



THE NUTRITION SOCIETY GAZETTE

Summer 2021



Sir John Boyd Orr
1941-1945



Professor Julie Lovegrove
2019-current

Celebrating 80 years of the Nutrition Society

- Presidents Update
- 80 years of the Proceedings of the Nutrition Society
- Q&A with Honorary Fellow Barbara Livingstone

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Editorial

Dr Carrie Ruxton, Honorary Strategic Communications Officer

Happy 80th anniversary to the Nutrition Society! It's great to be part of the journey as life opens up again and we look forward to more 'in person' science.

This bumper issue of the Gazette contains some fascinating reflections from our new *Proceedings of the Nutrition Society* Editor (page 4-5), a new Honorary Fellow (page 8) and the inaugural winner of the Widdowson Award (page 9). It also highlights that the Society is still relevant after all this time and provides so many opportunities for learning, career development and friendship (see page 10-13 for members' stories). The Trustees wanted to mark our special anniversary with a one-off award for dedicated service to the Society – see who has won on page 15.

And there's more ... our President and Trustees provide their usual updates on progress, the IGD reports on a timely workshop on reformulation (page 22), we have a peek into the life of a regulatory affairs nutritionist (page 21) and, finally, we mark 30 years of Human Nutrition at Glasgow University (page 23). I hope you enjoy this issue and feel as proud as I do as the Nutrition Society reaches this milestone. ■



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President's Update

Professor Julie Lovegrove, President



It's been uplifting to see the dark Winter months recede and Spring blossom, unfurling ferns and blooming bluebells as summer approaches. This seems symbolic as we all emerged from the severe restrictions of lockdown, with more freedom and opportunities to see family, friends and colleagues, and regain the personal contact we've all missed so much.

The Nutrition Society is also moving into a new season and era. Following a period of extensive consultation in 2020 and 2021 with Trustees, members of Council and the Society, as well as external organisations, the Society has now published its five year Strategic Plan. This new plan builds on the previous achievements and successes of the Society and has been designed to keep pace with evolving scientific, technological, political, social and cultural trends in the UK and internationally, with the aim of continuing to fulfil our mission to '*advance the scientific study of nutrition and its application to the maintenance of human and animal health*'. A key integral component of the plan is Equality, Diversity, and Inclusion (EDI) which, I am proud to say, gives the Society a leading position as a role model in EDI, in addition to promoting and upholding the highest ethical standards in nutrition science. Please spare a moment to look through what the plan has to offer here <https://www.nutrition-society.org/strategic-plan-2021-2026>.

The Trustees have continued to hold frequent virtual meetings with the CEO to ensure prompt and appropriate responses to a wide range of issues in these uncertain times. I was fortunate to attend the last Council meeting at the Nutrition Society's Offices in Cambridge Court. This provided a welcome opportunity for face-to-face meetings with staff and Council members, and also to view the impressive refurbishments to the offices. At this meeting we gave our thanks and farewells to Council members, Kate Halliwell and Professor John Brameld, and Trustees, Dr Frank Thies and Dr Dean Sewell for their wisdom, diligence, hard work and support as they came to the end of their terms of office.

I am pleased to report that the Society has continued to deliver a busy calendar of events throughout the lockdown period. Over 340 delegates from 22 countries registered and tuned-in to excellent presentations on the theme of 'Gut Microbiome and Health', at the [Spring Conference](#) hosted by the Society's Scottish Section, a record attendance. Equally, the virtual format of the Irish Section Conference on '[Nutrition Health and Ageing: Translating Science to Practice](#)' in June delivered excellent science to large audiences. We are looking forward to delivering the Summer Conference in July, entitled 'Nutrition in a Changing World' to be hosted by University of Southampton, in a virtual

format. We are excited to be able to deliver the 'Nutrition Futures 2021' conference in September as our first hybrid conference, with delegates able to attend in person or watch events by live streaming.

News on the Society's journals includes a current waiver on the article processing charges for all manuscripts submitted to the new open access journal '*Gut Microbiome*' until 31 March 2022. This offers a great opportunity to publish papers in an exciting new journal that supports the development of an integrated, interdisciplinary understanding of the gut microbiome. In line with Plan S, our '*Public Health Nutrition*' journal submissions successfully transitioned from hybrid to Gold open access on 1 April this year, with early signs of healthy submission rates, which is very encouraging.

Finally, I would like to express my sincere appreciation to be able to serve as President for an additional year, after a Special Resolution was agreed to enable stability in leadership over these uncertain and unprecedented times. I am humbled by the confidence and trust my fellow Trustees have placed in me and feel honoured to serve the Society in this role until July 2023. I look forward to working with you all over the next two years. ■

80 years of *Proceedings of the Nutrition Society*

Professor Alison Gallagher, Editor in Chief



As the Society celebrates its 80th anniversary this year, so does our journal *Proceedings of the Nutrition Society* (PNS) which was first published in 1941 to record the minutes of the Society's scientific meetings. Eighty years later, PNS continues to provide an invaluable record of the scientific research currently being undertaken to contribute to 'the scientific study of nutrition and its application to the maintenance of human and animal health'.

Before The Nutrition Society

By 1930, nutrition was starting to be recognised as a science in its own right with research papers and publications disseminating the research conducted in human and animal nutrition. Despite this, discussion of reports on nutrition research was confined to meetings of the Biochemical and Physiological Societies. Just before the outbreak of the war, researchers interested in the science of nutrition suggested that a 'Nutrition Society' should be formed to enable those studying different aspects of the same challenges to meet and share valuable information.

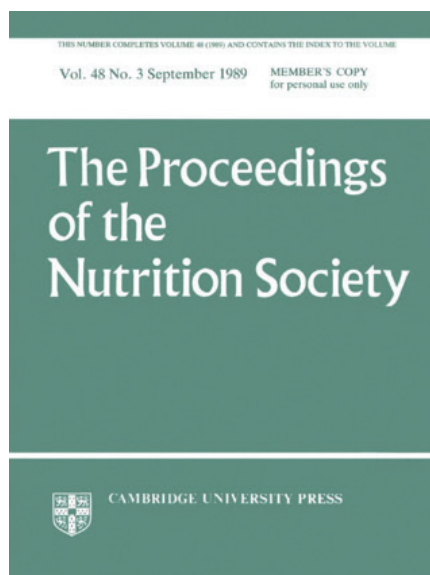
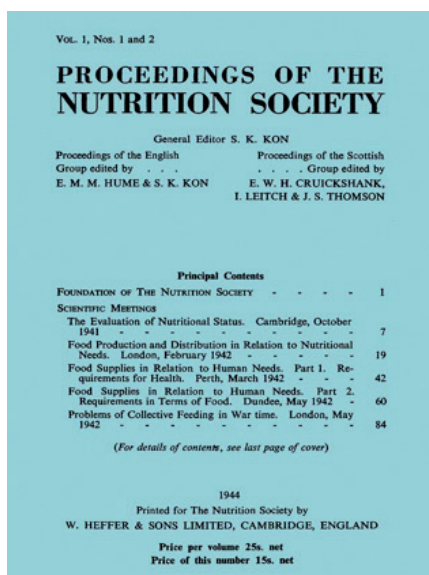
Owing to the outbreak of war, the idea was postponed until 1941 when an invitation was sent to researchers who might be interested in helping to form a society. In accordance with this, a meeting of researchers interested in nutritional problems, convened by Sir John Orr, was held in London at the Royal Institution on 23 July, 1941.

The main object of the new Nutrition Society was to provide a meeting place for academics in the varied fields of nutrition, e.g. physiological, biochemical, agricultural, medical, sociological, economic and public health. The main function of which should be to hold conferences to discuss special themes, particularly those of importance during the war.

Proceedings of the Nutrition Society, volume 1, issue 1

Heffers of Cambridge printed a small document which bore the title '*Proceedings of the Nutrition Society, No. 1*'. It contained a summary of contributions to the inaugural scientific meeting, held in Cambridge, 18 October 1941. The first circulation was to the Society's members who could purchase the issue for 15s. The

very first paper was 'Assessment of Level of Nutrition in Man' by Dr. L. J. Harris, Dunn Nutritional Laboratory, first Honorary Secretary, who said that 'he greatly appreciated the compliment of having been asked by the Committee to read the first scientific communication to the new Society.' Members of the Nutrition Society will be able to view the first issue in the archive display at Boyd Orr House.



It soon became apparent that the value of the Society's proceedings could be enhanced by reaching a wider audience. At the second scientific meeting in February 1942, it was decided that efforts should be made to continue to publish papers and discussions of the meetings and a Publications Committee was set up, chaired by Sir Joseph Barcroft. Acknowledging the benefit to the medical profession, The Royal College of Physicians financially supported the initial publication of PNS (to the sum off £500, to be paid back over 5 years), with the expectation that the journal would soon become self-supporting. The publication of PNS allowed researchers and academics from other professions to gain immediate access to the records of the Society's Meetings.

