

The Gazette

SUMMER 2025

New Strategic Plan
(2025-2027)

New Publishing
Contract

A Day in the Life of...
Charles Msigwa



Be part of the advancement of nutritional science

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Editorial



Dr Louise Durrant,
Editor-in-Chief

It's shaping up to be another busy and exciting year for The Nutrition Society, and this issue of the Gazette is packed with updates, insights and stories from across our community.

From the President's recap of recent events and international collaborations (page 4), to a new publishing agreement (pages 8-9) and strategic developments across the Society (pages 16-17), there's plenty to dig into. I particularly enjoyed reading about the work of Charles Msigwa, whose 'A Day in the Life of' provides a moving glimpse into global nutrition in action (pages 10-11).

We also spotlight the new Early Career Members Section (page 20), following its successful first online networking event, which I was delighted to help organise, and Ro Huntriss explores today's digital nutrition landscape, its most exciting innovations, and how to responsibly harness technology alongside the expertise of nutrition professionals (pages 18-19).

Following her recent retirement, I also want to say a personal thank you to Anne Sidnell whose encouragement and warmth throughout her time at The Nutrition Society has meant a great deal to me and many others.

As always, if you have ideas or feedback for future issues of the Gazette, we'd love to hear from you at NSGazette@nutritionsociety.org.

If you're lucky enough to be attending an upcoming Nutrition Society Meeting, IUNS in Paris at the end of August, or Nutrition Futures in September, I hope you enjoy the opportunity to connect with nutrition colleagues and friends – both old and new.

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President's Report

Professor Mary Ward, President

The 2025 calendar of events got off to an excellent start with the 'sell-out' Winter meeting at the Royal Society, which we hope you agree is settling in well to its new time slot at the end of January, attracting a record number of attendees. The meeting, organised by Dr Christian Reynolds, City University, London, focused on dietary guidelines and speakers reflected on the appropriateness of current dietary advice as well as considering future nutritional requirements, given the significant challenges our populations and global food systems are facing in an era of economic instability and unprecedented climate change. The wide range of topics covered included dietary guidelines, affordability of food and our current funding landscape as well as a spotlight on a number of particularly vulnerable nutrients, and encouraged great engagement and debate among attendees from academia, government and private sector over the two-day meeting.

Another personal highlight of the conference was the Blaxter Award Lecture by Professor Joe Millward. Joe delivered a masterclass on dietary protein and the maintenance of muscle mass throughout life, spanning his illustrious 60-year career right up to the present day, inspiring us all. Our newest Nutrition Society council members Dr Oliver Shannon and Professor Victor Zevallos, also hosted the first Early Career Nutrition Society Members Section 'meet and greet' to highlight and discuss plans for this important new section (you can read more about the plans for the Section on page 20). I would encourage all of our early career members - i.e. those within ten years of last graduation - to engage with this new initiative and to avail of the opportunities it will offer. Oliver and Victor are working hard with a committee of talented enthusiastic early-career members from across the Society to develop this section and they would love to hear from you!

In February we had a change of venue for our first Council and Trustee meeting of 2025 and I had the pleasure of welcoming everyone to sunny Belfast. The meetings were scheduled for the days preceding the annual Irish Section Postgraduate meeting and as part of our very busy agenda we discussed our recently updated Supporters Policy, which we review and update on an annual basis. At the meeting we agreed to prepare a Gazette article to share with members on the Society's policy and practice regarding supporters (p.6), which we hope you find informative. In April I attended the Scottish Section meeting organised by Caroline Litts, Robert Gordon University and Dr Daniel Crabtree, Aberdeen City Council in Dundee. Over two days we got to hear from an excellent line-up of speakers on the topic of undernutrition in later life, highlighting the specific challenges of identifying malnutrition and meeting the nutritional needs of older adults. Novel topics included exploring the use of intrinsic capacity as a population tool and



