

# The Gazette

WINTER 2024/25

Ask the Expert...  
on Choline

A day in the life of  
Dr Harry Jarrett

Congress 2024  
Recap



# Be part of the advancement of nutritional science

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## Editorial



**Dr Louise Durrant,**  
Editor-in-Chief

What an honour it is to be welcoming you all to this latest issue of The Gazette - my first as Editor-in-Chief. Although I must admit that much of the fascinating content within this issue is all down to the former Editor-in-Chief, Dr Carrie Ruxton, who spent the last 6 years curating issues that I have thoroughly appreciated reading. I just want to take the opportunity to thank Carrie for all her hard work on the Gazette over the years, alongside the team at The Nutrition Society - Cassie and Juliette. I have some big shoes to fill, but I'm excited to step into them.

As someone still relatively early in their nutrition career - yes, I still benefit from the discounted early career membership from The Nutrition Society - I have always found the Gazette to be a great source of information. It's a place where important history in nutrition is shared, alongside current events within the Society and nutrition science field. A one stop shop for nutrition past, present and future, and a place to really understand the goings on at The Nutrition Society.

In this issue you will find updates from our President, CEO, Trustees, Theme Leaders and Section Leaders, alongside a recap of the Society's hugely successful inaugural Congress 2024. You'll also read about Professor John Mathers' trip to Japan and China to promote the *British Journal of Nutrition* (pg 8), remember a nutrition great - Professor John Scott (pg 16), get an update on the latest evidence and health claims for choline from Dr Emma Derbyshire (pg 18), and hear about a day in the life of a Nutrition Society member, Dr Harry Jarrett (pg 22).

If you like what you read, or you have thoughts on what else you'd like to read about in future issues of the Gazette, we'd love to hear from you at [NSGazette@nutritionssociety.org](mailto:NSGazette@nutritionssociety.org). I do hope you enjoy reading this issue, and I wish you all a very happy and healthy 2025.

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# President's Report

## Professor Mary Ward, President

Time is flying by. The Nutrition Society 13<sup>th</sup> Annual Charity Meeting (ACM), which was held during our inaugural Congress in July, in the Assembly Buildings in Belfast, marked the end of the first year of my Presidency. The Congress, held over four days, was a huge success with almost 500 delegates from 26 countries. The aim of the Congress was to provide an overview of the diversity of data collected and used within the field of nutritional science and how analysis of this data can be used to inform our discipline. In addition to our Rank Prize (awarded to Professor Kevin Cashman, University College Cork) and Julie Wallace (presented to Dr Oliver Shannon, Newcastle University) award winning lectures we heard from a wide range of speakers, including a record number of 247 original communications. Building on the success of the meeting, planning for our next Congress in Newcastle in 2026 is already underway. During the Congress we were delighted to launch the latest in our series of peer-reviewed textbooks and our first on Animal Nutrition, which includes the latest evidence-based knowledge and research on this important topic. I was also particularly pleased to announce the establishment of our new Early Career Member Section at the ACM, which will be led by Dr Oliver Shannon from Newcastle University. Stay tuned to hear more about this exciting initiative aimed at supporting the fastest growing section of our membership. My final task at the ACM was to oversee the election of new officers and I am delighted to confirm that Professor John Brameld was reappointed for a second term as Honorary Science Officer; Dr Maria O'Sullivan was elected as Honorary Officer Without Portfolio and Dr Hilda Mulrooney was elected as Council Member for Public Health.

In September I had the pleasure of co-organising a member-led meeting on 'Integrating evidence-based nutrition into Primary Care' as part of the Society's Medical Working Group, which is chaired by Dr Hannah O'Hara, Queen's University Belfast. The meeting, which was held at the Belfast campus of Ulster University brought together a diverse group of health professionals, nutrition academics, students and stakeholders to discuss a multidisciplinary approach to optimising and integrating nutrition interventions into primary care. Member Led Meetings aim to bring together members from more niche areas of nutrition science, not usually featured in the Society's core conference portfolio and offers an opportunity for regional activities and early career researchers to get involved in organising a scientific conference. These meetings focus on networking and operate at low cost. I would encourage all members who might be interested in running such an event to check out our website for details regarding the application process to host such an event or to discuss a proposal idea with a member of the team. The NCVO, Society Building near King's Cross station in London was the venue for the 2024 Nutrition Futures meeting which was also held in September, a conference organised by students for the student membership. The event, which was attended by delegates from across the UK and Ireland, was a wonderful opportunity for students enrolled on undergraduate and postgraduate



nutrition programmes to present their work and to participate in a number of focused career workshops as well as networking events. I was inspired by the high standard and enthusiasm of the attendees, and we also had the pleasure of hearing from those who were awarded summer studentships by the Society. A huge thanks to Eva-Leanne Thomas and her hard-working team for organising a terrific event and to our sponsors and those who participated in the careers panel, for helping to make the meeting such a success.

Finally, as part of our continued commitment to international partners, I am pleased to share that my most recent engagement on behalf of the Society was to attend the 9<sup>th</sup> Africa Nutrition Conference which was held at the University of Cape Coast in Ghana with the important theme of 'Food and nutrition in a changing world: Implications for nutrition security and health in Africa'. In my presentation I considered strategies to help tackle hidden hunger to ensure healthy lives and promote well-being at all ages, one of the targets of SDG3. This important event, which brought together students, academics, and practitioners, as well as government and non-government organisations, provided a forum for exchange of new knowledge and shared innovative nutrition practice to improve health and wellbeing across the African continent.

# CEO Update

## Mark Hollingsworth, CEO

One of the challenges of writing for the Gazette is the submission deadline is several months before publication. I usually write my article to focus upon major operational, and strategic, issues happening in our Society. By their very nature, these are often issues moving at pace and, several months later when the Gazette is published, events have already overtaken them! At the time of writing, our Trustees are currently reviewing a new approach to strategic planning, with the intention of publishing a new Plan within the first two months of the New Year, 2025. This draft Plan is unlikely to be the same when you read this!

So, rather than detail what the potential strategies are in the new Plan, let me reflect on the underlying principles being adopted for the new Plan, based on the lessons learnt from our recent Plans.

Our past two Strategic Plans had been designed for 5-year periods, 2015-2021 and 2021-2026. Looking back over the past five years, and what has happened in the environment in which we have to function, I'm sure you will share my hesitation of creating another 5-year strategy - too much continues to change to try and predict so far ahead.

For example, we have been through political uncertainties in 2019, resulting from the fallout from the Brexit referendum, and the challenges to democracy it caused in our Parliamentary institution. We have seen two general elections, a change of government, a global pandemic, a European war, a rapid rise (and then fall) in inflation and energy prices. At the micro level, the evolution of video conferencing, remote working, flexible working, changes to the scientific publishing world with Open Access (having a de-stabilising effect on our Society's major source of revenue), challenges to academic institutions' budgets, and emerging environmental sustainability issues.

However, in meeting these challenges, our Trustees, Advisory Council, committees, members, and our staff, have acted with boldness, innovation, adaptability, resilience, long-term-ism, crisis management, and turning setbacks into opportunities. I would argue it has been, despite the macro and micro challenges, one of the most successful periods in our Society's 83 year history.

As I write, the Trustees and I are, in responding to the rapidly changing environment and building on these past experiences, developing a different approach to strategic planning. We will reduce our 5-year strategy to a 3-year one. This involves, for the first time, setting a major single objective, and then developing four major strategic goals to deliver it.