Development of PNS

In 1946, printing moved to Cambridge University Press – with whom the Society still publishes today. After the creation of the *British Journal of Nutrition* (BJN) in 1947, proceedings were published in the BJN until 1952. By 1952, the BJN was attracting a high volume of papers, so PNS and the BJN became two distinct journals. This is also when the first 'Abstracts of Communications' were published – today these are called Original Communications.

As the scope of the Society's activity widened and it began to generate broader collaboration, as too did the content published in PNS. PNS now provides a record of historic joint meetings with organisations such as *BAPEN*, *The Royal Society of Medicine*, *The Biochemical Society*, *the Royal Zoological Society*, *British Society for Animal Science*, *the British Federation of Zoos*, *the British Society of Immunology*, *British Society for Allergy and Clinical Immunology*, *British Nutrition Foundation*, and *the British Dietetic Association*, to name but a few. More recently, the Society has agreed to publish papers from the Africa Nutritional Epidemiology Conference, the Brazilian conference Mega Evento Nutrição, the Belgian and French Nutrition Societies and the newly established *Georgian Nutrition Society*.

Looking ahead

I was delighted to be appointed as Editor-in-Chief of PNS in January this year. I'm grateful for all the hard work and commitment of Dr Janice Drew, former Editor-in-Chief, and I take over the Journal in fantastic shape with an impact factor that has seen year on year increases. I have already attended my first Science Committee meeting as Editor-in-Chief and have been involved in a peer review process for the Spring, Irish and Summer conferences.

I have three key objectives as the new Editor-in-Chief of PNS:

- To continue to work with the science committee to develop strong conference programmes that attract the best speakers for the strongest most topical review papers.
- To encourage high quality abstracts for presentation and publication.
- To increase the number of reviews that are published from the society's joint meetings with other societies and organisations.

PNS is a valuable part of the Society's history and you, the members, continue to be integral to its success by contributing, reading and citing its excellent content.

All issues are available on the Cambridge Core website.

Sources

Foundation of the Nutrition Society. (1944). *Proceedings of the Nutrition Society*, 1(1-2), 1-6. doi:10.1079/PNS19440016

Copping, A. (1978). *The History of the Nutrition Society. Proceedings of the Nutrition Society*,37(2), 105-139. doi:10.1079/PNS19780017 ■

NO PUBLICATION FEES

The current waiver on all the article processing charges for manuscripts to the new open access journal *Gut Microbiome* (GMB) offers a great opportunity to publish papers in a journal that supports the development of an integrated, interdisciplinary understanding of the gut microbiome.

Publish in  GUTMICROBIOME



International Members Update

Barbara Bray MBE, Honorary Officer for International Affairs



As the pandemic forced Governments, organisations and citizens to look at health improvement, focus on nutrition and health increased worldwide.

One of the Society's International objectives is to: *"Lead or participate in special projects which have the potential of global impact"*. In my role as Honorary Officer for International Affairs, it is within my remit to see how the Society can lend support to activities taking place internationally.

Living life in a pandemic has left many people feeling like their world has become smaller. It is all too easy to focus on your own experiences that the wider world becomes an afterthought – out of sight, out of mind.

Despite not being able to travel over the past year, I've used this time to connect with some international members online to hear about their experiences during this tremendously challenging and unusual time, and help them break out of this insular outlook.

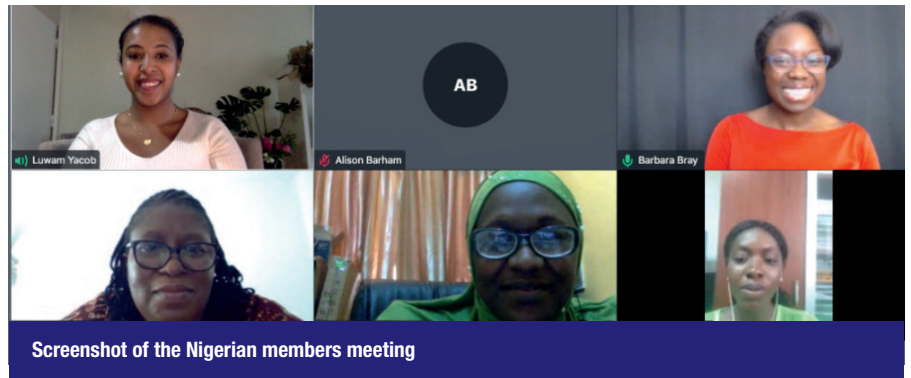
The webinars are described below by the Society's International Support Officer's Luwam Yacob and Tracy Bogan.

Meeting one – Nigeria

The first in the series took place in November 2020, when Barbara spoke with some Nigerian members.

COVID-19 was highly disruptive to life in Nigeria at the time, with a sense of anxiety as the country was not equipped for a second lockdown. Public health projects stalled because funding was diverted to COVID-19, and patients were not being cared for in the community as a result. Having not been paid for six months, university staff began to strike with many resorting to finding any other employment available.

Inequality was increasing, yet members working in freelance nutrition talked of a boom in online business as wealthier people turned to them for nutrition advice on how to stay healthy.



Screenshot of the Nigerian members meeting

Meeting two – Kenya

A few months later the stories from the members of Kenya were quite different. The advent of the vaccine rollouts was starting to be felt globally, restrictions were easing, the end of lockdowns was in sight and optimism was returning.

Issues like food shortages caused by travel restrictions between areas were less visible but the impact of the pandemic was still being felt. On the front-line, nutrition intervention services were seeing a low uptake as people were unable to access these services due to travel restrictions or were reluctant to take the risk of attending.

Academics and Nutrition students were also experiencing the many challenges faced by UK institutions such as adjusting to teaching online, and those with hospital placements were facing delays to completing their degrees.

Meeting three – Ghana

The most recent conversation took place at the end of May 2021 with members from Ghana. Life was gradually getting back to normal thanks to the vaccination programme and effective disease control procedures.

Travel restrictions had also been lifted although many non-essential businesses remained closed, and as stock levels struggled to keep up with demand, many had experienced delays in getting their second dose within the recommended 12 weeks' timeframe.

Research had been impacted due to the travel restrictions and members were concerned of the long-term future of research as international funding opportunities had been negatively impacted, further exacerbated by Brexit.

It has been fascinating to learn about our international member experiences during this time alongside the many international milestones including the UN Committee for Food Security (CFS) launch, the UN Voluntary Guidelines for Food Systems and Nutrition, the State of Food Security and Nutrition in the world 2020 report and the State of School Feeding Worldwide Programme, all of which have made an impact to the wider international nutrition audience.

The increased poverty around the world has meant more people are dependent of the provision of school meals to ensure that their children receive food. The UK was one of many countries to review its school feeding programme for vulnerable children during the pandemic; an area that could benefit from resources provided by the Society to bring people together to share ideas and science. Looking ahead, a range of international nutrition improvement activities are taking place, including the UN Food Systems summit in September 2021. I look forward to being able to facilitate where the Nutrition Society can add value. ■

The Next Generation of Nutrition Society Leaders

Mark Hollingsworth, CEO



It is 3 June, and I am writing this article on my quiet commuter train travelling into London. These daily commutes allow time for reflection, and today I am reflecting on 2021 being the Society's 80th Anniversary and thinking what the Society will look like during its 100th Anniversary.

For example, will offices be re-designed for collaboration: team deep-dives, customer and community events, celebrations, planning, design work? Will people go to the office because they want or need to engage with others, and use home working to work in solitude without interruption on key projects? Will a culture of collaboration and camaraderie be possible if we can shift the way we train, empower and support people in dispersed teams or organisations?

In considering these, and other, recent paradigm shifts, I am reminded, as a non-scientist (so please bear with me here!), that the purpose of science is to establish evidence that can be used to solve problems. This can take time, and often involves scientific debate. Science is a dynamic process: observations are gathered, protocols established, experiments carried out, verifications made, errors tracked down. As more evidence is gathered and analysed, results become increasingly precise, and

the basis for decision-making steadily becomes clearer.

Therefore, as a scientific Learned Society, these paradigm shifts in operating styles should not be too difficult for us to embrace if we follow the basic purpose of science. Moreover, they also provide an ideal environment to look towards 2041 and begin now to shape how the Nutrition Society will look, feel and function?

But, who will lead the Society over the next 20 years in this exciting new world of opportunities? Many of you will need to take on leadership roles between now and 2041 to ensure the Society remains a viable, robust, relevant, and vital aspect of life in nutrition science. What challenges will you face in doing so? I would consider three.