a fascinating plenary on how appetite loss can be used as a clinical marker of loss of function during ageing. Thanks to the local organisers for pulling together such an interesting programme and congratulations to the students who presented oral and poster communications, making the selection of prize winners very difficult for the judging panel. Looking forward, the Irish Section meeting hosted by colleagues from my old Alma Mater TUD, was held in Dublin on 11-13th June and included presentations from the Irish Postgraduate Competition winner and the winner of the Julie Wallace Award, Dr Oliver Shannon. Please look out and apply for these award opportunities across all career levels, which you can read more about on page 28 and are all advertised on the Society's webpage under the Awards section. This meeting will be followed by a shorter-than-usual Summer meeting in Loughborough on 1-2nd July on the fascinating topic of bridging the gap between the health span and lifespan as well as hosting our UK Postgraduate winners, the Silver Medal lecture and not forgetting our Annual Charity Meeting. As I reflect on the outstanding programme of meetings held annually by the Society, overseen by our Science committee, I never cease to be impressed by the complexity and diversity of topics and themes that are addressed and how our discipline continues to conduct and publish cutting-edge scientific evidence to inform policy and practice that ultimately impact the lives and wellbeing of populations globally. With this in mind, I am looking forward to meeting many of you at IUNS in Paris at the end of August where we will have the opportunity to debate these issues in a global arena.

Finally, I would like to acknowledge a number of Council and Trustees members that are standing down from their committee work. Firstly, Professor Jayne Woodside who has served as our Publications Trustee for the past six years and was instrumental in leading us through the recently re-negotiated contract with our long-standing publishers Cambridge University Press. We wish to thank Jayne for the enormous contribution she has made over an extended period and look forward to her continued engagement with the Society. We also wish to thank Dr Adrienne Cullen, our Policy Council member for her valued contribution over the past number of years. I would also like to take this opportunity to wish Mrs Anne Sidnell, Executive Assistant to our CEO, Mark and all of the Trustees, a very happy retirement at the end of May. Anne, with an academic background in Human Nutrition joined the society with a wealth of experience, having working in the Nutrition industry over many years. She has been a key member of the team in Hammersmith, organising and supporting us all and will be sorely missed.

CEO Update

Mark Hollingsworth, CEO

In the area of organisational development, I find it fascinating where a phrase or concept, or sometimes even a word, develops into a new trend. These trends, once adopted, often become tactical or even strategic in the way organisations approach their operations. The Nutrition Society is no different, and if I reflect back to 2014, when I first joined the Society, the trend/phrase of that time was '**scientific communications**'. Indeed, it was felt at the time this was the fastest growing career in the science sector.

Over the years the Society followed, and sometimes led, in developing that trend, moving from 15,741 followers on social media in 2014 to an extraordinary 124,250 in 2025. In time, with science communications embedded into our operations, I recall the next big shift in trends being '**transparency**'. Again, my notes show the Society Trustees led on this concept as early as 2019, and it quickly became a strategic priority throughout the Covid pandemic. Transparency was embedded into the last Strategic Plan in 2021. Even now, as the Trustees continue to grow the Society into new unfamiliar areas of operation, transparency remains a key ethical operational priority.

I suggest there is now a new word which is dominating our language, as a trend - the word '**collaboration**'.

I am told within the research funding landscape, collaboration and partnerships are now deemed a vital critical success factor. Within the Society, strategically, the past years have seen the Trustees expand their focus beyond the UK, the island of Ireland and the immediacy of Europe, onto a global perspective. This of itself is not unusual, and I recall one of my early business mentors telling me of the importance of, what he called, 'The quintet superpowers of organisational success: people, operational excellence, customer loyalty, financial discipline, and a global network'. The Society now has partners and MOUs in Australia, Pakistan, Georgia, South Africa, Ghana, Zambia, the United States, Turkey, Mongolia, South Korea, United Arab Emirates, China. There are also two important emerging relationships growing with links in India and Brazil.

As part of the Society and the Trustees' commitment to continuous improvement, by the time this article is published on the 1st of July 2025, there will be a new trustee position, for responsibilities in External Engagement. This wide-reaching role will provide strategic oversight to the Trustee Board on all aspects of the Society's external engagement both in the UK and globally. External engagement is one of the Society's new four strategic objectives - the promotion of global scientific collaborations.