We still are working on finessing the major objective, but once we have that, and the four strategic goals, we can then be endlessly tactical. The development and delivery of the very many tactics needed to achieve the four strategies can evolve at Trustee, Advisory Council, committee and other meetings throughout our Society over the 3 years of the Plan. It is a form of bottom-up strategic plan, rather than a top-down imposed model.

To secure the history and traditions of our Society, we have to make these concessions and adapt to change. I am reminded of the 'di Lampedusa strategy' from the novel *Il Gattopardo*, when Tancredi said, "If we want things to stay as they are, things will have to change."

Our Treasurer, Professor Tom Hill, constantly reminds the Finance Committee, and the Trustees, of our need to commit to continuous improvement, believing no matter how good we are we can always become better. This drive to improve is what leads to innovation, and innovation enables us to overcome all of the challenges we face, as well as developing innovative ideas to build a strong future.

# The 2025 Outlook

Professor Tom Hill, Treasurer

In my last finance update in the Summer Gazette, I outlined the Society's broad financial position, emphasised the need to diversify income sources beyond our traditional revenue streams and announced the formation of a Finance Committee to strengthen financial oversight. In this instalment, I'll provide a more detailed look into our 2025 outlook, covering publishing income, investment growth, membership fees, and other developments as we work to ensure sustained financial progress and resilience.

### Publishing Income

I'm pleased to inform members that we're currently negotiating a new publishing contract with Cambridge University Press to commence in 2025. As publishing income comprises nearly 70% of our revenue, we are in a strong negotiating position. The trustees unanimously agree on remaining with a non-commercial publisher aligned with our mission and values, and I'll provide a full update later this year once the contract is agreed.

### Investments

Our investment portfolio continues to show positive performance, currently valued at £322,706, reflecting 2.49% growth over the third quarter and 15.97% over the past year. Members may recall that we strategically reduced our investment from £650,000 over the last two years to support key strategic priorities set in 2021. Our goal moving forward is to maintain this investment level without further drawdowns to ensure ongoing financial stability.

### Key Developments and Future Plans

The Finance Committee is optimistic about achieving a break-even outcome by the end of 2024, marking the successful completion of strategic investments over the past two years. Several key decisions were made that will shape our financial strategy from 2025:

- **Bank Loan Renewal:** We have renewed our bank loan, freeing cash to support the Academy, 2025 fundraising, and various projects.
- **Unified Conference Budgeting:** Conference and external engagement budgeting will now fall under a single framework to provide flexibility and alignment with our mission.
- **Reserve Rebuilding:** Our long-term forecast designates 2025 as a key year for rebuilding reserves, with a return to surplus anticipated (excluding specific support commitments).
- **Reserve Growth Strategy:** We've committed to saving 5% of gross revenue annually to rebuild reserves to £1 million over the next six years.
- **Risk Management:** The committee will now take on a formalised risk management role, with an annual risk register review scheduled for trustee board presentation.
- **Cash Management:** For 2025, we aim to strengthen reserves held for short- to medium-term access, enhancing interest earnings and ensuring flexibility for any emerging needs.

In closing, these updates underscore our dedication to careful management and sustainable growth. Through prudent planning and strategic foresight, the Finance Committee is committed to supporting the Society's financial health, ensuring we are well-positioned to advance our mission in the years ahead.

Explore our job listings.

[Click here](#)



The Nutrition Society Academy

## Accelerating your research impact

Are you looking to connect with nutritionists across all sectors of the profession, share your latest research output and grow your following?

By disseminating your company's mission and research through the Academy you are exposed to a global network of nutrition professionals including students, industry, freelance, academia, clinical and HCPs, who will know credibility is at the core of the work you do.

This is your chance to be part of the home of evidence-based nutritional science.

The Nutrition Society Academy's subscription-based platform powers up the career of its subscribers, giving them access to webinars and courses on everything nutritional science, professional skills, and transitioning research to practice.

### Collaborate with the Academy and...

- Differentiate from other organisations by working with the trusted source for nutritional science dissemination and education.
- Accelerate the impact of your work, with scientific integrity and credibility.
- Put your message at the core of the global nutrition community.

### Impact

We're a community of academics, industry and freelance nutritionists, dietitians and healthcare professionals. Reach the Society's **120,000 followers** and **2,700 members**.

The Nutrition Society Academy's collaborative network so far...



Interested? Get in touch at [academy@nutritionssociety.org](mailto:academy@nutritionssociety.org)

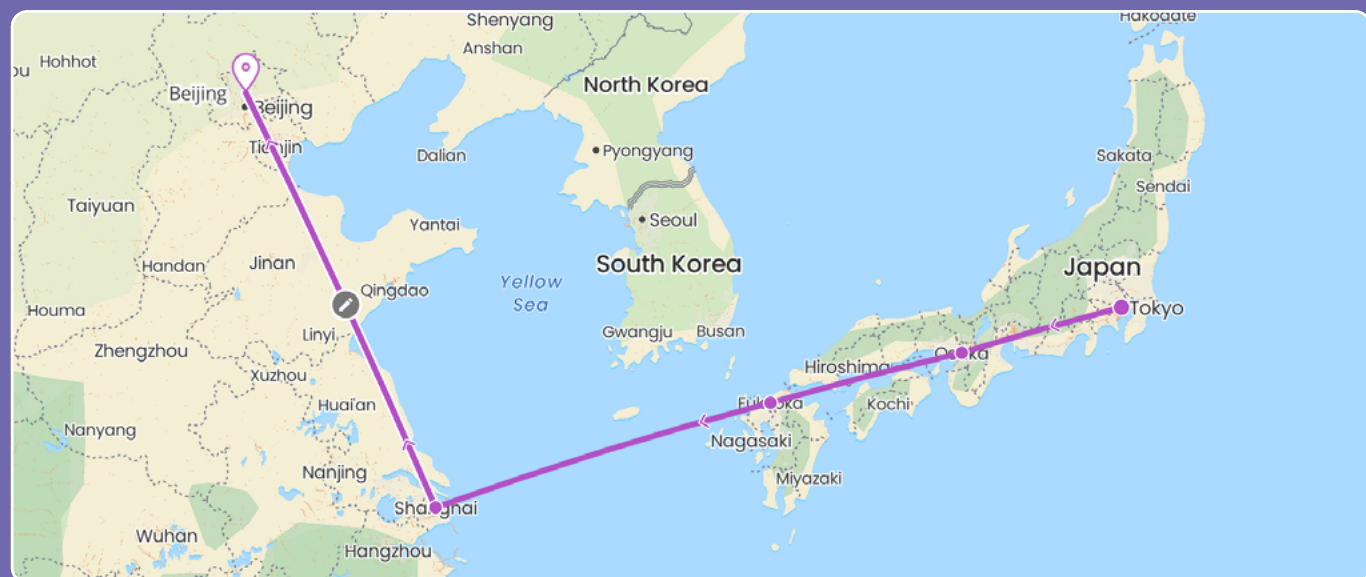


# The *BJN* visits Japan and China



Following the Asian Congress of Nutrition (Chengdu, China) in 2023, we received an invitation to attend the Japan Society for Nutrition and Food Science (JSNFS) conference in 2024 and to give a talk on publishing in the *British Journal of Nutrition* (*BJN*). In discussion with Katie Henderson (Cambridge University Press (CUP), Wendy Xie (CUP Beijing Office), Cassandra Ellis (Nutrition Society) and Jayne Woodside (Publications Officer), we decided that this trip would be a good opportunity to promote the *BJN*, and the other Nutrition Society journals, not only in Japan but also in China.

