personalised advice based on what an individual is doing at that point in time; how much sleep they have had, their previous meals, the time of day, and so much more. Lastly, both PN and population-based advice are valuable and can sit harmoniously together; some foods and dietary patterns are good for everyone, whilst there are other cases where people's responses are not consistent. Love it or loathe it, I believe that PN is maturing and will likely play a key role in preventing future disease and promoting health. For its success, we must continue to generate high precision data, methods and knowledge to make it available to all and ensure it isn't only for the worried well. We can start by grouping similar people together to deliver more specific advice based on shared characteristics, to bring the benefits of PN to the many not the few.

This paradigm shift in how we conduct and apply nutritional research heralds an exciting era in nutritional research for



Professor Julie Lovegrove presenting the Society's Silver Medal to Dr Sarah Berry

me personally and for the wider research community. The next step in my journey is the application of these remote research innovations into large scale and user-focused strategies, as I am doing in the ZOE Health Study App, where we are running 'citizen science' intervention studies in >100,000 individuals.

The Silver Medal has given me the opportunity to show-case this exciting research and my enthusiasm for the field of Nutrition Research. I am honoured that my research and commitment to advancing nutritional science has been recognised with this award and I would encourage anyone thinking of applying to do so! ■



**The Nutrition Society Silver Medal has been assigned annually since 1991 for scientific excellence in the field of nutrition. To be the first to hear when applications open, scan the QR code here.**



# 2022 Summer Studentship Winner

Abbie Colosimo, Coventry University

## What made you apply for the Summer Studentship?

I thought the Society's Summer Studentship would be an amazing opportunity, to apply my knowledge, acquired throughout my first two years of my undergraduate degree, alongside gaining some practical experience in the field of Nutrition. In addition, I thought it would help me improve my knowledge and understanding as well as increasing my expertise.

## How did you hear about the Summer Studentship?

I first read about the Summer Studentship on The Nutrition Society's website and then discussed about applying for with my supervisor.

## What was the process like? What did the application and presentation involve?

The process of applying for the Studentship consisted of meeting with my supervisor to discuss different potential projects and how, and if, they would work. Once we had decided upon a project, the application consisted of writing a rough outline of the project including a time plan and methodology.

## What was your research on and how did you feel it went overall?

My research project was titled "Comparisons of postprandial glycaemic response following orange juice and bread consumption between healthy weight and overweight/obese adults." It investigated the glycaemic response following both wholemeal and white bread along with the consumption of orange juice in two different weight categories, those with a healthy BMI (body mass index), 18-24, and those with a BMI measuring overweight or obese 25+. I think that the project went really well overall. One of the problems we initially struggled with was recruiting participants. However, we managed to get 10 participants in each weight category across a variety of different ethnic backgrounds. We recruited participants by advertising on the university's social media accounts, as well as by word of mouth throughout the university.

## What advice would you give to a student thinking about applying?

I would definitely recommend to any 2nd year undergraduate student member to apply for the Summer Studentship.

It was an excellent opportunity that has provided me with important skills which will help me when completing my final year and preparing for my dissertation. The networking opportunities will also help me in my future career. Also, the opportunity to present the project at Nutrition Futures really enhanced the experience and helped me hone my presentation skills.

## How might winning the Studentship and doing the project help with your career progression?

Completing this studentship has provided me with a unique experience which sets me apart from others when applying for graduate schemes and future internships. In addition, it has built the foundations and provided me with key skills when starting both my dissertation and my proposal modules in my final year.

## What are you looking to do now or as a career?

I am currently looking to apply for a postgraduate degree (MSc) in Public Health and hope to pursue a career in population health or health policy. ■



## Nutrition Society Summer Studentships

The Nutrition Society offers Summer Studentships aimed at undergraduate members interested in a career in nutrition science. These studentships provide undergraduates, registered on nutrition or related degree programmes, with the opportunity to undertake a period of research in a university, research institute or industrial setting.

Studentships are available for up to eight weeks and carry a stipend of up to £1600 in total.

Additionally, a conference grant will be available for travel and accommodation to enable the student to attend the annual Nutrition Futures Conference to present their research project.

**Details of the available 2023 Studentships will be announced on the website soon.**

# Trustee Update

Professor Tom Hill, Honorary Treasurer



**H**ello Nutrition Society Members. I am writing to you as the new Honorary Treasurer, a position I assumed at the Annual Charity Meeting in Summer 2022. I am taking this opportunity to introduce myself for those who don't know me, and let you know my aspirations as Honorary Treasurer and Trustee of the Society.

In 2000, I graduated from University College, Cork with a BSc in Nutritional Sciences and in 2004, with a PhD on Vitamin D and bone health in postmenopausal women. With a very keen desire to stay in Nutrition research, I then took on a number of post-doctoral positions before moving to Newcastle University in 2011 as Senior Lecturer in the School of Agriculture and Food. In 2019, I was promoted to a personal chair in Nutrition in the Faculty of Medical Sciences. My research over the last 20 years has included an understanding of the nutritional requirements for vitamin D and its links to health and disease, the role of nutrition in maintaining health in older adults and more recently the role of food (bio) fortification in healthy sustainable diets.

My first engagement with The Nutrition Society was in 2001, attending the Irish Section postgraduate Conference in Cork and a few months later that

year, attending the annual Irish Section Conference at the University of Ulster in Coleraine. I have fond memories of that meeting for a number of reasons, most notably the wonderful people I met for the first time and the great sense of community about Nutrition Research in Ireland. I would later join the Irish section committee from 2006-2011 as Membership Secretary. One of my personal highlights in my time in Ireland was being the local organiser of the Societies' 70th anniversary Conference in 2011, jointly hosted with the American Society for Nutrition in Cork. In recent years, I have served on the editorial board of the *British Journal of Nutrition*, *Nutrition Research Reviews* and the *Journal of Nutritional Sciences* and I co-edited the Introduction to Human Nutrition 3rd edition textbook.

I am honoured and excited to have the opportunity to join the Board of Trustees and contribute to the strategic direction of the Society. Since I started a few months ago, The Nutrition Society staff and my fellow Trustees have made me feel very welcome. I would like to thank Mark Hollingsworth, Marie Belle and Professor Chris Seal (previous Honorary Treasurer) for the extremely helpful guidance, including having a full day handover meeting about the Society's finances in

Newcastle during the Autumn. Getting to grips with the complexities of the Society's finances is a steep learning curve! I delivered my first formal Honorary Treasurer report at the October 2022 Council meeting, which shows that the Society continues to have a solid net worth and reserves. It is very reassuring to note that the Society is able to meet all its operational commitments, in addition to being able to withstand any short to medium term fluctuations in its revenue and costs resulting from the current global uncertainty. However, despite this solid financial position, I am determined during my tenure not to rest on our laurels, particularly in the face of current global financial challenges as well as the geopolitical situation in Ukraine. As I write this piece, I am preparing for my first meeting with our investment partner Coutts next week in London, where Mark and I will discuss investment strategy for the year ahead.