Firstly, I recommend you need to begin to think of yourself as a *leader in the middle of a network*, rather than at the top of a pyramid/hierarchy. This reflects how as a leader you will often be leading a variety of teams of different shapes and sizes, and those teams will be part of a larger team – teams within a team. Here, the leader serves as a bottom-up servant to enable action, and as a top-down symbol to motivate and provide for meaning.

Secondly, leaders will need to be *trained* to understand this teams-based leadership system, and to act as enablers of the system – one's character, values, is all important here. The idea of character is based upon the principles of fairness, integrity, honesty, human dignity, service, excellence, courage, respect, responsibility, discipline. These principles are guidelines have enduring, permanent value. They are fundamental to our lives as citizens.

Thirdly, the true price of being a leader, is the willingness to *place the needs of others above one's own*. Great leaders truly care about those they are privileged to lead and understand that the true cost of the leadership privilege comes at the expense of self-interest to be a servant leader.

My train is arriving in London. Reflection time is over. We have an opportunity in our Society to create an interconnected, synchronised, global organisation that is more flexible and dynamic than ever before. In every crisis there is opportunity – we have a huge opportunity to embrace a better way of operating, and an opportunity to develop our leaders for the next 20 years to guide us there.

Be willing to learn, to be trained, to serve – I commend leadership to you all. ■

Q&A with Honorary Fellow

Professor Barbara Livingstone, Ulster University



What first attracted you to nutritional science?

I graduated as a teacher of Home Economics in 1972 and began my lecturing career (42 years in total!) in the area of teacher training where my interest in Nutrition really began. In 1980-81 I was seconded for one year to undertake the MSc in Nutrition at Queen Elizabeth College, London. On the introduction of a BSc in Human Nutrition at Ulster University in 1987, I took the logical path and “moved home” into Biomedical Sciences where I effectively began my research career in Nutrition. I completed my part-time PhD study in 1991.

How did your early career develop?

My entire career has been spent at Ulster University (formerly the Ulster Polytechnic) where I was fortunate to have had very supportive and encouraging line managers who provided a very positive environment in which to hone my research skills. I also feel very privileged to have had the opportunity to work in collaboration with the Dunn Nutrition Laboratory, Cambridge from where I was able to begin focussing on my future research interests.

Has there been a study or project that you have worked on that you would now consider to be a defining point in terms of your career, or nutritional science?

My PhD research was the defining point for my future work in research. Working in collaboration with the Dunn Nutrition Laboratory, I had the opportunity to use doubly labelled water (a relatively novel and untried technique at the time) to objectively validate self-reported energy intake data. The results confirmed what had been suspected for a long time – mis-reporting is endemic in dietary reporting. Despite groundbreaking results, there was an enormous reluctance by the nutrition community to accept the findings and

their significance. Admittedly methods on how to accurately measure habitual food intake still remains a significant challenge in nutrition research!

What has been the most rewarding, or challenging part of your work?

Having the freedom to develop my career with full support from my colleagues in NICHE has, without doubt, been the most rewarding part of my work. I have also thoroughly enjoyed combining research with lecturing commitments and it has given me enormous pleasure to observe the highly successful career paths of students I have supervised.

In your opinion, how has the field of nutritional science and the key issues changed since your career started?

In the early stages of my career, nutritional sciences were focused firmly in the area of undernutrition and meeting the nutritional needs of the expanding world’s population. Sadly, we have still not resolved these issues, and at the same time we are now struggling with the devastating health and economic consequences of obesity and its co-morbidities. Dealing with this double burden of malnutrition while trying to ensure sustainable diets for everyone in the context of the challenges posed by climate change are truly formidable challenges.

In your opinion, has the public perception of nutrition changed during your career?

YES ...it has! Compared to the situation 40 years ago when there was relatively little public interest in nutrition, there has been a huge surge in interest in the subject. This engagement is to be welcomed but unfortunately the public don’t always turn to the experts for advice and would rather rely on arm chair rhetoric and social media for direction, much of it misleading. Countering

misinformation about nutrition is incredibly difficult because, as I have always said, “good nutrition is about as interesting as a pair of sensible shoes” – Built to last, albeit not very exciting!

What are your hopes for the continuing development of the nutritional science?

On my wish list is to successfully tackle the problem of obesity and associated co-morbidities and ensure a sustainable eating pattern for us all. The recent developments in personalised nutrition are also exciting.

How has being a member of the Nutrition Society impacted on your career?

For me, the Nutrition Society has been the reference point for promoting and protecting scientific excellence and professional standards for nutritionists. Equally impressive has been the Society’s strategy to actively support early career researchers. Nutrition Society conferences have provided invaluable opportunities to network and build future collaborations. Of course, the social element of Nutrition Society conferences.....particularly at the Irish Section meetings cannot be overlooked! ■

Hard Facts and Misfits: Essential ingredients of public health nutrition research

Professor Ann Prentice, University of Cambridge



I was delighted and deeply honoured to have been selected for the Society's inaugural Widdowson Award, which has been established to recognise excellence in public health nutrition. I am grateful to all those who nominated me for this prestigious award and to the selection panel for recommending me. This award has special significance for me because I knew Dr Elsie Widdowson during my early research career when she provided a fellowship at the MRC Dunn Nutrition Unit. This was to work with me on unanswered questions about calcium requirements in pregnancy, lactation and childhood. She has been a constant inspiration ever since.

Dr Widdowson had an insatiable curiosity and was particularly interested in any data that did not agree with expectations. To quote her directly¹: "If your results don't make physiological sense, think and think again! You may have made a mistake (in which case own up to it) or you may have made a discovery. Above all, treasure your exceptions. You will learn more from them than all the rest of your data". This precept has underpinned my research over the years and continues to be important advice for all of us involved in public health nutrition. To acknowledge this, I chose 'Hard facts and misfits: essential ingredients of public health nutrition research' as the title of my Award lecture at the Society's Winter

Meeting 2020 and my subsequent paper in the *Proceedings of the Nutrition Society*².

Folklore, anecdote and conjecture have dogged public health nutrition for decades, and 'fake news' about diet and nutrition is commonplace. The Society has been at the forefront of championing an insistence that public health nutrition policy and practice should be based on robust, objective evidence and not on conjecture and presumptions. I had the good fortune to work for many years under the directorship of Dr Roger Whitehead at the Dunn Nutrition Unit, who pioneered and encouraged the use of objective, physiological measures in nutritional research.

I illustrated the topic of my talk by referring to some of the experiences I have had working with Dr Whitehead and then after setting up my own group. In 40+ years of research on the nutritional requirements of mothers, children and older people in UK, Africa and Asia, very few of our studies demonstrated the outcomes that we had hypothesised. Our well-intentioned dietary intervention studies, designed to provide evidence of benefit among women and children living in a resource-poor region of The Gambia, produced few indications of benefit

and, in some, there were unexpected findings that could be a cause for concern. Among the various examples that I discussed was the finding that, contrary to expectations, the lactational performance of Gambian women was remarkably similar to British women in many respects, despite their marginal diets. Another example was that calcium supplementation of pregnant women in The Gambia, where calcium intakes are very low, did not affect maternal blood pressure but led to reduced bone mineral density in the mother and sex-specific effects on the growth and bone development of the offspring. My paper provides an account of these and other studies, and details what 'hard facts' were obtained and 'misfits' identified that have contributed to current understanding.

My research experiences exemplify the importance to public health nutrition of robust, objective studies, conducted among different populations, cultures and ethnicities, in partnership with local communities. Dr Widdowson recognised the importance of 'hard facts' and 'misfits', and these continue to be essential ingredients of all research studies aimed at improving public health nutrition. ■

¹ Ashwell MA (editor) (1993). Advice to a Young Scientist. In: *McCance and Widdowson – A Scientific Partnership of 60 Years*. London: British Nutrition Foundation. pages 64-66

² Prentice A (2021). Hard facts and misfits: essential ingredients of public health nutrition research. *Proceedings of The Nutrition Society* 00 1-22, doi: 10.1017/S0029665121000574

Celebrating 80 years of The Nutrition Society

As the Society celebrates its 80th year, we invited members to tell us what the Society means to them

Kiu Sum, PhD Researcher in Nutrition

Joining the Nutrition Society was one of the best decisions I've made. During my university's induction week, a speaker shared their career journey, highlighting the benefits of exploring opportunities through external organisations, such as the Nutrition Society. With no expectations whatsoever as a first-year student, I was curious enough to join.

Fast forward seven years, and the Society has been there at every career milestone. From starting my BSc, to my MRes, and now halfway through my PhD, there have been many moments where the Society played a part. For example, as a University Student Ambassador, I had the opportunity to share what the Society does, and engage with other students and staff to organise activities through our student-led university nutrition society. The other milestone was presenting my first oral communication at the very first Nutrition Futures in 2017. My most memorable activity was being part of the Student Section – something I never thought I would be doing. Furthermore, seeing the growth of student activities and engagement at the Society has been most rewarding experience – especially seeing how Nutrition Futures now reaches so many more students. To me, however, it was not only seeing our ideas become a reality, but rather seeing how other students nurture their skills, especially their confidence through annual events such as Nutrition Futures or through working with the Student Section.