So, in an 11-day trip starting on 21 May 2024, Wendy Xie and I visited eight research organisations in five cities across Japan and China, gave lectures and presentations on publishing in the *BJN*, met with a wide range of nutrition researchers at all career stages and discussed current topics in nutrition research.



We started our tour in the University of Tokyo where we met Professor Kentaro Murakami (a *BJN* Deputy Editor) and his colleagues. We learned that the *BJN* is highly respected in Japan but few colleagues were aware that CUP has Transformative Agreements with about 30 Japanese institutions, including the University of Tokyo, that allow researchers to publish their papers Open Access in the *BJN*, and other Nutrition Society journals, without a fee. In Osaka, we visited the National Institute of Health and Nutrition which is responsible for national dietary surveys. Colleagues were interested to learn from the UK experience of methodologies for collecting more robust, and more granular, data on dietary intakes.

The JSNFS conference in Fukuoka attracted over 1000 delegates of whom more than 100 attended the *BJN* session. This conference also provided an opportunity to meet with senior representatives of the Korean Society of Food Science and Nutrition and to discuss open access publishing and peer review.

In Shanghai, we were hosted by Professor Zhen-Yu Du (a member of our Editorial Board) at the East China Normal University. In addition to his staff and students, Professor Du had invited colleagues from two other universities, and we had a lively discussion of current research in fish nutrition which included issues around stress, nutritional quality and sustainability.



With Professor Yuexin Yang, President of the Chinese Nutrition Society

At the Chinese Academy of Sciences (CAS), we were joined by Professor Yulan Liu (a Reviews Editor for the *BJN*) who participated in a livestreaming event “*BJN* Approaching China” interview that attracted over 3000 viewers, and lots of WeChat tweets. We also discussed with CAS alternatives to the current Impact Factor approach for assessing the impact of journals.

Our final visit was to the School of Public Health, Peking University where we were supported by James Pan (CUP Asia Director) and his colleague Tony Xing. Peking University is the second largest producer of nutrition research papers in China with research across the life course. We learned that the *BJN* has a high reputation and that colleagues are very interested in CUP's Transformative Agreements so that they could publish open access without a fee.

This tour provided an excellent opportunity to raise the profile of the *BJN* and other Nutrition Society journals and to learn about the ambitions (and challenges) for publication of nutrition research. In both Japan and China, I was impressed by the enthusiasm, expertise and ambition of the early career researchers whom I was privileged to meet. Discussions with more senior colleagues are leading to new appointments to our Editorial Board.

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

## Celebrating 5 years of the *BJN* Paper of the Year Award



The *British Journal of Nutrition* is celebrating five years of its Paper of the Year Award where the journal celebrates authors from around the world for their significant contributions to nutrition science.

In this special collection, the journal highlights all shortlisted and winning papers, author testimonials and award highlights.



Being shortlisted [for the award] was an exciting and pivotal achievement for my career... I encourage early-career nutrition researchers to submit their work to the *BJN*.

Dr Lauren Blekkenhorst



Scan the QR Code to access all shortlisted and winning papers, author testimonials and award highlights.





## Professor Wendy Hall, Honorary Programmes Officer

Taking on the position of Honorary Programme Officer during the summer of 2023 marked a significant milestone in my career. Having served as Theme Leader since 2018, my transition into the role of Trustee brought with it a great sense of responsibility, as well as an eagerness to explore possibilities. My previous work as Theme Lead for Nutrition and Optimum Life Course had a strong focus on research, networking, and science communication. It was rewarding to work with researchers and practitioners within this theme to ensure the interests of members were represented and promoted. My Theme Lead activities – including facilitating creation of Special Interest Groups (SIGs), assisting Member-Led Meeting processes, being the Scientific Organiser for the Winter meeting in 2021 (“Obesity and the Brain”), and working with Professor Bernard Corfe, my predecessor in the current Trustee role, in supporting conference planning and delivery – provided me with invaluable experience for the work of an Honorary Programmes Officer.

Following a warm welcome from the board of Trustees and some formal training, the shift from research network-focused leadership to governance and strategy has been a fascinating experience. As a result, I have gained a much better understanding of The Nutrition Society’s mission and long-term vision. Discussions take a more strategic approach - focusing on the Society’s longer-term sustainability, reputation, synergies with other learned societies and professional bodies, and the potential for greater impact in furthering the field of nutrition internationally.

The most defining moment of my first year was overseeing The Nutrition Society’s inaugural Congress in Belfast this past July. Liaising with all relevant parties, including the local organising committee (expertly led by Dr Anne Nugent and Professor Jayne Woodside), the Society’s events officer, Trustees, Council, and SIG leaders, was complex yet an incredibly rewarding experience. The Congress theme, ‘New data – focused

approaches and challenges’, encapsulated the spirit of what The Nutrition Society stands for: showcasing novel research and methodologies, challenging the old ways of doing things, and propelling innovative ideas for collecting and analysing data that will help shape the future of nutrition science for the remainder of the 21<sup>st</sup> century. Belfast, with its remarkable history and excellent hospitality, was the perfect venue for our first 450+ delegate gathering as a Society. The Nutrition Society Congress 2024 hosted a record 247 abstract presentations, showcasing the vibrancy of the latest research generated by members and beyond, as well as 6 core symposia, 3 SIG symposia, 9 satellite symposia, and the postgraduate competition symposium. Although the Congress format will be paused in 2025 to support the IUNS-ICN conference that will be held in Paris, 24<sup>th</sup>-29<sup>th</sup> August, I am looking forward to building on the success of Belfast 2024 towards the next Congress in 2026.

As this article goes to press, I am halfway into my second year in this role. I feel pride in what the volunteers and Society staff have achieved in 2024 and inspired by the commitment and visionary leadership of the people I have the good fortune to work with as Honorary Programmes Officer. As co-chair of the Science Committee (alongside Professor John Brameld), I witness first-hand the generosity of local scientific conference organisers and Society section volunteers who devote significant time and energy to developing symposia across all 6 annual conferences, as well as the efforts taken by Theme Leads and local organisers in reviewing abstract submissions. Thanks to all these people, the Congress in Belfast started my term in office on a high point, setting the standard for the future events and initiatives. Moving forward, my goal is to ensure that the membership continue to benefit from a portfolio of varied, accessible and progressive scientific programmes, ensuring that The Nutrition Society remains a wellspring of research conversations across the global nutrition science community.

## Membership Update

Professor Eileen Gibney, Honorary Membership Officer

The Membership Committee has been hard at work over the last few months and one of our key focuses has been a review of international membership – what we offer international members, their expectations and how we can better serve them as a Society which values its members, and their contributions.

Community is key to the sustainability of the Society and is something that international members especially, want to be part of. In many countries, the size, political situation and basic economics mean that nutrition scientists face an uphill struggle, and an international community makes them feel they are part of something with a common purpose and helps prevent ‘scientific isolation’. Many of the research areas are similar, they may start from a different base and end up with a different way of applying the knowledge, but the questions answered, hypotheses and processes considered, may be familiar to many.