Finally, I am looking forward to working closely with Mark, Marie and my fellow Trustees to ensure the financial sustainability of the Society so that we can continue to deliver on our mission to promote the best quality evidence-based nutritional science and realise our strategic plans. I look forward to meeting some of you over the coming year at the Society Conferences and other events. ■



## Professor Joe Millward 'IUNS Living Legend Award'

Professor Joe Millward, one of our Honorary Fellows, is known to many in The Nutrition Society, having a long and illustrious record of service, both to the Society and the field of nutrition science. Amongst his many achievements Professor Millward served as a Nutrition Society Council Member during 1978–1982, 1993–1998 and 2002–2005, and as the Society's representative on the Royal Society National Committee for Biochemistry from 1976 to 1982. He also served on the editorial boards of the *British Journal of Nutrition*, (1976–1982, 1993–2002, and since 2012 as Deputy Editor), and *Nutrition Research Reviews*, (1987–2002).



It is, therefore, gratifying to learn that the International Union of Nutritional Sciences (IUNS) announced at its recent International Congress of Nutrition in Tokyo that Professor Millward has been given the 'IUNS Living Legend Award'. This prestigious award recognises a senior individual's (and they must be aged over 80 years!) contribution to the work of their national nutrition body or regional organisation. We heartily congratulate Professor Millward on this well-deserved recognition of his long service to our Society. ■

# Georgian Nutrition Society holds a landmark conference on Nutrition and Health

Dr Manana Stanley, President of the Georgian Nutrition Society.



As part of its mission to educate the Georgian population on the medical importance of nutrition and the role it plays in the development of some non-communicable diseases, the Georgian Nutrition Society (GNS) held a landmark conference on nutrition and health in Tbilisi, Georgia, 19-20 May 2022.

Over the past two decades, major changes in eating habits and lifestyles have led to major health challenges in Georgia. There has been a significant increase in diabetes, cardiovascular disease and some types of cancer, many of which are linked to unhealthy eating habits.

The Nutrition Society kindly agreed to support the conference and provided eminent speakers to present their vision on the newest developments in nutritional science and its role in tackling various health problems.

Amongst these were Professor John Mathers, Newcastle University, who opened Symposium two with a discussion around dietary patterns that may improve brain health during ageing; and Professor Philip Calder, University of Southampton, who highlighting the relevance of diets, food and nutrients in inflammatory processes associated with chronic disease.

Emphasising the medical importance of nutrition and exploring the role of

diet on incidence of non-communicable diseases, the Society's honorary programmes officer Professor Bernard Corfe, Newcastle University, delivered a powerful lecture on the Dietary risk factors in high-prevalence cancer. This was followed by the President of The Nutrition Society, Professor Julie Lovegrove, University of Reading, who discussed the role of dietary fats in cardiovascular disease risk.

*There is a great deal that Georgia has, and can learn further from its partner society, The Nutrition Society and the GNS hopes to make the conference an annual event to contribute to the understanding of the evident but complex relationship between the food we eat and our health.*

Georgian scientists also presented their views on the challenges public health faces in relation to modern nutrition and their vision for the future development of nutrition and nutritional science in Georgia.

Academics, government ministers, clinicians, public health leads,



representatives of farming industries and food companies were invited to take part in several workshops across the two days, focussing on opportunities for developing and raising the profile of nutrition in Georgia. These provided a platform to engage with government and encourage the development of nutrition courses in Georgia, particularly as there is a real interest among the younger generation to learn more about nutrition and nutritional science.

Given the current lack of university nutrition courses in the region, Professor Philip Calder, University of Southampton and President of the Federation of European Nutrition Societies (FENS), hosted a workshop to discuss the benefits of being internationally involved and shared expertise in helping The GNS become more integrated into FENS and other international networks to support Georgia in reaching its ambition to take a leading role in the region in teaching nutrition. ■



# Professor Mark L Wahlqvist AO

BMedSc, MDBS (Adelaide), MD (Uppsala), FRACP, FAFPHM, FAIFST, FTSE



## How did you get into nutrition?

It could be said that 'getting into nutrition' was for me serendipity, a sentiment I expressed in 'Moments that mattered', published in The Nutrition Society Gazette in 2017. On more thoughtful reflection, I recognise that the times contributed to a career in food and nutrition science and practice. When, where and with whom we have our childhood are major factors in our destiny. I was born in Adelaide in 1942 when Singapore, and later Australia, were invaded by Japan. Post war, the sociocultural mix in Australia was expanded, particularly by refugees. Tertiary education was more accessible, young Asians entered the Universities; the obnoxious 'White Australia Policy' was overturned. The Indigenous First Australians were at last accorded citizenship rights in their own country. Food was rationed and exported as aid in my childhood. National and enduring early colonial settler economic advantage was still provided by agriculture and the food system. Home gardening, growing, preserving, and cooking food were nevertheless valued and my extended immigrant family were involved in bakery and smallgoods manufacture. My food habits and beliefs were often at odds with my peers and teachers. I doubted the integrity of the developing food group dogma as that of vested interest and cultural oppression.

I enrolled in Medicine with altruistic intentions in 1959, inspired by the notion that it would open opportunities in international health. It was my good fortune that the Adelaide Medical School had been involved in wartime food security policy (Stanton Hicks), fostered interest in nutritional biochemistry (Mark Mitchell) and physiology (Robert Whelan), along with iodine deficiency disorders in Australia and beyond (Basil Hetzel), and in inflammatory disease (Howard Florey). That said, integrated instruction in food and nutrition was

absent, given I was probably the only medical student to possess a nutrition textbook, the UK Davidson and Passmore volume (1st edition, 1959)!

My attention was drawn to indigenous Australian and African health needs and food culture through reading and listening to stories in childhood, to Korea from 1954 after the war. Collectively, this context was my passport to nutrition and its socioecological relevance.

There were *major happenstances* which determined my future destiny in nutrition. ☺

I took a position in Sweden at the Karolinska hospital in Stockholm which had several relevant strengths, in applied physiology, in metabolic medicine, in clinical nutrition support methodology, and in cardiovascular epidemiology, followed by geriatric medicine and nutrition at Uppsala University. I returned to Australia to a Department of Clinical Science at the John Curtin School of Medical Research at the Australian National university, also focussed on nutrition and metabolic medicine. Back to Melbourne at Monash University, the newly created Deakin University in 1977 created the first Chair of Human Nutrition in Australia, which I assumed. Eventually, I became Head of Medicine at Monash University and the Monash Medical Centre, allowing me to forge a nexus between Nutrition and Medicine in higher education in Australia. In these moves I had the support of several mentors including Basil Hetzel, R Douglas Wright, Lars Carlson, Paul Nestel, Kerry Goulston, Malcolm Whyte, and Mal Logan.

## You are both a medical doctor and a nutritionist. How can we ensure that medical students understand more about their patients' nutritional needs?