Beyond the new Trustee position, this new focus will provide an excellent opportunity for members at all career stages to become engaged in this area of work, so, expect more details to emerge in this area and in those opportunities in the coming year! There will be opportunities for perhaps a small committee, some task forces, working groups, all designed to develop creative and innovative ideas and opportunities for increased and enhanced global collaborations, all designed to keep The Nutrition Society and its members as a leading global authority in evidence-based nutrition science.



Private sector sponsorship and our commitment to transparency

The Trustees of The Nutrition Society

As Trustees, we are pleased to share this Gazette update on the Society's approach to private sector sponsorship, highlighting the important principles of transparency and integrity at the heart of our society. We strive to ensure that our members trust us to maintain scientific independence, while securing sponsorship that helps us to increase access to our conferences and support some of our wider strategic activities. Recent member feedback confirmed strong support for working with both non-profit and private-sector partners, provided we do so openly and ethically. In line with this collaborative approach, diversifying our income streams helps us keep our conferences affordable, with registration fees that are lower than those of many comparable learned society conferences, particularly for student, early career and international members.

Why partner with the private sector?

Today's research landscape demands collaboration across sectors, with a number of funding streams from the EU and UKRI, such as those led by BBSRC and Innovate UK, requiring academia and private sector organisations to work together on complex food, nutrition and health challenges. In practice, private sector support takes many forms. This includes formal, direct research collaborations where companies provide funding, technical expertise or other services for specific projects. It can also include more indirect contributions, such as letters of support for funding applications or involvement in dissemination activities as key stakeholders, often without any financial contribution.

While such partnerships often require appropriate ethical and legal oversight, they also provide opportunities to develop and reformulate products with improved nutritional value. Drawing on industry expertise in product development, scaling, and consumer insight helps accelerate the translation of nutrition science into healthier, more accessible dietary choices for all.

Embedding transparency in practice

Our Supporter Policy outlines how we engage with the private sector and is built on the five pillars of independence, integrity, transparency, fairness and ethics. We have published detailed operational guidance on our website, mapping the entire decision-making pathway from initial approach through review by the CEO, Treasurer and Science Committee (or delegated sub-committee) to final Trustee sign-off.

Each October, at our autumn Trustee meeting, we present the outcomes of our annual policy review - highlighting new supporters, the value and purpose of their contributions, and any refinements made.

The post-Congress (Belfast, 2024) review last October confirmed that our Policy remains fit for purpose, with the next review scheduled for October 2025. To ensure transparency, every invited speaker now receives formal notification of any private sector involvement in their session. We also publish a list of all supporter organisations on our website, along with a clear statement that these supporters have no influence over the scientific programme, speaker selection, or content. By publishing these processes, we uphold our transparency principle and protect the Society's autonomy. We have reaffirmed that sponsor funds are never used to cover speaker fees, travel or accommodation. Instead, they are used to support our members in other ways, such as funding student travel grants, while upholding scientific independence and excellence.

Aligning with the IUNS benchmark

We benchmark our Supporter Policy against the IUNS Private Sector Engagement Policy and its operational guidelines ('Towards a sustainable financing model for scientific nutrition meetings').

IUNS expects Adhering Bodies to comply with these principles in any activity it sponsors, partners in, or contributes to. For our own scientific events, Trustees agreed in May 2025 to adopt the elements that align with our policy in a way that upholds international best practice while ensuring flexibility and maintaining the best interests of our diverse members across our full portfolio of events and initiatives.

Summary

Trustees recognise that our enhanced Supporter Policy is not just about safeguarding integrity, but also about driving our strategic priorities in an evolving funding landscape. By embedding rigorous transparency, including annual reviews, the policy enables us to partner constructively with the private sector. In doing so, we balance the opportunities and challenges of private-sector engagement, ensuring our long-term sustainability and scientific independence, while fostering the science-driven innovations that support the continuing development of healthier and more sustainable diets for all.