With modern technology enabling the Society’s reach to increase we have members across the globe in 78 countries from Honolulu, to Mongolia, from Senegal to Sweden, all with a common interest. As part of our review, we ran a survey which showed that the key reason international members joined was cutting-edge science and the desire to make contacts across the world. This was echoed in our recent international members focus groups, where those joining were delighted to be able to connect with the Society directly and with the other members on screen, from other countries. The Society is held in high esteem overseas and members enjoy helping shape the future and sharing a common purpose. We want to further extend our reach to facilitate greater knowledge sharing and to enable more home country-based contact. Membership recently started a pilot scheme for Affiliate membership where verified members of the Pakistan Nutrition and Dietetics Society (PNDS) can join the Society for free with many, but not all benefits. We look forward to the results of this pilot and other initiatives to help foster greater links with our international members both now and in the future and to ensure we continue to strengthen our global community.



## OBE appointed to Professor Greta Defeyter

Congratulations to Professor Greta Defeyter, Director of the Healthy Living Lab at Northumbria University, who has been appointed an OBE in the King’s New Years Honours list in recognition of services to education.

Professor Defeyter’s work significantly influenced the Department for Education’s rollout of a National School Breakfast programme and funding of the Holiday Activities and Food programme for children and young people across England.





# Congress 2024

Save the Date:

Congress 2026


21<sup>st</sup>-24<sup>th</sup> July 2026


Newcastle, UK




The discipline of nutrition science is diverse in nature – encompassing the study of human health from a molecular to a public health level, and from an ingredient or nutrient level to positioning as part of a (sustainable) global food system. Recognising this diversity, the data used to underpin and inform nutrition science are complex, stemming from a variety of sources. The aim of this congress was to provide an overview of the diversity of the data collected and used within the field of nutrition science and how analysis of this data has and can be used to progress the discipline.

## CONFERENCE

 Nutrition Society Congress


 2<sup>nd</sup>-5<sup>th</sup> July 2024

 Assembly Buildings, Conference Centre, Belfast, Northern Ireland, UK


## ATTENDEES

 **452** in-person delegates

 **26** countries reached

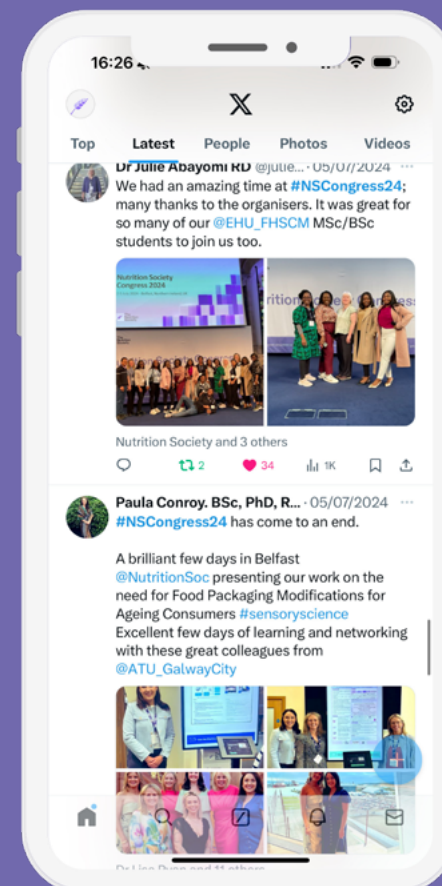
 **360** #NSCongress 24 posts.

## PROGRAMME

 **247** Original communications

 **6** Symposia

 **29** Guests speakers



One of the highlights for me every year is attending The Nutrition Society summer conferences, and this year's #NSCongress24 in Belfast did not disappoint!

As soon as you walk in you can feel the sense of community and belonging that attending a Nutrition Society event provides for every attendee. Our profession is full of supportive, enthusiastic, caring and inspiring individuals who are always happy to connect with one another, provide advice or guidance when needed, and be each others cheerleaders.

Sarah O'Donovan

Four incredible days are coming to an end. The inaugural Nutrition Society Congress has been a truly amazing event, at the most beautiful venue.

Attending this congress was an all around awesome experience, and I'm grateful to have had the opportunity to learn from all these experts. If you work in the field of public health nutrition I can only recommend checking out the congress when it returns in 2026.

Bjørn Petrat-Melin

I am thrilled to share the wonderful experience I had at the recent The Nutrition Society Congress. It was an incredibly enriching and inspiring event.

One of the highlights was meeting so many kind and brilliant people. Connecting with fellow researchers, industry experts, and academics was enlightening, opening doors to potential collaborations and new friendships. Listening to the incredible research presented by my colleagues inspired me with fresh perspectives and innovative ideas. It was truly a privilege to be part of such a passionate community.

Sabrina Paola Demirdjian



# International Update

## ANEC IX, the African Nutrition Society's biannual conference

The Society were delighted to continue our collaboration with the African Nutrition Society (ANS) and to once again, support ANEC IX, the African Nutrition Society's biannual conference this year held in Cape Coast, Ghana, held in collaboration with the Ghana Academy of Nutrition and Dietetics (GAND).

As well as strengthening our international collaborations and continuing to support the African Nutrition Society, our President Mary Ward gave an excellent talk on 'Riboflavin deficiency and disease risk'. We were also pleased to be able to support 12 members from across Africa to attend by offering **£10,000 worth of bursaries** to cover travel costs and registration.

Another important aspect of the Society's engagement in ANEC is building capacity. We hosted a scientific writing workshop, attended by over 150 young researchers, and supported leadership and governance development training with ANS and the Federation of African Nutrition Societies (FANUS). Finally, as part of a pre-conference workshop, we provided a platform for our Global School Feeding Special Interest Group to contribute to a pan-Africa workshop on school meals.

Alongside these activities, we hosted a busy exhibition stand signing up 90 new and renewing members, and meeting over 400 delegates who wanted to find out more about our publications and the Academy. We were hugely grateful to the local helpers, Gladys and Samuella, who were running the stand with us!

Proceedings will be published in *Proceedings of the Nutrition Society* in due course.



It really was terrific to see the impact that The Nutrition Society have had on this conference and how much the partnership is valued. It was a privilege to be part of it, I was inspired by all the young researchers and scientists I met and engaged with.

**Nutrition Society President,  
Professor Mary Ward**



## Grant awardees

- Ousman Njie
- Akua Asuamah-Tawiah
- Grace N.A. Wumbee
- Zione Dembo
- Chikondi Masamba Makanani
- Samuel Atta Tonyemevor
- Enoch Sam Sakyi Asiedu
- Esime W. Theresa Agordjor
- Priscilla Opoku Addai
- Nana Kwame Addi Bekoe
- Georgina Frimpong Siraa
- Sarah Gyamfua Larbi
- Oluayinka Oroniran
- Chinelo Okoye
- Ndahura Nicholas Bari
- Elizabeth Enyonam Logosu
- Pamela Andoh Agyimah
- Shobi Otitoola
- Samuel Akwei Sackar



## In memory of Professor John Scott (1940-2013)

By Professor Helene McNulty, Ulster University

### A pioneering journey in nutrition science

John Martin Scott, who died aged 72 years in 2013, was Professor of Biochemistry and Experimental Nutrition in Trinity College Dublin (TCD), a role he was appointed to in 1978. In recognition of his significant scholarly contributions, John was awarded Doctor of Science at TCD in 1981 and became an elected Member of the Royal Irish Academy in 1984. He will be known to the Society for his contributions to conferences and outputs in Proceedings.