Nutrition Society membership is not just about being part of a like-minded community, but creating opportunity to extend nutrition knowledge beyond the classroom. The Society has helped to nurture my identity as a nutritionist, enabled me to meet inspirational professionals, and provided opportunities for collaboration and sharing of best practice.

Students, I would like to take this opportunity to encourage you to make those connections whilst at university – the networks and the skills developed will take you to many unexpected and exciting places.



Martha Redway, PhD Researcher and Technician in Human Nutrition

I started my Nutrition PhD via a bit of an unconventional route – a BSc in Microbiology, followed by joining a Doctoral Training Programme that started with several lab rotations. I chose to do one of these rotations in my University's nutrition department, despite having absolutely no background in nutrition, just to try something new. I felt a LOT of imposter syndrome about my lack of background knowledge but didn't really know where to start as 'nutrition' seemed like such a huge area to catch up on. Luckily, my university library had a copy of 'Introduction to Human Nutrition' (one of the six textbooks published by the Nutrition Society), which was an absolute godsend and made me feel slightly less clueless than



Holly Roper MSc ANutr (She/Her) • 1st
Health & Nutrition Communications Officer at Quorn Foods

5d ...

A fantastic group of likeminded people, full of new and exciting evidence-based research. One of the key groups that helps me keep up to date with the latest research and my CPD - not quite sure what I would do without the NS!

Like · 1 | Reply



before. Joining the Nutrition Society gave me the opportunity to attend the 2018 Spring Conference, where I got a feel for just how diverse and incredible 'nutrition' research was; this ultimately helped me to make the decision to pursue my PhD in this area.

Since then, I've attended many of the Society's conferences and have been able to share my own research in a thought-provoking and supportive environment – something that's really helped me to build my confidence as a scientist. Currently, I'm the Student Ambassador for my university and work as a Social Media Editor for the Nutrition Society Publications Twitter account to communicate the latest research and keep everyone up-to-date on publications news. Being an active member of the Society has not only provided a chance to network and make connections, but also given me fantastic learning opportunities through student-specific conferences, webinars and journal clubs. The Nutrition Society has made me feel welcome and included in the 'nutrition world' from the very first conference I attended. From 'dipping a toe' into nutrition research as a newcomer to allowing me to grow as a nutrition scientist and get me where I am now. I'm confident that I'll continue to benefit greatly from the opportunities available to me through the Nutrition Society as I progress from PhD student into the uncertainties of the post-doctoral world next year!

Dr Fiona Malcomson, Research Associate, Newcastle University

The Nutrition Society has provided me with invaluable learning and networking opportunities, playing a significant part in some of the most memorable milestones throughout my education and career to date. After joining the Society in year one of my Molecular Nutrition PhD at Newcastle University, my first experiences were attending and helping organise the Postgraduate Conference in 2012. This conference (aimed at early-career researchers) provided me with a great opportunity to meet other students and to present my work in a more comfortable environment. It was also where I was awarded my first prize, as runner-up for the Best Oral Presentation.

In addition to the Society's Summer and Winter conferences that give members a chance to meet and network with other researchers and professionals in the field, the Society provides opportunities to present, receive awards and get involved in parliamentary activities such as STEM for Britain. These are invaluable experiences, particularly as

an early-career researcher, and I was honoured to present at the STEM for Britain event at the Houses of Parliament in 2019, as well as be selected as one of the Postgraduate Competition finalists presenting at the Nutrition Society Summer Conference at Glasgow in 2014. This is particularly momentous as it led to my first publication as first-author, published in the *Proceedings of the Nutrition Society*. I'm extremely grateful to the Society for awarding me a Travel Grant to present the findings from my PhD at the AICR Annual Research Conference on Food, Nutrition, Physical Activity and Cancer in the USA in 2014. Through helping develop research skills and providing training opportunities, the Society has significantly contributed to my development as a Nutrition professional. In 2015, I was a 'Local Helper' at the Nutrition Society Summer conference held at Newcastle University, which was a great leadership learning experience and I have gained a lot from attending the Advanced Statistics for Nutrition Research workshop in London. I continue to enjoy the online NSTA training webinars and journal clubs which have been particularly useful when working from home during the pandemic.

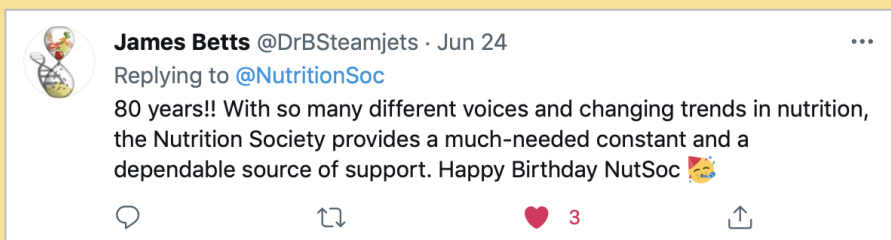


orlagh feehan @orlagh_feehan · Jun 24

Replying to @NutritionSoc

Being a student representative for the Irish Section Committee allowed me to encourage students to get involved with the amazing nutrition society events! It also helped me meet new people and make new friends for life too 😊 @_LauraKirwan @Lauren_Devine17





Dr Andrea McGrattan, Lecturer – Human Nutrition and Dietetics, Newcastle University

I am a Research Dietitian currently working as a Lecturer in Nutrition and Dietetics at Newcastle University, UK. I was first introduced to the Society during my Dietetics undergraduate degree at Ulster University, Coleraine in 2008 where many of the research and teaching staff were members of the Society. This highlighted that the Society plays an important role in supporting academics working within nutrition. Upon returning to academia to complete a PhD at the Centre for Public Health, Queen's University Belfast (2015-2018), I knew from the get-go that the Society would play a part in supporting my PhD journey and beyond.

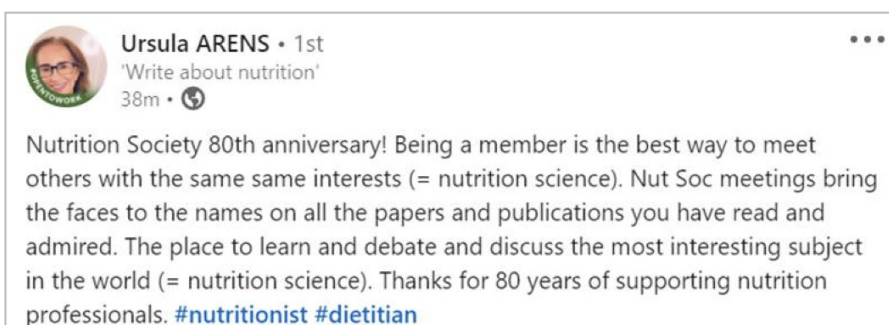
Being a member has had a huge influence on my career to date, opening up many networking and knowledge advancement opportunities that have helped shape my professional development and supported me to achieve my academic career goals. From presenting posters and oral presentations at Society conferences, to being a poster prize winner, and chairing poster sessions within the conference programme, it truly shows how the Society has been a huge part of my career.

The conference events have always surpassed my expectations, hosting internationally recognised speakers and providing exciting networking opportunities; they have always been a place to rekindle relationships and catch-up with past lecturers and colleagues.

I have also been able to take advantage of discounted training opportunities offered by the Society's training academy, including the advanced statistics workshop which has really deepened my understanding and enabled me to apply this to my work today.

Ultimately, I am extremely grateful for the support of a travel grant that enabled me to attend the 2018 international conference in Chicago. This was a pivotal part of my PhD studies where I presented my research on a global stage and established connections with international experts in my field of interest. Without this support, this might not have been possible. Being a member of the Society has been a fantastic experience and one I will continue.

I am currently the University Ambassador for Newcastle University, and am excited to promote and share my experiences with new and existing members.





Chris Mills, RD, MPH (She/Her) 🇨🇦 in 🇩🇪 @ChrisMillsRD · Jun 23

Replying to @NutritionSoc

As a Canadian living in Germany and a PhD candidate, joining the Nutrition Society has allowed me to attend nutrition conferences in English without having to travel or worry about time zone differences. I've been able to learn from experts and present some of my own research.



Professor Jeya Henry, Senior Advisor, Singapore Institute of Food and Biotechnology Innovation

"My association with the Nutrition Society happened as soon as I arrived as a post-graduate student of Human Nutrition at the London School of Tropical Medicine (LSHTM). I became a student member in 1979 and made my first oral communication in London in March 1980. The title of my oral presentation was on "Dietary patterns among overseas students in London". This presentation was a landmark event for me. Having recently arrived from Sri Lanka, I was shaking like a leaf when I made my presentation to a large audience. My anxiety was allayed when the Chairman of the session, Professor Derek Miller, who not only calmed me down but encouraged me with words of support. The Society was also very generous to me in providing a travel grant to attend the International Congress of Nutrition in San Diego, USA (1981).