Our Supporter Policy is an evolving document, reviewed annually each October. You can read the full policy and disclosure guidelines at nutrition-society.org/nutrition-society-supporter-policy and direct any questions or suggestions to Mark Hollingsworth, CEO at m.hollingsworth@nutrition-society.org

Thank you for your ongoing engagement. Member feedback drives our commitment to openness and excellence, ensuring The Nutrition Society remains a trusted, independent voice in nutrition science.

The Nutrition Society Academy

The professional development platform for nutritionists



Priority access to our next generation platform. Coming soon!

A new chapter: New publishing contract and journals strategy

I am delighted to formally announce that, as of 1 January 2025, the Society has signed a new journal publishing agreement with Cambridge University Press (CUP). This new contract will take our long-standing publishing partnership to 2030.

This ongoing relationship offers numerous benefits to our authors, readers, and broader Nutrition Society members. The robust research integrity standards of our journals will of course continue, with each journal following a rigorous review process, publishing only the best science, supported by expert editorial boards. We remain committed to improving the author experience, with reviewer mentoring programmes to boost our reviewer pool and in turn reduce turn-around times, format neutral submission and new systems to make the publishing process as smooth as possible after acceptance. Both the Society and CUP are committed to an open access future with equitable pricing structures and APC discounts for members. CUP negotiate Transformative Agreements to ensure that our journals are strategically positioned for continued growth and success, and that money is not a barrier to publishing.

Publishing activities remain a priority for the Society as, not only does it support the community to disseminate research and support scientific advancement, but the revenue enables us to reinvest in members and the wider community. A revised financial model within the new contract means the Society can forward plan activities. This is supported by a ring-fenced development fund giving each journal a budget to deliver on growth strategies that increase impact.

Our publishing income allows us to subsidise conferences, provide training, award bursaries, and support the growth of the international community. By partnering with a university press, we are ensuring that all publishing revenue focuses on the scientific and academic community, rather than commercial gain. This commitment to the nutritional science community is also demonstrated in the recent strategic decision to give every Nutrition Society member free access to all of our journals. Publishing our work is incredibly important from a scientific dissemination perspective, but the added value our journals bring to the Society membership truly makes this “Publishing with Purpose”.

None of these activities are possible without journal revenue, which is why it is my role, with the support of the Publications Committee and Nutrition Society staff, to oversee the publishing contract, work with our publishing partner to ensure our journals flourish and financial and operational matters are well managed.



New 5-year strategy

To ensure the successful delivery of the publishing contract, the Publication Committee and CUP met in January of this year to work on a 5-year journal strategy to support the new contract. After much discussion and capture of all the ideas on dozens of post-it notes and flip charts, the journal strategy is now embedded in the Society's overall strategy (see pages 16-17) and is integral to strategy 1 “Expand reach and influence”, and 2 “Promote global scientific collaboration”. This new journal strategy includes community engagement, global diversity of authors and readers, equitable access and policies, and support to early career members, to name but a few priority areas.

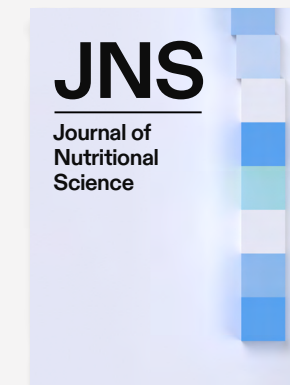
As I step down from my term of office in July 2025 after 6 and a half years as Honorary Publications Officer, I am very happy to be leaving the journals in such good shape with the contract signed, supported by a 5-year strategy and an operational MOU. During my time in office I have seen the publishing relationship with CUP go from strength to strength and I know that I am handing our journal family over to my successor at a good time as we continue to expand the reach and impact of our journals with CUP.

**Professor Jayne Woodside,
Honorary Publications Officer**

We are thrilled to have signed the new contract and are so pleased to be working with the Society over the next five years.

We look forward to focusing on further strengthening our partnership and the journal portfolio overall.

JNS: Now official journal of the IUNS-ICN 2025



As of Nutrition Society's summer meeting in 2025, I am two years into my tenure as the Editor-in-Chief of *Journal of Nutritional Sciences*. My vision for the journal is to place less emphasis on novelty than cutting edge journals, but to support the publication of robust, reinforcing research that advances nutritional science (this particularly includes negative findings and paradigm challenges). As The Nutrition Society has a portfolio of journals, it has also been a priority for me to build a distinct identity, profile and editorial board from our sister journals *The British Journal of Nutrition* and *Public Health Nutrition*.