John Scott was, and remains, one of the world's most recognised experts in folate nutrition and folate-vitamin B<sub>12</sub> interrelationships in health and disease. Over his career, he forged a strong and lasting collaboration with TCD Professor of Medicine, Donald Weir. They made a formidable research duo in a classic example of 'bench-to-bedside' research and together published well over 100 research articles on folate and vitamin B<sub>12</sub>, and established the leading theory of perturbed folate metabolism (the so-called 'methyl trap' hypothesis) in the pathogenesis of vitamin B<sub>12</sub>-related neuropathy. Anne Molloy was also a long term colleague, who worked closely with John over many years, particularly in pregnancy and early life nutrition in collaboration with the US National Institutes of Health, co-publishing some of John's most significant outputs in the field. John was also an inspirational teacher of Biochemistry at TCD, and was particularly proud of being the first winner of the Provost's Award for Outstanding Contribution to Teaching and Learning at TCD (2001), as voted by his medical students.

Outside of TCD, John received very considerable recognition for his major contributions to nutrition and health. He was awarded Honorary Degrees from Ulster University Coleraine and the University of San Pablo CEU Madrid. He was recipient of several international prizes and awards, including, the Lederle Award (1997) by the American Society for Nutritional Science; the Gowland Hopkins Medal, presented at the 11<sup>th</sup> International Symposium on the Chemistry and Biology of Pteridines & Foliates in Germany (1997); the David Hawkins Award Lecture, Canada (1997); and the International Award for Modern Nutrition, Switzerland (1999). He served as expert advisor for the Food Safety Authority of Ireland (FSAI) and for several UK, EU and US scientific committees, providing unique expertise and understanding of folate as a basis for driving policy and practice and generating major impacts, particularly in the area of folic acid in the prevention of neural tube defects (NTDs).

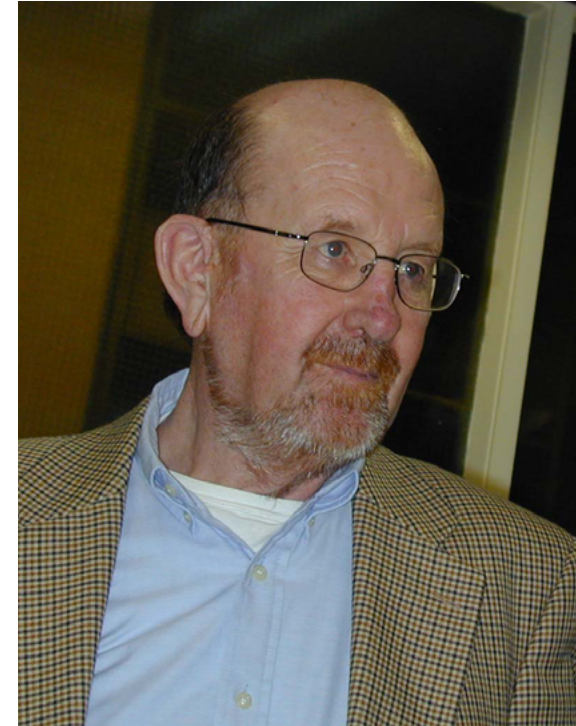
### Remembering him personally

I first came to know John as an undergraduate in TCD when I had the great fortune of being assigned to him as supervisor for my final year project (1985-1986). I wasn't to know it at the time, but this random allocation would change the rest of my career. I was enormously privileged that John was willing to subsequently supervise my PhD studies at TCD (also in folate), and went on to have a huge influence on my career. His generous support and encouragement enabled me to grow in confidence and become independent, and in time establish my own folate and B vitamin research group, after I had taken up my first academic position at Ulster University Coleraine in 1992. I can safely say that every significant career step or promotion I had involved John in some way, be it through his incredibly supportive references for academic promotions or proposing me for Membership of the Royal Irish Academy. His career advice, support and mentorship of myself, my colleagues and students, right until his death in 2013, were second to none. With much loyalty and ongoing commitment, John would very regularly travel from Dublin to Coleraine for research meetings and put us all through our paces, and we were always enriched and suitably fired up as a result!

It would be true to say that John didn't suffer fools and chose his collaborators carefully. He worked to the highest scientific standards and expected this quality in those he worked with.

But when you were in Team John Scott, you knew you could rely on his loyalty and support; no matter what, John had your back. It was an absolute honour to travel with him to international meetings in the US and elsewhere, and see the high esteem in which he was held among the world's experts; when John Scott spoke, everyone listened.

Apart from his scientific career, John was passionate about Dublin and TCD, he loved golf and was a great storyteller. Above all, family was hugely important to him. He was married to Bella, who often accompanied him to conferences including Nutrition Society meetings and is fondly remembered by all who knew her for her lovely company and bubbly personality. John and Bella were a most hospitable couple, and the Scott family home in Dublin was always a welcoming place for friends, work colleagues and many eminent scientists who visited them. Their parties were legendary. In a typical act of generosity, they actually threw a party on the day of my PhD viva – I must confess that this was a somewhat unsettling prospect until I knew the PhD was safely in the bag (following a rather challenging but fair viva with my external examiner and another great folate scientist, Professor Victor Hoffbrand, University College London)! John's beloved Bella passed away a few years before him, in 2010. Their son Martin and daughter Rachel live in Dublin with their families and are rightly very proud of their Dad and all he has achieved.



### Celebrating his key achievements in nutrition

There is no doubt that John's most significant and impactful achievement is his work on the role of folate nutrition in preventing neural tube defects, predominantly spina bifida and anencephaly, major malformations where there is a failure of the neural tube to close properly in very early pregnancy. This was of special interest in Ireland where the prevalence of NTD is one of the highest in the world. In 1980, John attended a lecture by Dick Smithells from Leeds, whose observational studies suggested a link between these birth defects and vitamin deficiency in pregnant mothers. Excited by the lecture, John suggested further work and started a programme to identify the relationship between folate metabolism and NTDs. By 1991, the decisive UK MRC multi-centred trial on prevention of NTDs had been published, demonstrating a 70% reduction in risk where mothers took folic acid supplements before and in early pregnancy. In Ireland, Scott's group had amassed the largest biobank in the world of maternal blood samples taken during affected and non-affected pregnancies. In 1995, the Scott group published a seminal paper in the Journal of the American Medical Association,\* demonstrating that the risk of having a child with an NTD was very strongly inversely related to the mother's red blood cell folate level and that the risk remained high even when maternal red cell folate levels were well above the deficiency cut-point. This article has been cited nearly 1,200 times to date and the findings are used by WHO and public health specialists worldwide as the scientific basis for implementing folic acid food fortification policies. Notably, John's work on folate in the prevention of NTDs was funded by the U.S. National Institute of Child Health and Human Development, becoming the longest running contract in their epidemiological research programme.