The early days of my membership of the Society were filled with excitement, passion and an incredible purpose. Many of the staff in LSHTM were both active members of the Nutrition Society and were internationally recognised experts. As budding nutritionists, we were inspired by these giants of Nutrition. I remember the early 1980s

when our world was under the delusion of a global shortage of protein. This led to several irrational nutritional strategies being promulgated by many nations. Professor John Waterlow and Professor Philip Payne, senior members of the Society played a pivotal role in rebutting this "protein fiasco". This early example highlights how important it is to develop global food policies based on evidence-based science rather than opinions. It is ironic that even today, we see the re-emergence of "alternative proteins" as a panacea to meet global nutritional needs. This further enhances the importance that our Nutrition Society plays in communicating excellence science to shape food policy.

My involvement with the Society included being Member of Council, Secretary of the international nutrition group (which is now thriving) and the local organiser of the first 3-day "summer meeting" that was held at Lady Spencer-Churchill College, Oxford Polytechnic, from 26-28 July 1989. As the local organiser, I recall with great gratitude the support provided by Professor Andrew Prentice and Dr Gail Goldberg. As part of the Society's engagement, I was also on the editorial board of the *British Journal of Nutrition* and member of the International Task Force on Malnutrition led by Professor Alan Jackson.

Today as an international member living in Singapore, the Society

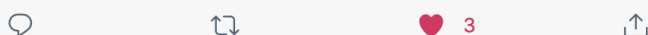
remains a unique umbilical cord that keeps me connected to my colleagues in UK and worldwide. As international membership is growing rapidly, there is an opportunity for the Society to organise joint meetings between UK colleagues and regional members from Asia, Africa, Latin America and the Middle East. With growing economic and scientific advances around the world, such collaboration would speed up the very core of the Society's vision – notably, inclusivity, collaboration and service to mankind. Since Nutrition is the heart of public health and well-being, it is my vision that for the next 100 years and beyond, the Society will remain a beacon of scholarship, hope and a home for all those interested in nutrition wherever they may live. ■



Jordan Andrews @jp_andrews1 · Jun 24

Replying to @NutritionSoc

Being part of the @NutritionSoc has led to me connecting with other students and professionals that I wouldn't have had the chance to otherwise. This has expanded my network which will help support me in my early career.



International workshops: a new opportunity for members

Penny Hunking, Honorary Training Academy Officer



The Society's Training Academy (NSTA) has a long-standing commitment to deliver complimentary workshops around the globe. As a result, the international portfolio has expanded year on year, with regular workshops featuring in conference programmes such as the African Nutrition Society, Federation of African Nutrition Societies, International Growth and Development, Dubai, and the Federation of European Nutrition Societies.

To date, the workshops best received by our international members have centred on professional skills covering topics such as submitting to credible journals, writing for publication, statistical analysis skills and interactive careers panels, to name but a few. These titles remain core to the international offering as we look to return to face-to-face delivery post pandemic.

Excitingly as the NSTA continues to expand its global network the opportunity will broaden from 2022.

Under the leadership of the current President, Professor Julie Lovegrove, the focus is to be on supporting members in the early stages of their careers. Delivering an international workshop is a clear and rewarding opportunity to enhance an individual's development so, we are aiming to provide you, the membership, an international platform to deliver a workshop on behalf of the NSTA and contribute to the expansion of the titles offered in the portfolio.

Delivering a Nutrition Society international workshop:

- Exposes and encourages you to adapt your training delivery to culturally diverse audiences
- Provides international CV experience
- Supports the Nutrition Society in its mission in advancing the scientific study of nutrition
- Provides a platform to network with international colleagues
- Enables you to attend an international conference as the Nutrition Society's guest speaker ■

If hosting a workshop at an international conference is one of your career aims, contact training@nutritionandsociety.org to express your interest. This is an exciting time for the NSTA internationally and a super opportunity for you to get involved and I very much look forward to hearing from you.

Testimonials

“Through my international research experience, I have gained insight into the unique considerations required when communicating research findings in different settings and countries. This experience led me to have the confidence to volunteer to host the Nutrition Society's workshop on scientific publishing at the African Nutrition Society conference. It was a wonderful opportunity to share the knowledge I have been fortunate to gain through my international research projects.

Delivering this workshop in Kigali, Rwanda, provided the platform to bring together and provide opportunity to many of our international members; being able to guide and advise colleagues who have different experiences and tools to perform their work. It was both exciting and rewarding to foster the dissemination of important nutrition research findings, globally.”

Nutrition Society member, Dr Keren Papier, University of Oxford

“The NSTA webinar content is certainly engaging and packed full of lots of interesting and insightful literature”

International webinar attendee

“I would like to compliment Professor Kevin Tipton on his excellent delivery of the Sports Nutrition webinar session and outstanding synthesis of the literature in this area”

International webinar attendee

Stay with our family

Dr Dean A. Sewell, Honorary Membership Officer



I would like to think that I benefitted from The Nutrition Society before I was born. The Nutrition Society was founded twenty years before then, so the adolescent nutrition of my mother, and the maternal nutrition I received, may have been better as a result of the foresight of those founding members. The main function of the Society at that time was to hold conferences to discuss special nutritional themes, particularly those of importance during the war. One of the individuals who agreed that there was a need to establish a Nutrition Society, was Harriet Chick and, unbeknown to me at the time, I was influenced by her work as a result of being fed cod liver oil as a child during cold winter months. And I have continued to benefit from the work and membership of The Nutrition Society throughout my career.

Milestones are an opportunity to reflect so, just like those birthdays that end with a zero, the 80th Anniversary of The Nutrition Society this year is a chance to do just that. It is also an opportunity to look forward, to develop a strategy (corporate or individual) for further

success, and to implement that strategy to achieve certain goals. For our student members, graduating is their opportunity to look forward and this, I'm sure, brings both pride and uncertainty for the future. One thing for certain, is that there will be disappointments along the journey, which is when resilience and determination will be required. The career journey may not be as straight forward as you had hoped, but keep the goal in sight and you can always come back to it. Be bold, as you have nothing to lose.

The past academic year has not been the easiest, and certainly not the sort of final year that many students had envisaged. But look forward we must, and I would like to urge student members to consider themselves part of a family, and to stay in the family that is The Nutrition Society. Sure enough, there will be other families that you might join in the future as your career interests develop, but this family will support you and your interests. We hope that your nutrition interest, as a result of earning a nutrition qualification, will stay with you, and that you in turn, will stay with us. Of course, not all graduates with a degree in Nutrition or

Dietetics will be able to, or even want to, pursue a nutrition-related career. Hopefully your degree will have given you a passion for, and a lifelong interest in nutrition, such that you feel you want to stay connected. We wish you well on your career journey.

We hope that The Nutrition Society membership pathway provides for times when your personal goals and strategy require some review, and that the network that the Society offers at every stage of your career will be there to help and support. The next stage on from Student membership of the Society is Graduate membership, and following on from that we will soon have our Early-Career membership category. For each stage of the membership journey, we are designing benefits to suit, work which will be carried on now that I have come to the end of a three-year term of office as the inaugural Honorary Membership Officer. I would like to take this opportunity to thank Alison Barham, our Membership Manager for her help and support, and wish my successor every success in her new Trustee role. Now there's another family story ... ■

As the Society celebrates its 80th anniversary year, a special award has been created to recognise members who have made a significant contribution and helped the Society achieve this milestone anniversary.

80TH ANNIVERSARY AWARD WINNERS

Dr Fred Andrews
Professor Phillip Calder
Ms Liz Costin
Dr Gail Goldberg (posthumous)

Dr Jacqueline Landman
Ms Jean Marr MBE
Dr Anne Walker
Dr Kate Younger

The Society's 'Rising Star' award acknowledges those with a maximum of 5 years postgraduate experience who have excelled during the early stages of their career and have positively impacted the wider nutrition community as well as the Society.