Journal of Nutritional Science has acquired an impact factor which is stabilised at a very credible 2.4, and over the last year has seen a 20% increase in submissions. I am very pleased that the journal receives and publishes many international papers and that we are recognised for our values by scientists across all continents. As a journal owned by a charity, published by a not-for-profit, and with complete editorial independence, we are aiming to fulfil the highest ambitions for independent evaluation and publication of good quality research. This independence from vested interest is a hallmark of journals in the Nutrition Society-Cambridge University Press (CUP) portfolio of which I am particularly proud. Those of you who are regular readers of retraction watch will have noticed they now have a mass resignations catalogue of journals which have seen boards resign en masse due to interference with decision making. This interference is one of the key existential challenges facing scientific publishing at the moment.

The ultimate recognition of our values and position came in January this year when *Journal of Nutritional Science* was approached by colleagues at International Union of Nutrition Societies (IUNS) to be the publisher of choice for the proceedings from the International Congress of Nutrition (ICN). ICN is the quadrennial gathering of nutritionists from around the world to share their latest findings and to discuss and share opinion on the grand challenges in Nutrition. In 2025 the Congress will take as its theme “Sustainable Food for Global Health,” which is one of the most pressing issues for nutrition and global health as we progress in this century.

I have been working closely with Professors Alfredo Martinez and Jacques Delarue at IUNS to shape the partnership between *JNS* and IUNS. *JNS* will be publishing accepted delegate abstracts, several landmark symposium reports and will be hosting a commentary on ICN2025 from the organisers. These will be published as a special edition in early 2026. My thanks also go to IUNS for their active engagement in challenges facing scientific publishing through supporting a *JNS*-led symposium and talk on this topic.

I look forward to meeting many of you at IUNS in Paris in August and will be hosting a meet the editor session, please do come along to the CUP and Nutrition Society stands to say “Bonjour”.

Professor Bernard Corfe, Editor-in-Chief

Charles

Msigwa

Every morning, as the sun rises over the hills of Tanzania, I am reminded of the purpose that drives me to improve the nutrition and health of mothers, children, and adolescents in communities that are often overlooked and underserved. As a passionate early-career public health nutritionist, no two days are ever the same, but each one offers a new opportunity to make a meaningful and tangible difference.

Much of my work focuses on strengthening community health systems to improve health and nutrition outcomes. I find the greatest joy in fieldwork, travelling to remote villages, meeting with caregivers, local leaders, and health workers, and supporting the delivery and monitoring of nutrition interventions. One of the most fulfilling aspects is working directly with under-five children and their caregivers. Children seem to connect with me almost instantly; it's a beautiful, unspoken bond that forms effortlessly. Their laughter, curiosity, and trust remind me every day why this work is so important.

These interactions are more than just programmatic, they offer a deep and meaningful window into the diverse cultural beliefs and everyday practices that shape nutrition behaviours. Understanding these local contexts is not just helpful, it is essential. Whether I'm supporting Village Health and Nutrition Days, promoting dietary diversity, or training frontline workers, I strive to ensure our interventions are context-specific, evidence-based, and ultimately sustainable.

Outside of the field, I contribute at both national and global levels. Being part of various national technical working groups and international professional platforms gives me the opportunity to influence strategies and create long-term impact.

I am currently part of the technical team supporting the implementation of Tanzania's National Multisectoral Nutrition Action Plan. Additionally, I contribute to the development of national guidelines, including those focused on engaging religious leaders in nutrition promotion, an often overlooked but vital aspect of community-based change. Another exciting and rewarding part of my journey is serving as the International Representative for Early Career Members at the Nutrition Society in the UK. It's a role I hold with deep passion and pride. It allows me to represent and advocate for the needs of emerging nutrition professionals globally, with a focus on career progression, networking, and access to mentorship and development opportunities. Engaging with fellow members, contributing to Society initiatives, and supporting the broader mission has not only expanded my worldview, it has also strengthened my capacity as a leader.