In 1981 and earlier, when I became Chair of the IUNS committee on Nutrition in Medical Schools, there was a consensus that medical graduates had scant clinical nutrition practice competence, other than knowledge of nutritional biochemistry. Aware that any and every bodily organ, system and function depended on nutritional status, the then Secretary General, Bjorn Isaksson and I drew attention to the need for Clinical Nutrition training in a feature article in the Lancet in 1983. We argued that doctors needed to know what their patients ate, and how dietary patterns related to health outcomes to be able to make a nutritional diagnosis. They could then enable dietary change or provide nutrition support and care. In this way, the place of nutrition in the health care system would prosper.

The IUNS committee realised that teachers as well as students needed to engage in this endeavour. So, we produced a Manual for shared use by clinical teachers and students in conjunction with WHO, 'Patient Problems in Clinical Nutrition', edited by Jitka Vobecky and me, and published in 1987. It was widely adopted by medical schools; a Chinese edition was introduced into medical schools throughout China with Professor Gu Chin-Fan and has had a lasting impact. The key to success for nutrition in medical training is to build on the universal personal interest in food and health, to make a nutritional diagnosis. This should be done using simplified time and cost-effective methods, and the monitoring, recording and feedback of indices of progress. Working as a team wherever possible is to be encouraged for the multidisciplinary intrinsic to clinical nutrition practice.



This approach can and should permeate all areas of practice, by level of care, setting, general or specialty, irrespective of age, and be positioned within the overall clinical picture and management plan. This demands a cultural shift in practice, requiring role models and persistent engagement. With time, practitioners can become fluent, efficient and anticipatory of how each nutritional diagnosis and management plan can be one of a familiar set of dysnutritional care repertoires.

### What does the IUNS contribute to the world of nutrition science and how did your presidency build on this?



**IUNS**  
INTERNATIONAL  
UNION OF  
NUTRITIONAL  
SCIENCES

IUNS brings together the geographically, socioculturally, and disciplinary diverse interests and expertise in food, nutrition, and health from around the world. It nurtures new and developing

initiatives in nutrition science across the globe, especially through its major conferences, working groups, reports, and publications. Its networks are individual, societal, institutional, governmental, non-governmental (NGO) and with the UN System, especially ICSU, WHO, FAO, UNICEF, UNESCO, WFP. Its regionalisation in Europe, Asia, the Americas, Oceania, Africa, and the Middle East offer more frequent interaction between scientists. It is important that it continues to be recognised as a nutrition science reference organisation for standard setting, guidelines, and policy.

I assumed the IUNS Presidency in 2001 as demographic change, globalisation, digitisation, biotechnology, food insecurity and climate change meant nutrition science was in a greater state of relevance that it had been for a long time. For these reasons I recommended that we seek to transform from a quadrennial major conference focus to a continuous digitally, regionally, and interdisciplinarily operative organisation. Having been involved in the joint

WHO-FAO Food based Dietary Guidelines initiative which emphasised evidence and locality – based food system strategy in its 1995 Cyprus Declaration, I saw this informing much of what we might do.

IUNS had sponsored the membership of IUFOST (International Union of Food Science and Technology) in ICSU (International Science Council) and together we served on each other's councils and enabled the SHWB (Sciences for Health and Wellbeing) project to be realised.

The next IUNS congress was to be in Africa (Durban, South Africa) for the first time. This mandated IUNS to seize the opportunity to accelerate and strengthen its commitment to food and nutrition science and systems in the African continent. We revitalised FANUS (Federation of African Nutrition Societies) and formed MENANA (Middle East and North African Nutrition Societies).

Against this background, and with a new Constitution, at my inauguration during the Vienna conference, I committed IUNS to an African sensitive agenda and a work plan which would be supported by Task forces:

- *Indigenous Food Systems* (IFS) (Chair: Harriet V Kuhnlein),
- *Life Course Nutrition* (LCN) (Chair: Noel Solomons),
- *Evidence based Nutrition* (EBN) (Chair: Jim Mann)
- *Econutrition* (EN) (Chair: Claus Leitzmann).

In conjunction with ICSU (the International Science Council) and other international scientific unions, we embarked on a greater emphasis on regions and for them to be regionally active. Council members would have regional responsibilities. Council would meet in the regions and involve regional representatives. Regional meetings would be an integral part of IUNS action plans. Leadership training would be regional.

After working through strategies to strengthen a more ecological and sustainable approach to nutrition science, we established a successor

Task Force (New Nutrition Science) that built on Eco nutrition, and embraced environmental science.

As the pace of IUNS activities quickened, the need for a paid secretariat became more pressing. The strategy to put this into effect was to generate income over – and-above that from major congress revenue to that from projects. The World Bank Nutrition project in Iran, which IUNS managed, provided such a model. It had the advantage of not being linked to food industry interests. In this spirit, efforts were also made to link IUNS to the growing information technology and communication industry for joint food and health system developments.

### How has your involvement with The Nutrition Society benefited you?

The Nutrition Society represents one of the most conducive nutrition science networks available whatever the stage of career development. Companionship and conversations with its membership have been challenging and inspiring. Its collegiality has been career transformative. Its insightful publishing tradition has been a reliable anchor in the tradition and evolution of nutrition science. Its quality conferences have proven to be not only meeting points, but sounding boards, and partnership builders.

### What advice would you give a nutrition science student today?

Nutrition science is reflective of the socio-ecological basis of life as an earthly and cosmological phenomenon, pursuable at multiple levels, in a myriad of. To those studying nutrition today, avoid and challenge meaningless clichés and dictums. Ask those questions whose answers could make a difference to livelihoods and planetary habitability.

The need and joy of discovery in nutrition science in this way promises much reward. Watch out for the unexpected and cogitate on the apparent mistake, it may be the moment of greatest consequence. ■

# A letter from... Australia

Malcolm Riley, Group Leader, Public Health and Wellbeing,  
CSIRO Health and Biosecurity



Australia is an island nation of just over 26 million people, with many of our nearest neighbours being smaller in population (Indonesia is an exception with over ten times the population of Australia). Nevertheless, in our country and across our near neighbours, the first instinct of nutrition scientists is to work together and share what we can. Australia has a longstanding history of joint scientific meetings with New Zealand, and a recent collaboration across the Pacific region (the Oceanic Nutrition Leadership Program) is proving to be both successful and enthusiastically supported.

## Setting the scene

Australians benefit from a diversity of cultures including one of the oldest living populations in the world. Indigenous Australians make up about 4% of the Australian population, although they form the majority population in some towns and regions. In the sciences and in other areas, Australians are realising that there is much to learn from Indigenous knowledge – including social structures, landscape management, the use of natural products, and many other areas. Macadamia nuts are perhaps the most well-known Australian Indigenous food however many more Australian Indigenous foods may find their way to international markets in the future. The life expectancy for Indigenous Australians is about 8 years lower than that of the general Australian population, which was globally the third highest in 2022 (behind Monaco and Japan). The reasons for Indigenous Australians having a persistent life expectancy ‘gap’ are complex and inter-generational. Self-determination and community-control are now important principles in the provision of health services and the conduct of health research. While a healthy diet is a prerequisite for good health, adequate

housing and employment compete for attention in many communities. Food supply issues for remote Indigenous communities has seen attention in recent decades, in addition to the development of local food production businesses. The number of Indigenous health practitioners and researchers continues to increase; however it is acknowledged that Australians are on a journey.