### His likely perspective on today's folic acid policy debate

I can safely say that John would be hugely supportive of folic acid fortification policy as the only effective means to reduce NTDs. I think however that he would be rather dismayed that it has taken so long to implement a policy that is such a 'No-Brainer'. But honestly, if John had lived longer, I suspect that we wouldn't be waiting this long. He would have taken on the governments and policy makers in Ireland and the UK to take more urgent action. It would be an appropriate epitaph if mandatory fortification of food with folic acid were to be implemented in both countries, as it is in over 90 other countries worldwide. In John Scott's memory, and because it's the right thing to do, I am committed to doing all I can to drive the implementation of such policy in Ireland and the UK. I still think of John a lot and continue to be guided by his great legacy, and I am incredibly grateful to him for all he has done for me personally. I will never forget the late and great John Scott.

\*Daly LE, Kirke PN, Molloy A, Weir DG, Scott JM. Folate levels and neural tube defects. Implications for prevention. JAMA. 1995 Dec 6;274(21):1698-702. doi: 10.1001/jama.1995.03530210052030.



There is no doubt that John's most significant and impactful achievement is his work on the role of folate nutrition in preventing neural tube defects.





# Ask the expert

## Choline: where are we up to with evidence, dietary guidelines and health claims?

Choline is a nutrient that has typically been overlooked in the past but interest is now beginning to gain traction in research, scientific and policy domains<sup>1</sup>. Choline can be likened to omega-3 fatty acids in that it is an 'essential' nutrient that cannot be produced endogenously by the body in amounts needed for human requirements, thus needs to be obtained from exogenous dietary or supplemental sources<sup>2</sup>. In general, beef, eggs, fish, chicken, milk and certain plant foods such as nuts, cruciferous broccoli and beans provide some dietary choline<sup>2</sup>. Choline has many role(s) in the human body. It is a major component of cell membrane phospholipids (phosphatidylcholine) and the brain neurotransmitter acetylcholine<sup>2</sup>.

### Health Claims

Several health claims have been authorised by the European Commission, including: "Choline contributes to normal homocysteine metabolism", "Choline contributes to normal lipid metabolism" and "Choline contributes to the maintenance of normal liver function"<sup>3</sup>. Focusing specifically on liver function, removing choline from the diet of rats during gestation has been found to cause fatty liver both in the mother and the foetus<sup>4</sup>. The contribution of maternal choline intake to normal liver function in the offspring has been attributed to its roles as a component of cell membranes (phosphatidylcholine) and in lipid transport, with the role of choline as a methyl donor enabling phosphatidylcholine synthesis in the liver<sup>5</sup>. In addition to these authorised health claims there has been a growing body of evidence looking at roles of choline in pregnancy, particularly in relation to brain function and development<sup>5</sup>. In 2023, EFSA published a 'favourable opinion' on the scientific substantiation of a health claim related to the intake of choline by pregnant and lactating women and contribution to normal liver function of the foetus and exclusively breastfed infants, where a cause-and-effect relationship was deemed to be established<sup>6</sup>. It should be noted, however, that this is not yet an official claim thus cannot be used presently.

### Roles in Life stages and Recommendations

Intakes of choline are particularly important during gestation and lactation when requirements for this B-vitamin like nutrient rise. This means that the gap between intakes and recommendations often widen across these life stages<sup>7</sup>. Choline is regarded as being critical during foetal development as it can affect stem cell proliferation and apoptosis, modifying brain and spinal cord structure and function and influencing risk for lifelong memory function and neural tube defects<sup>8</sup>.

The United States (US) Institute of Medicine (IOM)<sup>9</sup>, European Food Safety Authority (EFSA)<sup>10</sup> and more recently Nordic Nutrition recommendations<sup>11</sup> now all recognise that choline plays an important role in the human body and have established dietary reference values.

In 2017 the American Medical Association<sup>12</sup> published new advice stating that prenatal vitamin supplements should contain "evidenced-based" amounts of choline. The American Academy of Paediatrics (2018)<sup>13</sup> also called on paediatricians to move beyond simply recommending a "good diet" and to make sure that pregnant women and young children have access to food that provides adequate amounts of "brain-building" nutrients with choline being listed as one of these.

### Conclusion

Choline is a nutrient that warrants consideration of inclusion within UK dietary guidelines, as they are in Nordic Nutrition recommendations. The Europe Commission has authorised several health claims related to choline, and another has now been given favourable opinion. Given this, choline appears to be a nutrient that is worthy of our attention, as it is an essential nutrient for human health<sup>14</sup>. Its physiological roles in pregnancy and lactation could also have wider implications for the health of the next generation<sup>6,15</sup>.

The Nutrition Society 2025 Winter conference in January is themed around "Dietary guidelines and advice - current and future"<sup>16</sup>. Given this and with growing interest and evidence around choline we can ask – is it now also time to consider choline in the UK?

Dr Emma Derbyshire RPHNutr,  
CEO of [Nutritional Insight](#)



Scan the QR CODE to access all the references mentioned in this article.



## Save The Date - Your Calendar For 2025

### Irish Postgraduate Conference

26<sup>th</sup>-28<sup>th</sup> February 2025,  
Belfast, Northern Ireland, UK

### Scottish Section Conference

Undernutrition in later life: Current understanding and advances

1<sup>st</sup>-2<sup>nd</sup> April 2025,  
Dundee, Scotland, UK

### Irish Section Conference

Promoting optimal nutrition for people and planet

11<sup>th</sup>-13<sup>th</sup> June 2025,  
Dublin, Ireland

### Nutrition Society Conference

1<sup>st</sup>-2<sup>nd</sup> July 2025,  
Loughborough, UK

### Nutrition Futures

4<sup>th</sup>-5<sup>th</sup> September 2025,  
London, UK



Scan the QR Code to register or find out more about these events.



# Shaping Nutrition Futures: Insights from the Student Section Chair

Eva-Leanne Thomas, Student Section Chair

Nutrition Futures (NF) is a two-day student-led conference focusing on career support, professional development and the communication of nutritional science. The aim is to provide a platform for academics and professionals to share their career insights and experiences with the next generation of nutritional professionals, whilst providing a platform for students, from BSc to PhD, to showcase their innovative nutrition research. This year, as Chair of the Student Section, alongside the Student Section and with invaluable support from The Nutrition Society, I was responsible for the planning and organisation of this year's NF. After almost a full year of prep-work before carrying out the event in London on 12<sup>th</sup>-13<sup>th</sup> of September 2023 it is interesting to look back and reflect on all that was involved in organising the event.

Having attended NF for the first time as a delegate in 2019, before attending again in Coventry in 2022 and in Glasgow in 2023 as a more active part of the Student Section (communications representative and newly appointed chair, respectively) I felt as though I had a good understanding of the conference logistics and aims.

Organisation of the student conference started almost immediately after the end of the preceding conference with the analysis of feedback from student delegates. It was important to me this year to mold the conference around the wants and needs of previous student delegates and to really ensure the conference programme was true to the aims of the conference – a conference organised by students for students.



Some of the key feedback from students who attended NF in 2023 was to increase the interactivity of sessions, especially those that were pitched as workshops, to move away from the feeling of being lectured (we all get enough of that during the term-time as students!) and to bring career development and skills to the forefront of the programme.

To ensure that was the case this year's NF event featured three workshops across the two days: optimising social media in nutrition, a CV optimisation workshop, and a session on interviewing in the world of nutrition. These workshops were not only engaging but also highly innovative. Students conceptualised and created mock social media campaigns based on journal articles and practiced interviewing techniques through mock interviews with one another.