Balancing fieldwork and international collaboration is not always easy, but it is incredibly fulfilling. It keeps me grounded in the lived realities of the communities I serve while staying engaged with the global conversations that shape the future of our field.

As the day winds down, I often reflect on the small wins; a caregiver who now understands how to diversify her child's meals, a child who is growing stronger, or a local leader who has become a nutrition champion. These are the moments that remind me that real change doesn't always happen overnight. Sometimes, it begins with a simple conversation with the very communities we aim to serve.



A day in the life

Membership Update

Local to global: Understanding the make-up of our community of members

By 1930, nutrition was fully recognised as a science, and in various countries a number of journals about nutrition were publishing articles focused on human and animal nutrition. Occasionally, those involved in nutrition considered the possibility of forming a learned society, but the matter wasn't resolved until the urgency of war forced various interested people into action. A preliminary meeting between Sir John Orr and Dr Kon took place at the Athenaeum Club in London on 11 June 1941, which resulted in a letter being sent to a number of people who might be interested in helping to found the society. The initiative at this stage was largely in the hands of Sir John Orr who gave much time and thought to the project in spite of his many other wartime responsibilities.

From those 11 signatories starting the Society in 1941 to the 2540 global members today, the Society has continued to follow that original aim – **‘to bring into close association the workers in the fields of human and animal nutrition, for exchange of views and information’**.

Who makes up our society now?

The Society has grown from a British Society to a respected international one, with **27%** of its members now outside of the UK and Ireland. Our members reside in **82** countries; from Tanzania, Norway, and Mexico to Iran, Madagascar and the exotically named, St. Eustatius, Bonaire. In all of these countries members address similar challenges, albeit in different settings and circumstances, but it is the evidence-based nutrition science which binds them together and reinforces that desire to discuss and collaborate.

As a Society in the 21st Century embracing the use of the internet and other global communications, means we can shrink the world and communicate across country borders in ways never thought possible before. Indeed, the Membership Committee has members in Greece, Italy and Myanmar to help represent the interests of our international members.

Our members range in age from 18 to 65+ and include 37 mature students bringing a wealth of life experience and unique perspectives to the discipline. Over half of our members are under 35 years, which makes us quite a young society, and reflects our focus on supporting students and early career professionals, as they develop their careers. We know many of these will stay with us as those careers flourish and grow.

While many of our members (**57%**) are academics, **13%** work within the food industry, **17%** in a clinical environment and **10%** in policy. The most mentioned professions of members include the following:

- Freelance nutritionist/Nutritionist
- Professor or lecturer
- Researcher
- Dietitian
- Food Scientist

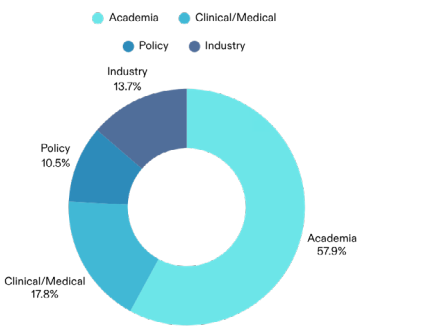
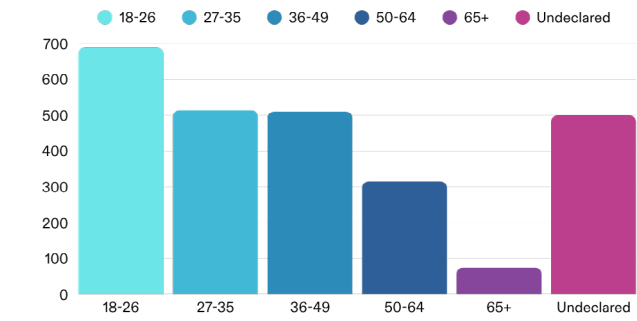
Reflecting this diverse membership, the societies activities provide meetings, events, articles, books and many more to support the advancement of nutritional sciences. Growing from a small group with a big vision, our current Society represents the diverse interests and careers in nutrition today, and will continue to do so for many more years to come.