Climate change continues to be an area of active interest for nutrition scientists. Interest in how people should eat to mitigate climate change and minimise resource use (while maintaining good health) is being complemented by consideration of the effects of climate change, including the likely health effects. In recent years, at different times, the East Coast of Australia has endured widespread bushfires and floods. This has considerable personal cost and triggers a need for emergency food relief in disaster areas. Food production has also been interrupted leading to lower availability and increased food price inflation for affected foods, the most noticeable of which are fresh fruits and vegetables. The food export industries are important for Australia (for example wheat, beef, dairy, lamb). While the impact of climate change is forecast to be mixed, disruption to production with consequent price impact might be an early impact.

## The nutrition landscape

Our National Academy of Science has 22 National Committees – one of which is the National Committee for Nutrition. The National Committee developed the Decadal Plan for Nutrition Science which was launched in 2019 recognising that nutrition science offers large untapped potential to boost the health and wealth of the nation. The decadal plan for nutrition science is organised into 4 pillars – social factors that determine

dietary choices; nutrition mechanisms underpinning healthy and productive lives; precision and personalised nutrition that account for differences between people and education and research training to ensure that Australians are empowered to make knowledgeable dietary choices.

There are 40 Universities in Australia (36 public and 4 private) with the majority undertaking teaching and/or research in human and animal nutrition in one shape or another. The work of Deakin University in both teaching and research is particularly prominent. The main campus of Deakin university is in Melbourne and their staff are making a particularly strong contribution to nutrition science as it relates to public health and health promotion. In November 2022, a national newspaper published the leading Australian researcher in 250 fields of research based on the citation rate of papers published in the top 20 journals in that field over the past 5 years. For nutrition science the leading researcher was Professor Elizabeth Isenring, from Bond University (a private Australian university). A focus of her recent research is hospital-based clinical nutrition, particularly as it applies to patients with cancer.

The key professional membership organisations for nutrition scientists are Dietitians Australia, and The Nutrition Society of Australia although, as elsewhere, nutrition scientists are actively involved in the many societies where nutrition science is relevant to other disciplines (e.g., Public Health, medical sciences, behavioural sciences, agriculture, metabolism and biochemistry). It’s clear from all this activity that nutrition science is thriving in Australia and we look forward to further collaboration with nutrition scientists around the world. ■

# Nutrition and Optimum Life Course

Dr Wendy Hall, King's College London



The Nutrition Society theme of Nutrition and Optimum Life Course encompasses fields of interest that focus on diet and optimal health at all life stages and interactions with factors associated with time of life (school, occupational, lifestyle, reproduction etc). Women's health is an important topic that falls under this theme.

For the past decade or so the impact of menopause on women's health and wellbeing has been increasingly highlighted in the media and the resulting increased demand for treatment has led to interruptions in the continuous supply of menopausal hormone therapy to pharmacies. Menopausal hormone therapy is targeted at treating the sometimes debilitating symptoms of perimenopause, including hot flushes, genitourinary problems, joint pains, and impairments in mental health. Alleviating these symptoms has the potential to directly influence dietary choices and risk of weight gain, and also indirectly through retention in the workplace and other lifestyle choices. Furthermore, declines in oestrogen levels have long been implicated in increased risk of cardiovascular disease, type 2 diabetes, osteoporosis, dementia, and breast cancer, all of which are modifiable by diet and physical activity.

Although responsible sources of dietary advice for the menopause exist (e.g., the British Dietetic Association and British Nutrition Foundation), there is a surprising lack

of evidence-based dietary advice specifically for women going through the menopause transition. Furthermore, it is unclear what sort of dietary habit changes are made by women experiencing perimenopausal symptoms and what the motivating factors are. Although this time of life might be a turning point where individuals are more likely to improve the quality of their diet, hormonal fluctuations can also affect gastrointestinal function possibly leading to less beneficial dietary restrictions; for example, increased bloating or constipation could lead to avoidance of dairy and foods high in fibre which could exacerbate the acceleration in bone loss and rise in LDL cholesterol concentrations occurring at this stage in life. The Nutrition and Optimum Life Course theme is, therefore, well-placed to spotlight any research or other scientific activity being undertaken by members on diet and menopause.

An overview of Menopause and Dietary Implications is already available as an On Demand Webinar. The upcoming Summer conference in Liverpool (3-6 July) on "Nutrition at Key Stages of the Life Cycle" will be a great opportunity to showcase any research in this area, likewise the Irish Section conference (14-16 June) on "Understanding the role of sex and gender in nutrition research" to be held in Athlone. ■

#### References

<https://www.bda.uk.com/resource/menopause-diet.html>  
<https://www.nutrition.org.uk/life-stages/women/menopause/>  
<https://www.themenopausecharity.org/2021/06/12/healthy-eating-during-menopause/>

# Nutrition in the Treatment, Management and Prevention of Disease

Dr Oonagh Markey, Loughborough University



Since taking on the role of Theme Lead of Nutrition in the treatment, management, and prevention of disease, it has been an honour for me to lead the organisation of the scientific programme for The Nutrition Society's 2023 Winter Conference, with support from Professor Ailsa Welch and the Science Committee. Our Winter Meeting will be hosted at The Royal Society, London from 5-6 December 2023. I am delighted to announce that this Meeting will address the highly important subject of "Diet and lifestyle strategies for prevention and management of multimorbidity".

Multimorbidity, broadly defined as the co-existence of two or more chronic conditions in one individual, is a major global health challenge. Here in England, it is projected that two-thirds of adults aged 65 years and over will be living with multiple long-term conditions by 2035<sup>1</sup>. The growing problem of multimorbidity is linked to increasing lifespans, socioeconomic and lifestyle-related risk factors, including poor diet and physical inactivity.

This Winter Conference will be structured around four symposia, with many excellent guest speakers already confirmed. It will explore pathways for prevention of multimorbidity across the life course, the role of ageing, the gut-brain-heart connection, and lifestyle strategies for prevention and management of multimorbidity. It will also consider machine learning and precision nutrition approaches for addressing research challenges in multimorbidity. Furthermore, the conference will provide an opportunity to discuss how we can best take forward future research to address this global health priority.

More details are available on the conference section of the website. Abstracts will open for submission in July 2023. If you are interested in supporting the conference as an exhibitor or sponsor, please do get in touch with The Nutrition Society's Office by email: [office@nutritionandsociety.org](mailto:office@nutritionandsociety.org). ■

#### References

<sup>1</sup>Kingston A, et al. Age Ageing. 2018;47(3):374-380

# Workplace Diet and Health – priorities for researchers and practitioners



Dr Rachel Gibson, Kings College London

A round table event ‘Workplace Diet and Health – priorities for researchers and practitioners’ was held by the Workplace Diet and Health Special Interest Group at The Nutrition Society offices in London on 19 October 2022. The meeting was chaired by Dr Rachel Gibson, Dietitian, Lecturer and Chair of the Workplace Diet and Health Special Interest Group, and facilitated by Dr Wendy Hall, Reader in Nutritional Sciences, King’s College London and Nutrition Society Theme Lead for Nutrition and Optimum Life Course. Fifteen participants attended the event. Participants represented a range of stakeholders from dietetic and nutrition professionals working in workplace health, academics, and science communication with an interest in workplace diet and health, non-governmental organisational and providers of workplace nutritional health and wellbeing programmes. The overarching aims of the roundtable event were to consider:

- The relevance of nutritional wellbeing for employers and organisations.
- The research priorities for workplace diet and health.
- How researchers and practitioners can work with stakeholders in the development and testing of workplace diet and health interventions.