RISING STAR AWARD WINNERS

Dr Louise Durrant
Ms Orlagh Feehan

Ms Laura Kirwan
Ms Holly Neill

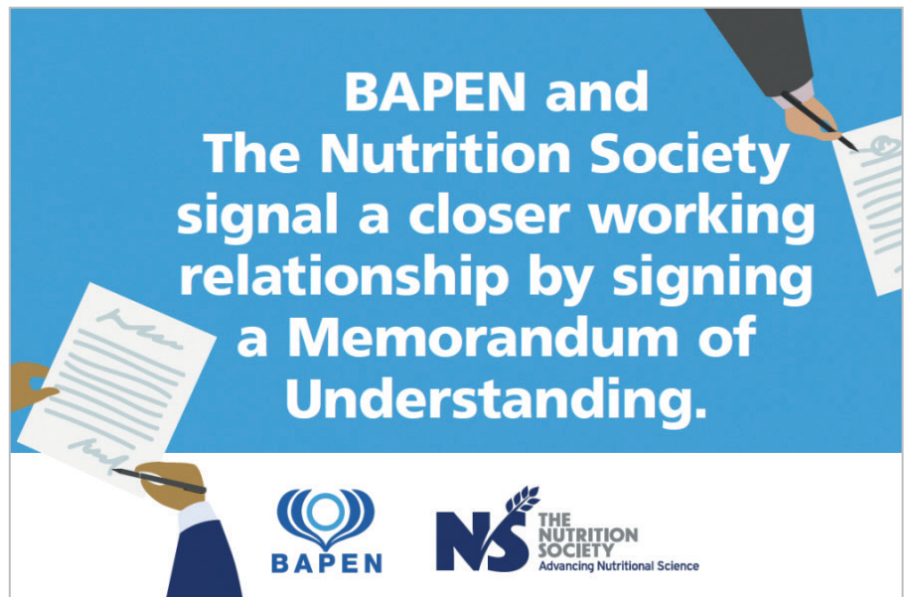
NUTRITIONAL SCIENCE RECOGNISED IN THE 2021 HONOURS LIST

Congratulations to Dr. Alison Tedstone, Chief Nutritionist, Public Health England, for being awarded an MBE in the 2021 Birthday Honours list for 'Services to Public Health'.

The Nutrition Society and BAPEN are working closer together

Dr Trevor Smith, BAPEN CEO
Dr Bernadette Moore, Medical Council Member

After many years working together, in March 2021, the Nutrition Society and BAPEN have recently signed a Memorandum of Understanding (MOU) that formalises the partnership of the two organisations. We sat down with Nutrition Society Clinical/Medical Advisory Council Member Dr Bernadette Moore and BAPEN President Dr Trevor Smith for a catch up to discuss the new partnership between the two organisations. ■



Trevor: So great to catch up with you Bernadette! I know I speak for the whole of BAPEN when I say that we are so pleased to have signed a MOU with the Nutrition Society. This feels like it has been in the pipeline for a long time now.

Bernadette: I couldn't agree more. It's fantastic that we have formally brought our two organisations closer together. We are delighted with the reaction to the partnership – I think members of both our organisations agree that it is a sensible, organic fit.



Trevor: Absolutely. What do you think the new partnership means in practice?

Bernadette: Well beyond solidifying our commitment to hold joint symposia and participation in the annual BAPEN conference, I hope the MOU encourages valuable partnership projects. I think though once you get to this point where we agree to formalise a MOU, it crystallises thinking and helps us actively look for partnerships which are going to work to everybody's benefit. There is definitely a point where our respective areas of expertise converge, and that is where I think members want to see us working together.



Trevor: I agree. Sometimes it pays to focus attention on something. We have such a long history of working together, and I think both of our organisations have achieved a lot, but there are obviously times when we can achieve more together.



Bernadette: I think especially over the course of the last year with the pressures of the pandemic it has become clear that nutrition ought to have a fundamental place in health and social care settings. We are definitely hopeful that our respective organisations together will muster a louder voice for nutrition.



Trevor: I agree that the pandemic has really shone a light on the importance of working together and sharing expertise, strategic partnerships can only enhance patient outcomes. I think our respective memberships also expect us to work together.



Bernadette: Yes definitely! I think there are many people in the field who will feel that this is a natural step for us, who have seen us collaborate over the years, and who support both organisations. It only makes sense that we formalise that relationship properly.



Trevor: I am sure that will be the same for the BAPEN membership. Here's to making great strides together over the coming years!



Student Section Update

Kiu Sum, Chair of Student Section
Jordan Andrews, Student Section Communications Representative



It is brilliant to see how the Student Section has grown since it started a few years ago, having now evolved with more activities to engage students both in the UK and overseas. For our Summer Gazette update, I have invited Jordan Andrews, one of the Student Section's Communications Representatives and currently a final year of BSc (Hons) student in Nutrition, Exercise & Health at the University of Plymouth to share his experience:

As I near the end of my undergraduate degree and time in the student section, I would like to reflect on my experiences and how I have contributed as a section member.

The opportunity to become involved with the section came about after attending the Nutrition Futures conference in 2019. Following the conference, I took up the role of the Resource's Representative, and along with a few other new members, a lot of our initial work was in developing

the framework for what we wanted to achieve as a student section.

A task I have had the pleasure of leading on has been producing a series of case studies from professionals working within the industry to academia and freelance. This has made me appreciate the range of different career paths we could take as nutrition students, highlighting that if you work hard and are open to opportunities when they come about, then this profession can take you to interesting places.

Following a successful first year, my role developed into supporting the

section's communications and social media requirements. One of our aims as a section was to improve the two-way communication between students and society to give students a voice and serve them as best we could. I believe we have now given students a platform to communicate with society through increased engagement on our social media channels and through regular student newsletters that can showcase our student members' achievements. I would like to thank the Nutrition Society staff and the other Student Section members for their hard work and support during my time with them. ■

On behalf of the Student Section, I would like to thank Jordan for his commitment and hard work. It has been great working with Jordan, and I wish him all the very best as he graduates his degree! For those of you reading that think you'd like to get involved with the Society through the student section, please drop me an email at studentsection@nutritionociety.org.

Register Now: 7-8 September 2021

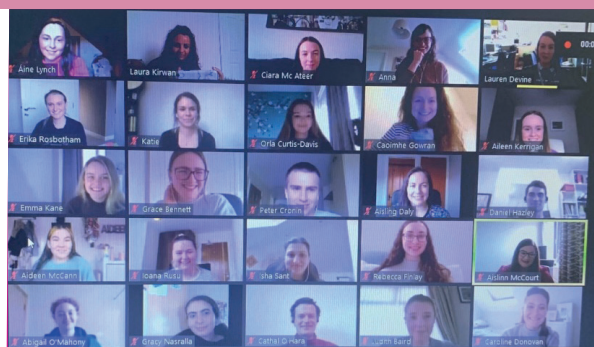


NUTRITION FUTURES

The first Nutrition Society hybrid conference

Update from the Irish Section

Dr. Anne Nugent, Secretary, Irish Section



In 2021, Covid-19 continues to change the calendar of events held by the Irish Section. Cognisant of this, I would like to thank our Student Representatives, Lauren Devine and Laura Kirwan who organised a successful student quiz event in April. The event was a great way for nutrition students across Ireland to stay in touch during this challenging year.

In another change, this year, the University of Limerick (UL) hosted a merged postgraduate and Irish Section Conference which was fully online and open to all from 22-24 June.

The postgraduate event was organised by Peter Cronin, with support from Dr. Eibhlis O'Connor, and featured a 'thesis in three' style approach. The remainder of the event covered relevant areas such as career's talks, a valuable cv clinic and sessions focused on writing for publication, public engagement, social media and the important area of looking after our mental health. A particular highlight was the presentations from the guest speakers who provided students with valuable insight and professional advice.

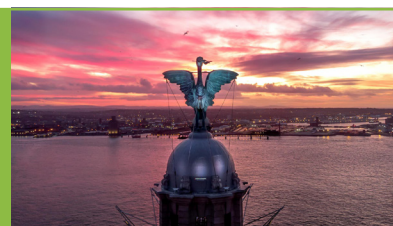
The subsequent Irish Section Summer Conference (23-24 June) was organised by Dr. Eibhlis O'Connor and the local UL team of Dr. Audrey Tierney, Dr. Anne Griffin,

Dr. Alexandra Cremona, Dr. Catherine Norton and Ber Norris, who did a great job in putting together a very exciting programme. I was delighted to attend and hear so many global experts discussing the topical programme of 'Nutrition, health and ageing – translating science into practice'. Congratulations also to Dr. Elaine McCarthy from University College Cork, who was announced winner of the Nutrition Society Julie Wallace Lecture 2021. My thanks to all the organisers, contributors and the supporting team at the Nutrition Society Offices for hosting the two successful events over the consecutive days.

Finally, we held our Annual Section Meeting virtually on 24 June. Thank you for the members who attended. I would also like to highlight committee membership changes: Dr. Mary McCann (Treasurer), Dr. Alice Lucey (Membership Secretary) and Laura Kirwan (student representative) stepped down from their roles. On behalf of the Irish Section I would like to thank them all sincerely for all of their work and dedication.