In response to students' requests for a more career development-focused programme, key talks from both The Nutrition Society and the Association for Nutrition were added to the schedule, alongside an insightful talk on international perspectives in nutrition careers. A sponsored session from PepsiCo further enhanced the programme's career development emphasis, and of course, it wouldn't be an NF conference without the much-anticipated careers panel, featuring seven inspiring nutrition professionals across a wide array of sectors, including public health & policy, academia, non-profit, animal and human nutrition industries, freelance work, and sports nutrition.

# Early Career Member Section

Dr Oliver Shannon and  
Professor Victor Zevallos



In the last issue of the Gazette, we were delighted to announce the launch of the new Early Career Member (ECM) Section of The Nutrition Society, which is designed to support the needs of over 1000 members who fall into the ECM Category. Since then, we have been busy building our first ECM Section Committee, surveying our members, meeting others within the Society, and forming provisional plans for developing this Section over the next three years.

We received several incredibly high-quality applications to join the new ECM Section and after carefully evaluating all applications, we were delighted to appoint seven members to join myself as Chair, and Professor Victor Zevallos as Deputy Chair, on the Section. This includes Dr Martina Rooney, Dr Lauren Devine, Dr Alex Griffiths, Ms Lucy Jessop, Ms Bells Hann, Dr Louise Durrant and Mr Charles Msigwa. This excellent team includes members from different career pathways, stages and geographical locations, who will work together to advocate for our ECMs (in the UK and internationally) and shape the direction of this new Section.

Our first job as a Section, has been to identify how best we can serve our ECMs. We invited all ECMs to complete a survey, and several key priorities were identified by our ECMs, which we plan to address as a Section, including:

1. Identifying and securing a suitable career post-degree,
2. Career progression and CV enhancement,
3. Network building
4. Mentoring.

We have begun to develop ideas about how we might meet these needs as a group, and we recently held a full day hybrid meeting as a Committee in December to finalise our proposed programme of engagement.

We have been overwhelmed by the support and assistance offered by The Nutrition Society team, alongside other members and Sections of the Society, and we are excited to progress with this section as we move into 2025. For those attending the Winter Conference in London, please stop by and say hello to us; we will be on a Society exhibition stand advertising the ECM Section and would love to hear any thoughts or suggestions from members.

One student reflected on the event, "I always wanted to attend conferences tailored to nutrition students, but no one could've done it better than The Nutrition Society. They integrated every aspect - CVs, interviews as current prep and industry panellists to help visualise the long-term career. Must say, the two days were loaded with valuable information and the latest knowledge!" ~ Laveeza Ansari.

The running of the event across the two days could not have gone better. From the central London location right beside Regent's canal (the NCVO), to having such engaged and enthusiastic student delegates.

The event's success would not have been possible without the collaboration and support of The Nutrition Society staff, committee members, and the Student Section. Their invaluable input into the programme, speaker recommendations, and hands-on assistance on the day ensured everything ran seamlessly. It marked a strong start to the academic year, bringing new student section members together, fostering professional development for delegates, and offering student speakers a platform to showcase their nutrition research.

Planning and delivering NF 2024 has been a rewarding experience, and I am excited to pass the baton to the next Student Section Nutrition Futures representative. I look forward to supporting the development and planning of next year's conference.

# Dr Harry Jarrett

My career path hasn't followed the traditional academic roadmap, having worked in academia, clinically in the NHS and now within industry for a leading UK supplement firm (Heights). I graduated from my MSc degree in Exercise and Health Sciences from the University of Exeter in 2016. It was here during my dissertation I fell in love with academic research. We were investigating the influence of a polyphenol rich supplement on cerebrovascular function and brain function in healthy older adults. I spent my time engaging with research participants, supporting neuroimaging measures, administering cognitive function tests and making research breakfasts. It was through this hands-on experience that I knew I wanted to pursue a PhD in Human Nutrition and Health.

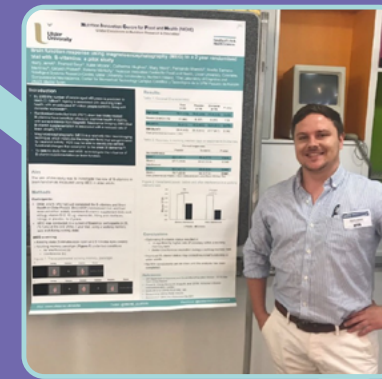
I was extremely fortunate to secure a funded PhD with Professors Helene McNulty, Kristina Pentieva and current Nutrition Society President Professor Mary Ward, world renowned experts in the field of one carbon metabolism and metabolically related B-vitamins. In September 2017 I started my PhD journey, excited to join these powerhouse Professors! My PhD focused upon riboflavin, its measurement in human samples, metabolic interactions with B<sub>6</sub> and its role in stabilising blood pressure in genetically at-risk patients. This exposed me to a diverse range of research experiences from setting up human intervention trials, lab work and the handling of large epidemiological datasets. I also had the fantastic opportunity of supporting the first trial to investigate the impact of a B-vitamin intervention on brain function, I gained some great experience with a novel neuroimaging technique termed magnetoencephalography. However, in 2020 the COVID-19 pandemic changed the course of my PhD, with the University closing a week after receiving ethical approval for my final PhD chapter, a human intervention trial. Fortunately, I had collected enough data throughout my PhD to finalise my thesis in 2021, with the great support of my supervisors.

Following my PhD I was determined to support the research efforts during the pandemic and further my clinical research skills. I subsequently joined Guy's and St Thomas' NHS Trust as the COVID-19 Research Laboratory Coordinator.

Here we worked on the clinical trials investigating the efficacy of novel COVID-19 vaccines. Although these were difficult times, I learnt so much from people with a variety of different clinical experiences, which helped develop my clinical research skills. Following over 2 years of service in the COVID-19 Research Team, early last year I decided it was time for the next challenge.

I never lost the passion for nutrition research; I was eager to get back into this field. However, I was at a crossroads, unsure whether to return to academia or diversify my skills through working in industry. I came across a job advert for Head of Research at a gut-brain supplement company called Heights (<https://www.yourheights.com/>). I fell in love with their mission of developing science backed effective supplements to improve the health of our society in a widely unregulated market. In my final interview I met with the founders of the company and knew instantly this was a company that aligned to my passion and research interests. I joined the Heights team in June 2024 and I have thoroughly enjoyed my time working in industry so far, every day is different. For example, I could be supporting the product development team to create new formulas which are scientifically robust and effective. Or submitting a grant proposal with UCL neuroscientists to investigate the effects of our supplements on brain function. The role has given me the freedom to pursue my academic interests, whilst also supporting Heights to develop scientifically backed, efficacious supplements.

Ultimately, although my career path to date hasn't followed the traditional academic trajectory of PhD- Postdoc- Lecturer, I can say I have thoroughly enjoyed the variety of experiences obtained from academia, clinical NHS work and working within the private industry. There are alternatives to the traditional academic career path that some may find exciting and wish to explore. What's next, who knows!



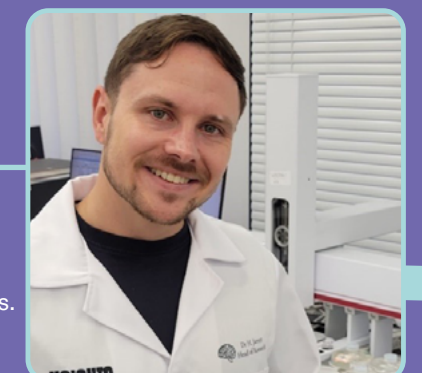
Presenting results of a 2-year B-vitamin intervention on brain function in healthy older adults at the International Association for Cellular Coenzymes in 2018.