As part of the introduction Dr Rachel Gibson gave a brief presentation outlining the context of workplace diet and health. Following the presentation, a series of seven questions were posed by the Chair to the round table participants for discussion.

- 1 What are the current priorities for employee health?
- 2 What does workplace nutritional health and wellbeing mean?
- 3 What is the role of employers to provide good nutrition/ health and wellbeing to employees?
- 4 What are your experiences of workplace nutrition and wellbeing?
- 5 What are the potential benefits of providing healthy food environments or health and wellbeing initiatives at work?
- 6 What are the barriers to engaging in workplace healthy eating/health provision (at an organisational and employee level?) and
- 7 What factors would enable uptake by employers?

Following the discussion priority areas for research and practice were identified by round table participants. The proceedings are currently being drafted and will be disseminated via The Nutrition Society, British Nutrition Foundation and British Dietetic Association. ■



Scan here to find out more or join the Workplace Diet and Health SIG:

## Introducing the Special Interest Group (SIG) o



Dr Ana Rodriguez-Mateos  
PhD FRSC FHEA RNutr  
Kings College London



Dr Charlotte Mills,  
University of Reading

The drive towards both sustainable food systems & diets has prompted a rapid expansion of research on the health benefits of plant foods and plant-based diets. While the role of nutrients in supporting life and the maintenance of health has long been established, in the context of prevention of non-communicable diseases the role of plant food bioactives is evermore patent.

This Special Interest Group will raise awareness of the high-quality evidence base supporting the health benefits of consumption of phytochemicals, derived from robust and rigorous human studies. We will nurture the careers and interests of the membership, in particular the early career researchers, by creating a response forum for capacity building within the UK. We will build a community of researchers working

# Dietary assessment in ethnic minority communities in the UK – challenges and opportunities

The aim of this SIG is to promote research in ethnic diversity, nutrition and health; explore differences and commonalities for diet related health in the existing evidence; share and develop ideas to generate new evidence; share emerging evidence, share learning, tools and resources and promote inclusive interdisciplinary approaches; promote dialogue across and within disciplines towards informing policy resulting in improved health outcomes for ethnic and migrant health.

The Diet and Health of Ethnic Minorities Special Interest Group invites you to the first webinar focussing on dietary assessment in different ethnic groups in the UK. Current challenges related to the use of appropriate tools and resources, recruitment and data collection and priorities for research and in practice.

A range of presenting speakers will discuss bite-size aspects of the key considerations when working with diverse communities including those from an African and South Asian origin. Opportunities for discussion around future priorities, as well as getting involved in the SIG will be shared. ■

**Date:** 14 February 2023, 13:00 – 14:00

<https://www.nutrition-society.org/diet-and-health-ethnic-minority-groups>



Scan the QR code to find out more and join this SIG:



Dr Hibbah Osei-Kwasi,  
Loughborough  
University



Professor Basma  
Ellahi RNutr,  
University of Chester

## n Phytochemicals and Health

across phytochemical areas in the UK, from polyphenols, to carotenoids, to glucosinolates and beyond. When established fully, our network will act as a knowledge exchange between academic researchers, communicating the breadth of work within the field with other nutrition professionals, healthcare practitioners, food industry representative, policy makers, and many more!

Raising awareness of this important field will drive impactful and translational research maximising opportunities to create societal value. In line with our strong emphasis on supporting early career individuals working in the field, we will create an early career subgroup that will be supported to develop their own independent agenda within the remit of the SIG. Within the first year we will run a series of in-person and online seminars where

we will invite investigators to present current topics in the field for discussion, to drive innovative engagement with members.

We welcome everyone working within the area of phytochemicals and health or any aligned field to join our Special Interest Group and drive a scientific step change in the field.

Our successful kick off meeting took place in December and we are now looking ahead to organise more meetings in person during 2023. More details will be available soon. ■

Scan the QR code to find out more and join this SIG:



# Need an update on health claims regulation?

Professor Judith Buttriss BSc PhD DipDiet RNutr FAFN HonFNS  
Chair of Trustees, Academy of Nutrition Sciences



Central to the work of the Academy of Nutrition Sciences is publishing Position Papers and the latest concerns how and why health claims are authorised. This paper, *Nature of the evidence base and strengths, challenges and recommendations in the area of nutrition and health claims: a position paper from the Academy of Nutrition Sciences, published in the British Journal of Nutrition* (<https://www.doi.org/10.1017/S0007114522003300>), published in the British Journal of Nutrition, considers the strengths of approaches used in different countries, identifies challenges faced in assessing the scientific evidence and makes recommendations to overcome these. It complements a Position Paper, *Nature of the evidence base and frameworks underpinning dietary recommendations for prevention of non-communicable diseases: a position paper from the Academy of Nutrition Sciences* (<http://dx.doi.org/10.1017/S0007114520005000>) focused on the nature of the evidence used in nutrition science and frameworks underpinning dietary recommendations for prevention of non-communicable diseases such as cancers and cardiovascular diseases, which was accompanied by editorials in *Nutrition Bulletin* (<https://onlinelibrary.wiley.com/doi/full/10.1111/nbu.12480>) and the *Journal of Human Nutrition and Dietetics* (<https://doi.org/10.1111/jhn.12863>).

The new Position Paper summarises current health claims regulations for the European Union and Great Britain (GB), with comparisons to approaches used by other countries where different levels of claims are permitted (e.g. so-called 'qualified claims' in the USA that require less robust substantiation). It emphasises the strengths of the current approach used to determine authorisation of health claims and the learnings gained

through implementation of the European Food Safety Authority (EFSA) evidence-based process for assessment of proposed claims, and the corresponding risk assessment process that is now undertaken independently in GB by the UK Nutrition and Health Claims Committee. It also identifies aspects of risk assessment/ management that may warrant review and potential reform, making recommendations that focus on remaining challenges for nutrition science, consumer understanding and for key stakeholders, including practising health professionals.

One of the challenges for nutrition science is the need for a clear consensus on classification of 'healthy' and 'unhealthy' individuals in efficacy trials. Clearly defined biomarkers that can support such definitions and which may also be used as outcome biomarkers in health claim efficacy trials are required. The Academy recommends that scientific societies, organisations and funding agencies consider these as priority topics for scientific meetings and for future research programmes.

The Position Paper also considers the evidence concerning consumer understanding of the health claims process and the wording used, and identifies a need for further behavioural research to support better understanding of the claim by consumers.