The global membership brings:

- **Cultural Diversity:** International members bring different perspectives, traditions, and practices, enriching the cultural fabric of the Society. This diversity fosters creativity, innovation, and broadens understanding, contributing to a more inclusive and dynamic Society.
- **Innovation and Skills:** International members often bring specialised skills, knowledge exchange, and expertise, which can drive research, and international development in various fields, helping global learning and pushing the boundaries of scientific understanding.
- **Social and Community Benefits:** International members also contribute to a multicultural Society providing opportunities for cross-cultural friendships and collaborations.

In short, international members strengthen the Society in numerous ways, making them essential to its growth and global standing as well as their importance to a multidisciplinary approach to nutritional science and the challenges we have.

Professor Eileen Gibney, Honorary Membership Trustee



Why is it important to international members to be part of the Society?

For me, it was a gateway to a wide scientific community – a diverse network of European and international experts. I had numerous opportunities to reconnect with old friends and explore new partnerships across borders. Coming from a small country, it provided a platform for sharing ideas, whether remotely or in person, and for inspiring and exchanging views on nutrition. One of the key strengths of this scientific community is the range of interests, covering all areas of nutrition – from animal and human nutrition to sports, community, and clinical nutrition – which allows you to expand your perspective and deepen your understanding.

Associate Professor Mary Yannakoulia, Greece

Copping AM (1978) The History of the Nutrition Society. Proceedings of the Nutrition Society, 37(2)

Honorary Fellow Reflection

Ian Macdonald



What first attracted you to nutrition science?

I studied for a BSc in Physiology with Chemistry from 1970-73 at Queen Elizabeth College in London (subsequently incorporated into King's College as part of a reorganisation of the University of London, with the QEC Nutrition Department becoming the King's College Nutrition Department). At the time, QEC had one of the strongest Nutrition Departments in the UK, with John Yudkin as the Head and Derek Miller leading the energy balance nutrition. Mike Stock was a lecturer in the Physiology Department and I was very interested in his Energy Balance work which started in his PhD studies with Miller, and continued when he was in Physiology. I undertook my 3rd year research project under Mike Stock's supervision and then went on to do a PhD on Lipostasis, supervised by Mike. Getting PhD scholarship grants was somewhat different in the early 1970's than subsequently – towards the end of my final undergraduate year Mike Stock approached the Wellcome Trust, whose Chair was Stan Peart, Professor of Medicine at St Mary's, and was told by Stan that if I got a 1st Class honours Degree then the Wellcome Trust would award me a PhD scholarship. I was fortunate in getting the degree and was one of the last

people to be awarded a Wellcome Trust Scholarship, before they changed their PhD funding. So even though I was in a Physiology Department, and my PhD is in Physiology, it was very much directed towards Nutrition and Energy Balance.

How did your early career develop?

My final year of PhD studies coincided with Nancy Rothwell doing a 3rd year undergraduate project under Mike Stock's supervision. The topic of her project was linked to my PhD studies and I helped with the day-to-day supervision. We managed to generate enough data to be able to submit an abstract for the Spring Nutrition Society meeting in 1976, which was held in Cardiff and Nancy and I attended the meeting with me making my first oral presentation to the Society and the co-authors being Nancy Rothwell and Mike Stock. I managed to get a lectureship in Physiology at one of the new English Medical Schools (Nottingham) which started on 1st January 1977 (not a Bank Holiday in England in those days) and proceeded to spend the first 2 months of my lectureship finishing the writing of my PhD thesis and in March 1977 I submitted the thesis and had my viva. The Nottingham Medical Course was one of the few in the UK which had Nutrition on the Medical Curriculum, and one of my early teaching responsibilities was to organise and deliver the Nutrition Module. I spent the next 5 years at Nottingham developing the Nutrition module and building my research, which was based primarily on Human Metabolism and Nutrition, both at rest and during Exercise.