During the meeting, we welcomed Dr. Caomhan Logue and Dr. Patricia Heavey as new ordinary members and Lisa Kelliher as student representative – I look forward to working with them over the next year. ■

Save the Date: 3-5 July 2023 Summer Conference



We are delighted to announce that the 2023 Summer Conference will be held in the city of Liverpool, UK, after a successful joint bid from Edge Hill University, Liverpool John Moores University and Liverpool Hope University. The theme will be 'Nutrition at key stages of the lifecycle' with symposia considering the importance of nutrition in pregnancy and childhood, the challenges for vulnerable populations and the role of nutrition on healthy ageing.

In addition to the scientific programme, which will be held at the Hilton Hotel Liverpool, there will be a busy social programme held in some of Liverpool's most iconic buildings. Selected as the European Capital of Culture in 2008,

Liverpool is centrally located within the UK and boasts a buzzing culture, musical pedigree and a historic waterfront so there will be much to enjoy in addition to world leading science.

Chair of the Organising Committee, Dr Julie Abayomi, Edge Hill University, commented "We are delighted that our collaboration has been selected to host the conference in 2023. Delegates can expect an exciting scientific programme, alongside a warm scouse welcome"

Further details and the programme will be available on the website as speakers are confirmed.

Theme Lead Update

Following a review of the structure of the scientific Themes in 2020, a revised model has been agreed by the Trustees. The current structure has been expanded to four Themes to better support the membership and recognise emerging areas of nutrition research.



Dr Ruan Elliot, University of Surrey: Novel Nutrition Research Methodologies and Technologies Theme

There can be no doubt that human nutrition research poses immense challenges. Our goal is to elucidate the health effects of an immensely complex and variable range of inputs (i.e. diet) on long term health outcomes in a highly complex organism with

substantial inter-individual variation due to genetic, epigenetic, life stage, life style and well as geographic, cultural and socio-economic parameters. We continue to face the most fundamental and frustrating issue of struggling to accurately determine exactly what people are eating. In quite a few cases we lack robust markers of nutrient status. Unless rectifying a nutrient deficiency or severe excess, most dietary interventions are likely to bring about relatively small changes in biochemical and health markers in the short to medium term that are difficult to detect but may have profound impacts on health over decades. I do not think it is too controversial to argue that to successfully address these research challenges, innovative new techniques and approaches are needed to complement established research tools. The former Cellular and Molecular Nutrition Research Theme aimed to promote the use of molecular techniques to elucidate fundamental mechanisms of nutrient and non-nutrient action and identify much needed new candidate markers of dietary exposure and status. The newly established *Novel Nutrition Research Methodologies and Technologies* Theme broadens that remit to include innovative study design and research methods, wearable technologies, app and virtual approaches, novel data collection methodologies, big data, and novel data analytics. However, adopting new techniques is demanding. To do so, research teams have to learn new principles, innovate, troubleshoot, validate and refine methods. The Theme will set out to help members identify suitable new techniques, share best practice, and highlight successes. The direction taken by the Theme will be directed by the needs and aspirations of our members. If you have an exciting new approach you want to showcase or, maybe, want to promote discussion about which technologies to adopt then please do get in touch.



Dr Wendy Hall, Kings College London: Nutrition and Optimum Life Course Theme

Like Whole Body Metabolism, the Theme that I previously led, Nutrition and Optimum Life Course represents an expansive collection of research interests that will be of interest to a broad Society membership. I hope that the new Theme will facilitate

meaningful ways for the Society membership to engage with research that is relevant to their job or programme of study. The *Nutrition and Optimum Life Course* Theme will enable formation of Special Interest Groups (SIG) that will support networking and collaboration in more focused, specialist topics in nutrition including, but not limited to, healthy ageing; weight management; exercise & sports nutrition; cognitive function; nutrition in pregnancy; postnatal nutrition; childhood nutrition; nutrition and the menopause; sleep and chrono-nutrition; personalised/precision nutrition; and diet and gut microbiome. Most nutritional science subjects span the previous Theme domains of cellular & molecular, whole body metabolism and public health/population science. In fact, many early career researchers find themselves conducting studies in two or more of these categories to address a specific research question. Therefore, the introduction of a Theme configuration that focuses on the application of nutritional science has great potential for bringing members together and building on the collective knowledge and expertise of researchers working in specific fields. Personally, I would very much like to see a SIG for the growing research community who study chrono-nutrition and sleep/diet interactions, and I can think of a number of research centres that could potentially contribute. I also think that a SIG for the sports and exercise nutrition researchers could gather considerable momentum. Perhaps there is another topic that falls within the sphere of *Nutrition and Optimum Life Course* that you feel has been under-represented in Nutrition Society activities to date? Is there a SIG that you would like to see established or perhaps chair? If so, then please get in touch via Member-Connect [here](#) and use the discussion forum to tell us what you would like to see more of in conferences, webinars and other Society activities. ■

Read more about the revised Nutrition Society Themes here
www.nutritionociety.org/announcement/theme-lead-restructure

A Nutrition and Regulatory Consultant

Yvonne Finnegan BSc, Ph.D



Growing up in a self-employed household, I never thought I would consider setting up on my own. But after 20 years working in a variety of roles spanning government, academia and the food industry, it felt like the natural next step.

I love the variety my business offers me, so no two days are the same. Some days are spent answering a variety of queries, checking labels or advertising or helping companies respond to issues that have arisen. When considering a complex food regulatory query, I often rely on a scientific rationale and evidence base as much as the written regulation since not everything is 100% clear. It isn't possible to write horizontal regulation that predicts every situation or new product, and this is where experienced interpretation is key. However, equally important is to know when to get a second opinion so I reach out to other consultants when required. As I encourage companies to put in place systems or checklists to ensure good compliance, my work can often include scoping out a company practice and setting up guardrails.

On the nutrition side, I can be asked to advise on new product development, setting up clinical trials or to provide an initial review of the scientific evidence. I also speak on a variety of nutrition or regulatory topics and write commercial material. Having the combination of scientific and regulatory background helps. Even if the company has a regulatory department, they may prefer to use a consultant to rewrite scientific material to improve compliance.

Any nutritionist or dietitian working with the food industry needs to have an excellent knowledge of key regulations like (EC) No 1924/2006, the Nutrition & Health Claims regulation, and I offer masterclasses in this. I'm still surprised at times by a lack of awareness of this regulatory framework in the scientific community but understandably, if your point of reference is science, it can be hard to appreciate that regulatory compliance is a priority in commercial settings. For this reason, I regularly lecture to students to give them that point of reference while encouraging them to consider a career in the food industry.

I am a committee member of an organization, called Nutritionists in Industry, which provides a support network and organises regular meetings to keep members up to date with the latest science – many of our speakers are key members of the Nutrition Society! It has been pleasing to see how the role of industry nutritionists has developed over the past few decades and helped to drive the nutrition agenda within food businesses.

As a business owner, the onus to develop skills falls on me so I really value the wide range of webinars, online training and seminars provided by the Nutrition Society. The on-demand option also means I don't miss out if work meetings clash. It's important to keep up to date on food regulation so, during the lockdown, I undertook further postgraduate training in this area. Someone in industry once told me to learn a new skill every year (even if it's fly fishing) and I think that is great advice! ■

2021 AWARD WINNERS

The Nutrition Society is pleased to announce the following award winners

Julie Wallace Award Winner – Dr Elaine McCarthy, University College Cork

Silver Medal Award Winner – Dr Mario Siervo, Nottingham University

Winner of the British Journal of Nutrition Paper of the Year 2020

Dr Getachew Arage and colleagues for their paper: *'Effects of prenatal exposure to the 1983–1985 Ethiopian great famine on the metabolic syndrome in adults: a historical cohort study'*

What does the future hold for reformulation?

Hannah Skeggs, Head of Nutrition and Scientific Affairs at IGD



With the impending publication of part two of the National Food Strategy (NFS), IGD convened major retailers, manufacturers, food service companies and members of the National Food Strategy team to discuss reformulation, the challenges, and opportunities.

Reformulation has been central to Government health strategies since the salt reduction programme was introduced in 2006. Since then, there have been numerous targets and programmes for fat, sugar and calories.

It is broadly accepted that whole population approaches, such as reformulation (removing the onus from the individual to make the 'healthier' choice) can be effective. Furthermore, 77% of consumers claim to be happy for recipes to be made healthier if they're still tasty¹. So why hasn't reformulation had a greater impact on public health?

With most reformulation programmes being voluntary, the recent Hungry for Change report concluded that success depended on better monitoring, greater government leadership and broader industry participation.²

To help inform debate, and the NFS team as they develop their recommendations, three in-depth discussions were held with nutrition experts to explore three main themes.

1. Current reformulation targets

Industry feels it can play its part in reformulation but will not be enough alone to address the scale of the public health challenge. Widespread commitment shows that progress can be made, but we

are a long way off meeting public health targets. Despite current programmes being voluntary, their targets are deemed to be more ambitious than mandatory targets in other markets. Reformulation will not be the answer for all categories, and solutions such as portion size reduction may be a more effective approach.