Registered Nutritionists and Dietitians have an important role to play in championing the use of authorised nutrition and health claims in consumer food decisions. The Academy recommends that regulatory and professional bodies (AfN, BDA) ensure that the criteria for accreditation of their training programmes include an appropriate understanding of the pertinent legislative context, and that approved CPD provision is available for practitioners working in this area

(including doctors and other health professionals giving dietary advice).

Health professions also need to be aware of the implications of the Regulation, in particular Article 12(c), for their professional practice. This aspect is elaborated in editorials due to be published shortly in *Nutrition Bulletin* and the *Journal of Human Nutrition and Dietetics*.

## What is the Academy?

The Academy of Nutrition Sciences was established in 2019 to provide a collective voice for the nutrition science discipline, including those engaged in research, education and training, clinical practice, and nutrition science communication. It has a strong interest in nutrition research excellence, development of the nutrition science discipline and application of the outcomes of rigorous nutrition science for public benefit. It also seeks to improve understanding of how evidence is scrutinised and evaluated to produce dietary recommendations. It is a result of a longstanding collaboration between four organisations: the Association for Nutrition, the British Dietetic Association, the British Nutrition Foundation, and The Nutrition Society.

As well as Position Papers, the Academy has a growing number of blogs and news items on its website (News — The Academy of Nutrition Sciences ([academynutritionsciences.org.uk](http://academynutritionsciences.org.uk))). If you are interested in supporting the work of the Academy as a volunteer, we'd be delighted to hear from you (please contact [a.sidnell@academynutritionsciences.org.uk](mailto:a.sidnell@academynutritionsciences.org.uk)). ■



# Membership update



2022 saw the return of face to face conferences and events, and many other Society activities – it is so great to see more faces and life returning to a new normal! However, 2022 has also come with many challenges including political, environmental, societal and economical. It is at times like these our Society can really help in supporting its members through difficult times. This is my way of saying how important our Society is and will continue to be. In recognising its importance to the advancement of nutritional science, it is crucial for us, as an organisation to reflect and consider what we can offer to support our members in these endeavours.

The Membership Committee has been busy reflecting on the benefits we offer across all membership categories, from student to senior full members. Our new Early Career Membership category, designed to support those in the early stages of their career, has proved very popular and we hope to continue to support this group as their chosen careers continue to develop. If you haven't looked at all the different membership categories and their related benefits recently, do visit the website for more information. To check your membership category is correct for you, scan here:



Alongside these obvious benefits available to all members, it is also important (albeit a bit of a cliché) to say, the more you put into the Society, the more value you derive. Across all of the activities, there are many opportunities for you to get involved, whether it's putting yourself forward for positions on the Sections, Advisory Council or the Trustee Board or applying for a position as a Theme Lead. You could also join one of the new Special Interest Groups developed to bring together members with similar interests (<https://www.nutritionssociety.org/nutrition-society-special-interest-groups>). Perhaps you might help with the many Conferences the Society hosts and supports each year. You might chair a session, or even run your own one-day member led meeting. Whatever your interest and experience, there is something for you to contribute to within the Society – just ask!

## Nutrition Society Membership benefits



### INCREASE YOUR NETWORK WITH MEMBER-CONNECT

Member-Connect allows you to collaborate and connect with peers, academics and potential employers across the nutritional science community.



### ATTEND FREE MONTHLY JOURNAL CLUBS AND CAREER SESSIONS

Discuss and engage with the latest research papers, develop your critical appraisal skills, communicate research findings with others and gain an insight into nutrition related careers and how to get there.



### JOIN A SPECIAL INTEREST GROUP (SIG)

Members can set up or get involved with one or multiple SIGs to network, share information and best practice, and champion novel areas of nutrition research.



### GET 35% OFF SOCIETY TEXTBOOKS

Save 35% on Nutrition Society and other Wiley-Blackwell textbooks - an excellent resource for your nutrition related course.



### RECEIVE A 25% APC WAIVER

To publish in the Society's fully open-access journals.



### FINANCIAL SUPPORT THROUGH SUMMER STUDENTSHIPS AND CONFERENCE GRANTS

Members can apply for a conference grant to fund travel, accommodation and attendance at national and international conferences. Student members can also apply for a Summer Studentship to undertake their own research.

## Elections

Getting more involved could include volunteering for the Student, Scottish or Irish Section and the Advisory Council. Not only can you help develop the nutrition agenda, but you can gain all sorts of transferrable skills too.

If you are interested in standing for the Council or one of the Section committees you can find out more information on the website. The commitment is up to four meetings a year and elections start early in the year for the Scottish Section, late Spring for the Irish Section and early summer for the Council. Please keep an eye on your inbox if you are interested.

If you have any issues, questions, or feedback, please contact the Membership Team via [membership@nutritionssociety.org](mailto:membership@nutritionssociety.org) ■

## Obituaries

The Society is deeply saddened to announce the passing of its following members:

**Dr Roisin M Hughes**, Isle of Man passed away in August 2022

**Mr John Hanford**, Maidenhead, passed away April 2022

# A day in the life of a Sports Nutritionist

Andrew Sheperd, Performance Nutrition Lead, Loughborough University



**A**thletes of all levels strive to achieve their goals, often these are centred on reaching new heights of physical performance (faster, stronger, further). Nutrition enables these goals. Supporting these ambitions can be varied – for example health and immunity, fuelling and refuelling, recovery strategies, individualised competition strategies or environmental support.

Loughborough Sport (part of Loughborough University) is a multisport environment consisting of 20 Performance Programmes (~700 athletes) spanning endurance, linear, invasion, racket, individual and team sports, all are supported

by their own interdisciplinary team. Alongside this work with professional athletes beyond Loughborough e.g., MotoGP, Professional boxers, CrossFit, Adventure races (Marathon De Sables etc.) and sports teams.

In addition to this applied sporting environment, Loughborough University is consistently ranked in the top 10 in the Complete University Guide and Guardian League Table and alongside our academic colleagues Loughborough Sport prides itself on supporting the development for the scientists and practitioners of the future. Let's now hear from three individuals working in this environment.

## Harriet Bates (Performance Nutritionist)

### What first attracted you to working in performance nutrition?

I've always had an interest in nutrition, especially how the food we eat affects how we feel and our ability to perform both mentally and physically. My desire to become a Performance Nutritionist was rooted in the desire to help people achieve their goals whether this be something small like learning how to cook a new recovery meal, develop healthy performance habits or become an international athlete. I think that's why I enjoy working with developing athletes; you can really be part of their sporting journey and hopefully positively impact big parts of their lives. ■



## Bethan Crouse (Performance Nutrition Placement)

### What do you enjoy most about your role/job?

I love the athlete interaction! It's incredibly rewarding to work with some exceptional athletes and to support a part of their development and performance. Working with three Performance Programmes (Badminton, Lightning Rugby and women's Hockey) there's always something new to get stuck into and whether it is squad workshops or 1-1 meetings, I get to speak to so many different athletes every day.