During my PhD with my primary supervisor and current Nutrition Society President, Professor Mary Ward.



At St Thomas' Hospital whilst I was the COVID-19 Laboratory Coordinator during the pandemic.



Head of Research for Heights.

## A day in the life



## Theme Update:

### Nutrition in the treatment, management, and prevention of disease

Dr Oonagh Markey, Theme Lead

I am pleased to share that The Nutrition Society will host a two-day Summer Conference on 1<sup>st</sup>-2<sup>nd</sup> July 2025 at Burleigh Court, Loughborough University. This shortened format acknowledges that many members will be attending the 23<sup>rd</sup> International Congress of Nutrition, organised by IUNS in Paris (24<sup>th</sup>-29<sup>th</sup> August 2025). Theme Leads have been working closely with Professor John Brameld and Professor Wendy Hall to develop a scientific programme that features four core symposia, each focusing on current advancements and challenges in nutrition science.

I am leading the organisation of a symposium entitled 'Dietary bioactives for human and planetary health'. This session will explore how bioactives can be harnessed from alternative food sources and through product valorisation to promote sustainable health and address the dual burden of non-communicable diseases and climate change. Understanding the connection between dietary bioactives and sustainability is essential for developing healthier and more sustainable food systems that effectively tackle these global challenges. Further details about the Summer Conference will be shared soon.

Our Theme represents the work of three Special Interest Groups (SIGs) aimed at promoting innovative areas of nutrition research and building research capacity. The newest SIG, 'Nutrition, physical activity and cancer', chaired by Dr Steve Wootton (University of Southampton), held its inaugural virtual meeting in June 2024 and now has over 50 members. Building on feedback from their initial meeting, the SIG plans to foster connections, support grant proposals and promote nutrition and physical activity recommendations. They also plan to organise an online seminar series focusing on different areas of cancer and nutrition research, as well as develop a mentorship scheme for early- and mid-career researchers.

The Nutrition Society welcomes proposals for new SIGs on a rolling basis. If you would like to propose a Theme-related SIG, then please feel free to contact me at [o.markey@lboro.ac.uk](mailto:o.markey@lboro.ac.uk).

## Irish Section Update

Dr Emma Feeney, Irish Section Secretary

I'm delighted to have reprised the role of secretary for the Irish Section this September, after some time off, during which we welcomed twins Cara and Rachel to the family, bringing us to a family of six now! I would like to take this opportunity to extend my most sincere thanks to both Dr Aileen McGloin and Dr Trish Heavey who kindly took over all things Irish-Section in the interim, and have done an amazing job during that time.

We close the year following a highly successful first meeting of the Nutrition Society Congress, hosted by the Irish Section and held in Belfast at the beautiful Assembly Buildings, from 2<sup>nd</sup>-5<sup>th</sup> July, 2024. This inaugural event was chaired by Professor Jayne Woodside and Dr Anne Nugent from Queen's University Belfast, and we congratulate them both, and the wider volunteer team, on an energising and engaging first meeting. With almost 500 attendees, and with the greatest number of Original Communications presented at a Nutrition Society conference to date (247 in total), the next hosts will have a wonderful blueprint for success!

Our next Irish Section-led meeting will be the 34<sup>th</sup> Annual Irish Section Postgraduate Conference, from 26<sup>th</sup>-28<sup>th</sup> February 2025, and this will also be held in Belfast. The local organisers Rachel Moore, Eva-Leanne Thomas, Hannah Griffin and Alexandra-Irina Mavrochealos have arranged the Crowne Plaza, Belfast as the venue, and it is already shaping up to be a great meeting. There will be lots of opportunities for networking, learning about ongoing research, career talks from past nutrition graduates, and the team has also arranged a photographer to take student headshots during the conference.

The team look forward to welcoming you all to Belfast, and we would also like to remind you all that this conference is open to the entire society to attend, so if you've never been, you might consider attending in 2025!

Click [here](#) to register for the conference and to see the latest programme of events and abstract submission information.

## A busy year for the Academy of Nutrition Sciences (ANS)

The Academy of Nutrition Sciences (ANS) has recently celebrated its fifth birthday. Where has the time gone? To date, much of our effort has focussed on preparing and publishing a series of Position Papers on the collation and use of evidence to inform practice in various nutrition contexts. The first concerned formulation of dietary recommendations for populations for prevention of non-communicable diseases and the systematic processes used by expert panels to ensure that rigour, relevance and consistency are brought to their conclusions (Williams et al., 2021). It also addresses some of the challenges inherent in studying diet-disease relationships, such as incorporation of evidence from experimental studies of the biological mechanisms underlying diet-disease relationships.

The second Position Paper considers use of evidence in the assessment of potential health claims for specific foods and the implications for professional practice of existing regulations pertaining to health claims (Ashwell et al., 2022). Links to editorials on aspects of both of these papers can be found in the 'Outputs' section of the Academy's website ([www.academyofnutritionsciences.org.uk](http://www.academyofnutritionsciences.org.uk)).

The most recent Position Paper, published at the start of 2024, focusses on applying complex research evidence to inform interventions for individuals. The Position Paper is the result of a collaboration with dietitians and nutritionists from the UK, Canada and USA, and was led by Professor Mary Hickson. It was published in the *British Journal of Nutrition* (Hickson et al., 2024), accompanied by editorials by Buttriss et al., in *Nutrition Bulletin*, *Journal of Human Nutrition and Dietetics*, and *Nutrition and Dietetics*, which summarise challenges identified and recommendations made.

It builds on earlier Position Papers and examines how research evidence can be used to guide evidence-based practice, with a particular emphasis on research evaluation, and inform nutrition interventions and care for individuals. This is primarily achieved through the development of clinical practice guidelines, which are systematically developed statements that attempt to bridge the gap between research and clinical practice, guiding the practitioner and individual to implement treatments for specific clinical circumstances based upon the best available evidence. The Position Paper examines various frameworks for appraising quality and certainty of nutrition research evidence, the development of nutrition guidelines to support evidence implementation in practice, and the influence of other sources of nutrition information as well as misinformation.

The three Position Papers provide a valuable resource for students of nutrition and dietetics as well as qualified professionals. They were the focus of a series of ANS webinars hosted by the British Dietetic Association during the summer, recordings of which are free to access at [Academy of Nutrition Sciences Webinars - British Dietetic Association \(BDA\)](#). They also featured in a session at the Nutrition Society Congress in Belfast in July 2024.



### Looking to the future

Topics for future Position Papers are being identified in collaboration with our member organisations – Nutrition Society, Association for Nutrition, British Dietetic Association and British Nutrition Foundation – and we plan to provide further information in a future issue of the Gazette.

Also in the pipeline, the Academy of Nutrition Sciences, in collaboration with King's College London and University College London, is planning a research survey to establish research involvement, and its barriers and facilitators, among nutritionists and dietitians. The research will take the form of an online questionnaire aiming to include as many members of the disciplines as possible. Invitations to participate in the research will be circulated via the Nutrition Society, British Dietetic Association and Association for Nutrition in Spring 2025.

### Dr Judy Buttriss, Chair of Trustees, Academy of Nutrition Sciences

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