Reformulation is not without its challenges. Salt reduction is deemed a UK success, yet it has taken over two decades to achieve. A rushed approach will not bring consumers on the journey. As consumers are increasingly seeking out clean label, more technical reformulations could be rejected.

Accurate monitoring of progress is a challenge that must be overcome for a true evaluation of reformulation as an effective public health tool.

2. Holistic reformulation

Official targets have focused on fat, salt, sugar, and calories but these are not holistic. For example, a product may be reduced in sugar without resulting in fewer calories.

There is widespread industry support for including positive nutrients and ingredients in wider reformulation targets to benefit consumers' health, including fruits, vegetables, fibre and micronutrients.

Existing initiatives in this space that we can learn from include the Food Foundation's 'Peas Please' industry campaign that supports consumers to eat more vegetables. The positive competitiveness of campaigns like this can help to accelerate progress.

With most consumers failing to meet recommended fibre intake, companies would also welcome focus here. This could help drive positive dietary choices such as an increase in fruit, vegetables, wholegrains, beans and pulses.

3. Reformulating for improved environmental outcomes

It is well documented that a healthy diet based on plants, such as the Eatwell Guide³, is not only better for health but also the planet. However, health is a greater purchasing driver than the environment⁴ as consumers struggle to understand how food choices impact climate outcomes. It is difficult to balance nutrition targets with sustainability priorities – the two aren't always considered together and there's currently no consistent definition or method to measure overall 'health and sustainability' outcomes.

Despite the growing demand for plant-based options, they may be ultra-processed and not always healthier. Further innovation is needed to deliver healthy, sustainable options that don't compromise on taste. Many companies are working towards 'net zero' targets but there is a need to work collaboratively to drive down emissions from farm to fork.

Conclusion

From our discussions, we identified real appetite from industry to work with government to step change how companies develop and improve products for better health and environmental outcomes. Industry welcomes clearer direction and leadership to enable them to act cohesively to drive systemic change. ■

For more information, see www.igd.com/social-impact/health/

¹ IGD ShopperVista Base: 1,000+ ALL shoppers, Apr'21.

² Hungry for change: fixing the failures in food, House of Lords, July 2020 Available: <https://committees.parliament.uk/publications/1762/documents/17092/default/>

³ Public Health England, 2016. The Eatwell guide. Available: <https://www.gov.uk/government/publications/the-eatwell-guide>

⁴ IGD, September 2020, Appetite for Change (COVID-19 update)

Human Nutrition at Glasgow

Professor Mike Lean, Professor Christine Edwards, Professor Emilie Combet, Professor Kostas Gerasimidis

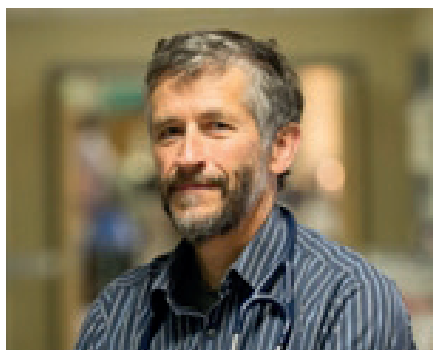


Professor Emilie Combet, University of Glasgow

It is rare, and brave, for a university to launch an entirely new department. But this is exactly what happened more than 30 years ago when Professors John Durnin (Physiology) and Forester Cockburn (Child Health) made a success application to the Rank Prize for funds to build on Glasgow's illustrious history of nutrition research by Cathcart, Paton, Boyd-Orr and Cuthbertson.

The initial award funded two senior clinical academics to address primarily nutrition in childhood and in adults: Brian Wharton (1988-1992) a subsequently Director of the British Nutrition Foundation, and Mike Lean (1990-current), with two lecturers (Christine Edwards and John Reilly). The department was officially opened by HRH Princess Anne in 1990.

After 10 years of Rank funding, success was recognised by the adoption of the department as an established academic unit, increasing university-funded academic staff to eight. Human Nutrition relocated onto a single site at Glasgow Royal infirmary in 2014. Upgraded laboratory and teaching space has allowed greater integration of clinical and research activities and expanded facilities, attracting graduate students from a wide range of medical subspecialties and non-clinical sciences.



Professor Michael Lean, University of Glasgow

Glasgow led, with Southampton, in establishing nutrition as a priority for medical training in the GMC 'Tomorrow's Doctors', formulating national learning outcomes for nutrition in medical education. Human Nutrition teaching is now firmly embedded across the Glasgow's undergraduate medical curriculum. The research-led MSc course in Human Nutrition has four specialisation courses spanning clinical nutrition, public health, sports nutrition and obesity/weight management that attract 40-60 students annually from UK and beyond.

The Human Nutrition Outpatient Clinic at the Royal Infirmary, increasingly focussed on medically complicated obesity, has contributed to postgraduate medical training; and Glasgow is Scotland's only 'Centre for Obesity Management' certified by the European Association for the Study of Obesity. Alongside the NHS, Human Nutrition developed the paediatric malnutrition screening tools used routinely in UK hospitals.

Human Nutrition at Glasgow provides leadership in nutrition for organisations such as Diabetes UK, the Health Education Board for Scotland, Food Standards Agency and the European Society of Paediatric Gastroenterology Hepatology & Nutrition. Staff have contributed to many national and international clinical guidelines for obesity, diabetes, heart disease and inflammatory bowel disease, and to panels for MRC, BBSRC and overseas Research Councils.

External research funding comes from a variety of research councils, government and charity sources and from commercial contracts. Innovative research highlights have included:

- Remission of type 2 diabetes by substantial weight loss: DiRECT trial (Lean)

- Nutritional improvement by food product reformulation, including correction of iodine insufficiency (Combet, Lean)
- Metabolic pathways of potentially bio-active plant products (Crozier, Lean, Combet, Garcia, Malkova).
- Colonisation and function of infant gut microbiota (Edwards, Gerasimidis)
- Dietary management of inflammatory bowel disease: CD-TREAT trial (Gerasimidis)
- Childhood nutritional status and malnutrition screening (Reilly, Wright, Gerasimidis)

External recognition of research includes awards from British Nutrition Foundation (2003) for developing the Counterweight Weight Management Programme used in the DiRECT trial, from TENOVUS and Diabetes UK (Rank Nutrition Lecture and Banting Memorial Lecture 2021, Lean). Three staff (Lean, Crozier, Mullen) have featured as Thomson-Reuters 'Highly Cited Researchers'.

Human Nutrition has generated very substantial impacts on practice and policy, on teaching and training, and among the wider community, over its first 30 years. It is now central to the University of Glasgow School of Medicine, Dentistry and Nursing, its collaborative approach to research contributed importantly to the 2021 REF, and is the first port-of-call in Scotland for government, media, charities and commercial companies seeking evidence-based advocacy on food and nutrition, as well as for colleagues from many disciplines. A particularly pleasant success is maintaining active collaborations with our graduates (BSc, MSc, PhD, MD) over the years. ■



Events calendar

Winter Conference: 7-8 December 2021

Growing evidence suggests that being overweight or obese may lead to brain changes that hamper impulse control and make it harder to resist eating. Similarly, there is also evidence to suggest these pathologies are emerging earlier and may even be a cause of obesity rather than an effect.

and policy should be shaped accordingly. With the view being that obesity results from an addiction to food that strongly resembles (both behaviourally and in terms of underlying neural processes) addiction to drugs, this idea is exerting a tremendous influence on the field of obesity research.

The Society's Winter Conference will highlight the impact of obesity and diet on brain structure and function, discuss the main drivers of food intake and shed light on the current challenges for behaviour change interventions being implemented to address this complex disease. ■

There is a fast-growing consensus that obesity might be understood within the same neurobiological framework as addiction, and that research, treatments

Further details will be available on the conference section of the website. Registration and abstract submission will open shortly.



Events Calendar

Nutrition Futures

Hybrid event
8-9 September 2021

Nutrition Society Awards Event

London, UK
6 December 2021

Winter Conference

Obesity and the Brain, London, UK
7-8 December 2021

Nutrition Society Training Academy

Webinars

- **Introduction to Human Nutrition Series:** www.nutritionssociety.org/events/introduction-human-nutrition-webinar-series
- **Obesity series:** www.nutritionssociety.org/events/obesity-series
- **On demand webinar categories:** www.nutritionssociety.org/training-academy/on-demand-webinars

Group packages are available for seven or more registrations – each person will have individual access to the webinar to choose to watch alone or with the group.

For further information on our webinars, visit: www.nutritionssociety.org/training-academy/webinars-and-workshops
All Nutrition Society Events are CPD endorsed by the Association for Nutrition.



All registration fees and abstract deadlines can be found at: www.nutritionssociety.org/conferences/our-conferences