I would also have to say that practical workshops are one of my favourite things to do with teams; I recently set up a snack and smoothie-making session for the Women's Hockey squad. Whilst it was messy carnage, everyone had a laugh and took away some practical snack ideas! ■

## Max Haskell (Performance Nutritionist – NFL Academy)

### What are the main skills needed to be a performance nutritionist?

Knowledge and understanding of the science which will underpin your nutritional strategies and further your ability to apply this in real life settings.

Interpersonal skills – You will work with a lot of athletes, coaches and practitioners so it's important to be able to communicate effectively and build relationships.

Adaptability and problem solving – It is unlikely things will always go as planned so being able to adjust recommendations and plans to fit individuals / teams are key throughout a season. ■





# Nutrition Society's Textbook Series – Our Magnificent Seven!

Professor Susan A Lanham-New RNutr, FAFN, FRSB,  
University of Surrey



I am absolutely delighted in my capacity as Editor-in-Chief (E-i-C) of The Nutrition Society (NS) Textbook Series to highlight the progress of the textbooks and to say a few words about the forthcoming launch of the 3rd Edition of *Nutrition & Metabolism* (N&M3e) as well as the addition of a 7th Textbook in the series, *Animal Nutrition* (AN1e). Our launch of the 3rd Edition of *Introduction to Human Nutrition* (IHN3e) at the FENS 2019 conference in Dublin represented a significant milestone for the Textbook Series, given that it is over twenty years on since the production of the 1st Edition of IHN and a over decade since the production of the 2nd Edition of IHN.

It is important to note that all the Textbooks are intended for those with an interest in nutritional science whether they are nutritionists, food scientists, dietitians, medics, nursing staff or other allied health professionals. We hope that both undergraduate and postgraduate students will also find the book of great help with their respective studies and that each of the textbooks put the different aspects of nutritional sciences as a *discipline* into context.

## Nutrition and Metabolism

The Team of the *Nutrition & Metabolism* 3rd Edition, namely Professor Helen Roche (University College Dublin) and Professor Ian Macdonald (University of Nottingham) have been absolute stalwarts of the book; ensuring that each chapter is updated & accurate, whilst also guaranteeing that new aspects of N&M3e are also brought into the book. We have also been absolutely delighted to bring Professor Annemie Schols (*Maastricht University*) who contributes a wealth of expertise in this area as a further Editor and we are most grateful for her important contributions. N&M3e comprises of a total of 19 chapters, each with their own unique summary of the take home messages.

How incredibly grateful we are to have so many experts in the field who have written chapters to make N&M3e a complete and thorough review of the area of Nutrition Metabolism and a must *Roche et al* read for all. The Launch will be in 2023 and further communication will follow on this shortly.

## Animal Nutrition

We are equally delighted to announce the first edition of *Animal Nutrition* and we are, as a Nutrition Society production team, enormously grateful to Professor John Brameld (University of Nottingham) for his great enthusiasm in getting the book kicked off alongside an exceptional team of editors, Dr Spiridoula Athanasiadou (Scotland's Rural College) and Professor David Kenny (University College Dublin). This is a joint venture with the British Society of Animal Science (BSAS) and we also look forward to launching this brand new *Brameld et al* textbook to the Series in 2024 and further details will follow.

The Society is most grateful to the Textbook publishers, Wiley-Blackwell for their continued help with the production of the textbook and our sincerest appreciation indeed to The Nutrition Society immediate past-President, Professor Philip Calder (University of Southampton) and President, Professor Julie Lovegrove (University of Reading) for their great support and belief in the Textbook Series. With special thanks to past-Honorary Publications Officer, Professor Paul Trayhurn (first recipient of The Nutrition Society Sir Frederick Gowland Hopkins Award) for his tremendous wise counsel on the production of the series and to the present-Honorary Publications Officer Professor Jayne Woodside (Queen's University, Belfast) for being a continued great sounding board on all Textbook issues.

The Society's Textbooks remain indebted to Mark Hollingsworth, Chief Executive Officer of The Nutrition Society for his unstinting support of them and to Cassandra Ellis (Science and Programmes Director) and Caroline Roberts (Science Communications Manager) for their pivotal contributions to developing the Textbook Series (and for making our work so enjoyable and such fun!)

Finally, we must not forget (ever!), that the Textbook Series is indebted to the forward thinking focus that Professor Michael Gibney (University College Dublin) had at that time of first developing the textbooks. It is such a tremendous honour and privilege for me to continue to follow in his footsteps as the second E-i-C.

The Editors and Society staff all really hope that you will find the series a great resource of information and inspiration, and we now call them *Our Magnificent Seven!*

Please enjoy, and with so many grateful thanks to all those who continue to make them happen.

With my warmest of wishes indeed. ■



The current Nutrition Society Textbook Series

# Update from the Irish Section

Dr Emma Feeney,  
UCD Institute of Food and Health



It was with great pleasure that I took up the reins of Irish Section Secretary of The Nutrition Society in the Summer of 2022. I would like to take this opportunity to express my deep gratitude to Dr Anne Nugent, who recently vacated the role, and who kindly completed an additional year in the role during my maternity leave.

I am an Assistant Professor at UCD, where I teach modules in Human Eating behaviour, Principles of Sensory Science, and Food ingredients to both undergraduates and MSc students, and this role comes up at an encouraging time of hope and anticipation, as we all make the move towards face-to-face events.

Currently within the Irish Section, we are planning for a number of conferences. Notably, the Irish Section Summer Conference in 2023 will be hosted at TUS Athlone, 14-17 June, led by Dr. Trish Heavey as the local organiser. With the theme of 'Understanding the role of sex and gender in nutrition research', the topic is particularly timely, and aims to improve our understanding of how to identify and interpret sex and gender differences in nutrition research and to understand how these might affect or influence nutrition interventions and outcomes. This upcoming conference promises to be an exciting one, and will cover many areas of interest under this umbrella subject matter.

Continuing the theme of conferences, many of you will already be aware that plans are in motion to grow the traditional Nutrition Society Annual Summer Conference to a larger, more congress-style meeting over a 4-day event. This will leverage partner organisations, allowing a broader and more general audience to attend the meetings. The Irish Section is delighted to be hosting the inaugural meeting in Belfast in the summer of 2024. Plans are afoot, and we will share more details of this highly anticipated conference in the coming months. In the meantime, I look forward to engaging with all of you in the coming years. ■

# Update from the Scottish Section

Dr Alexandra Mavroei,  
Scottish Section Secretary



The committee has had a few busy months planning the **2023 Spring Conference**, to be held at The Royal College of Physicians and Surgeons of **Glasgow** on **28-29 March 2023**. The theme of this meeting is **Diet and Health Inequalities**, which is a key societal challenge. Socio-economic differences in diet and nutrition contribute to health inequalities; these have been highlighted by the recent

COVID pandemic, with disproportionate impact on ethnic minorities and people living in the most deprived areas. This problem is complex and has wide-ranging causes, seen worldwide. This conference will consist of presentations from the invited speakers followed by live discussions, and poster presentations. The plenary lectures on 'Food insecurity in people living with obesity – improving sustainable and healthier food choices in the retail food environment' and 'Improving the food system by working in harmony with the UN agencies, national and city governments, NGOs, thinktanks and academia' will respectively open and close the conference. Three exciting symposia take us from 'Food insecurity and human health', to 'Lived experiences in food poverty' and conclude the delegation with issues related to 'Policy implementation'. We look forward to discussing the policies, practice, experiences, and evidence on how to reduce these inequalities across the diet and health spectrum.

On other news, our student members (Catriona Thomson and Matevz Arcon) have submitted an expression of interest for the Nutrition Futures 2023 meeting. Looking ahead the Science Committee has now approved the theme for the **2024 Scottish Section Conference**, which will be on the topic of '**Circadian rhythms in health and disease**'. It will be hosted by Professor Alexandra Johnstone and Dr Brendan Gabriel in Aberdeen (**26-27 March 2024**).

In 2022, we primarily met online but we plan to resume in person meetings in 2023. The committee has been working hard to increase its ambassadors' membership across Scottish universities, and we are pleased to announce that we now have representation in most institutions across Scotland. Members are encouraged to engage with Nutrition Society ambassadors within their own university who can provide guidance and advice on all Society activities. Please get in touch with us if wish to find out more about the ambassador role and how you can contribute.

If you are keen to join the Committee or have ideas for future symposia topics get in touch via the Society's website: <http://www.nutrition society.org/membership/sections/scottish-section>. ■

# Past and future nutrition policies in the UK: a personal reflection

Professor Alexandra Johnstone,  
The Rowett Institute, University of Aberdeen



I have been working in human nutrition research since 1993, when I conducted my first human nutrition dietary intervention study, as part of my MSc degree. This was a turning point for my career as I really enjoyed working in a research environment. I was therefore grateful for a research assistant position at the Rowett Institute, in Scotland, and went on to complete my PhD in 2001. I love being based in Scotland, near the Cairngorms and on the coast.

During my career, I have experienced many policy shifts. Since 2015, there has been little progress to improve the Scottish Diet, despite many reports showing continued rising obesity and poor health outcomes. The clear paradox of being primary producers of the finest Aberdeen Angus beef, fruits, fish, and shellfish, doesn't translate to the poor diet quality of Scottish consumers. Despite the Scottish Dietary Goals setting out targets to increase consumption of fruit, vegetables and dietary fibre, whilst maintaining starchy carbohydrates and reducing intake of salt and free sugars, the Scottish Health Survey (2019) shows over 60% of adults were classified as overweight or obese – the highest prevalence since 2003.

Health is a devolved topic, which means there are separate guidelines and regulations in Scotland. In July 2020, the UK's Department of Health and Social Care published its Obesity Strategy: Tackling obesity: empowering adults and children to live healthier lives, confirming the decision to introduce legislation to restrict promotions of HFSS products by location and price in retailers that sell food and drink in store and online in England. In 2018-2019, the government consulted on their intention to restrict promotions of high fat, sugar and salt (HFSS) products in the retail space, in favour of healthier alternatives, to

help improve diets and reduce sugar intake in children, in England. The location restrictions would apply to store entrances, aisle ends, and checkouts as well as their online equivalents. The BOGOF 'buy-one-get-one-free' or '3 for 2' offers on HFSS products were also identified as contributing to regular overconsumption. The Food (Promotion and Placement) (England) Restrictions 2012 came into force for in-store and online promotions on 1 October 2022 and the restrictions for volume-based promotions were delayed until 1 October 2023.

Notably, these restrictions are only currently enforced in England for medium to large businesses, and although this is a step in the right direction, this legislation has not been universally backed by the food sector. The exclusion of small retailers allows continued exposure to promotions encouraging increased purchase and consumption, with studies showing these can influence food purchases to buy more, often HFSS products.

There are opportunities for nutrition scientists to influence public health policy. For example, as a research scientist, I am passionate about sharing my research with a wide range of stakeholders, including policy, food industry, public, and academics. It is my duty to translate public-funded research outcomes to be clear, accessible, and evidence-based; supporting a better food environment for all.

The National Food Strategy (2021) describes an ambition, to, 'deliver safe, healthy, affordable food, regardless of where people live or how much they earn'. However, the current UK food system is not equitable. The latest data show that healthier foods in the UK are on average three times more expensive per calorie than unhealthy foods. For

families on low income, the poorest fifth of the UK population needs to spend 47% of their disposable income to consume a healthy diet according to the Eatwell Guide, compared to 11% needed by the richest fifth.

Obesity is already strongly patterned by social inequality. In Scotland, obesity rates are 36% in areas in the highest quintile of deprivation and 26% in areas in the lowest social deprivation quintile. In 2019, 9% of all Scottish adults reported that they had been worried they would run out of food at some time during the previous 12 months due to a lack of money or other resources, reflecting food insecurity. The current cost of living crisis, with the increasing cost of food and fuel, will produce more diet and health inequalities for those living with obesity. My most recent grant, 'FIO FOOD' (Food Insecurity and Obesity), seeks to address this, funded by the UKRI Transforming Food System call. The combined efforts of the project team for co-production of systems-wide changes, driven by stakeholders and those living with obesity and food insecurity, give me hope that we can have a real transformative potential to make the food environment healthier, more sustainable, and affordable, for all. ■

#### Key references

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The Food Foundation, The Broken Plate, 2022, available online at: <https://foodfoundation.org.uk/initiatives/broken-plate> (Accessed 10th November 2022)

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# Summer Conference 2023: Nutrition at key stages of the lifecycle

**Good nutrition is critical at all stages of life to ensure adequate intakes of the essential amino acids, carbohydrates, essential fatty acids, vitamins and minerals that are needed to sustain life. As human bodies change significantly over time, and food is the fuel for those changes, the amounts of nutrients needed at varying life stages can differ significantly.**

The Nutrition Society's upcoming Summer Conference will give delegates a chance to explore the nutritional requirements across all stages of life. Topic experts will come together to discuss topics ranging from early nutrition during pregnancy, to the challenges faced for nutritionally vulnerable, elderly populations. Speakers will also discuss some of the dietary modifications used for primary and secondary prevention of cardiovascular disease as well as the potential health impacts of food fortification and reformulation strategies.

Delegates will have the opportunity to network and collaborate over evening receptions and dinners at the Maritime Museum and The Venue at Royal Liver Building.



Registration will open in February.

Scan to find out more and register to be the first to hear when abstract submission and registration opens:



## Events Calendar

**Irish Section Postgraduate Conference**  
8-10 February 2023

**Scottish Section Conference**  
Diet, health and inequalities  
28-29 March 2023

**Irish Section Conference**  
Understanding the role of sex and gender in nutrition research  
14-16 June 2023

**Summer Conference**  
Nutrition at key stages of the lifecycle  
3-6 July 2023

**Nutrition Futures**  
5 - 6 September 2023

**Winter Conference**  
Diet and lifestyle strategies for prevention and management of multimorbidity  
5-6 December 2023

View full event programme, event registration fees, or to sign up to receive updates scan here.