I was very fortunate that the founding ethos of the Nottingham Medical School was to combine Science and Medicine whenever possible, and at an early stage I was introduced to Robert Tattersall and Simon Allison, both NHS Consultants in Endocrinology/Diabetes and General Medicine. This developed into an exciting and intellectually stimulating collaboration which attracted over 20 medical research fellows who did Nottingham DM research degrees (which now would be MD-PhDs) and produced some excellent research publications in Diabetes, Nutrition and

Metabolism. Subsequently this research developed further with important collaborations with the Nottingham Gastroenterologists, colleagues in Oxford (Keith Frayn, Fredrik Karpe), London (Simon Coppack, Stephanie Amiel) and elsewhere, and in particular with the Physics Department at the University of Nottingham which had developed MRI imaging and spectroscopy and which we used extensively in my research over the past 30 years.

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?

The initial projects with Robert Tattersall and Simon Allison set the tone for my work over the first 20 years at Nottingham but one of the defining points during the early part of that period was when I had a 6-month Sabbatical at Harvard Medical School in 1984. This was funded by travel grants from the Wellcome Trust and the MRC (the total awarded was £6000) and enabled me to learn the Glucose clamp technique (at the MIT Clinical Research Facility with Ken Minaker and Naomi Fukagawa), and to develop a novel way of measuring plasma catecholamines by hplc and electrochemical detection using a 2 phase extraction technique to concentrate the catecholamines in a small volume of acetic acid (with Ivan Mefford who was then at Boston College). These techniques then formed the basis of a large number of research projects over the next 40 years.

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

The most rewarding part of my work has been the continued development of human research projects in healthy people and people with diabetes, gastrointestinal disease, cardiovascular disease and other disorders. Developing a whole-body physiology approach to the projects, with an emphasis on nutrition and metabolism and encouraging research physicians and surgeons to take nutrition seriously has been very rewarding. The most challenging aspect has been to achieve this research productivity without being medically

qualified. Initially it was easy because the NHS consultants were encouraged to be involved in research. Subsequently, particularly in the late 1990's early 2000's the pressures in both Universities and the NHS made such collaborations more difficult to sustain and it is only in the past 10 years that such collaborative projects have been encouraged.

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

A major problem that nutritional science has had to face over the past 40+ years is its breadth – ranging from sub-cellular biochemistry identifying the role of nutrients in metabolic pathways to public health nutrition and population health. While most undergraduate nutrition courses will include aspects covering this range, it is unrealistic to think that any single Nutrition Department could have productive research activities across this range. A consequence is that many research projects relevant to nutrition science are undertaken outside Nutrition Departments. Whilst this is not necessarily detrimental to science it is important that the researchers are encouraged to explore the wider nutritional context in which their work operates so that they can appreciate its wider relevance and identify potential applications or societal benefits.

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

I joined the Society as a PhD student and benefitted enormously from interacting with other members and developing collaborations. Being involved in organising small and large meetings, being a member of Council and having the honour of serving as President helped me to develop professionally. The contribution of the Society to the development of the Association for Nutrition and in incorporating Nutrition into Medical School curricula is something for members to be proud of. It is unfortunate that the Medical School aspect has not been widely sustained for a number of reasons but I hope that the Society and its members can help to change this in the future.

Unlock your new membership benefit!

Free access to all six Nutrition Society journals





2025–2027 Strategic Plan

The Trustees of the Society wish to present a clear and compelling Strategic Plan that shows an understanding of the global, interconnected, environment the Society is now operating within.

In creating the Strategic Plan to achieve the Mission, Trustees are determined to ensure the strategies within the Plan are clear, and easily understood. Trustees have looked within the Society to establish what it does very well, and what it could do better. They studied what is happening outside the Society to look at where the opportunities to use its strengths are, and to develop its strengths to take advantage of them.

Four individual strategies have been created, which collectively form the Strategic Plan.

Strategic Plan

2025-2027

01

Expand our reach and influence

Establish The Nutrition Society as a leading global authority in evidence-based nutrition science, fostering trust and credibility with both professional and public audiences as a primary credible source.

02

Promote global scientific collaboration

Create partnerships that encourage interdisciplinary research and innovation.

03

Informing policy

Facilitate and enable engagement with policy makers across the UK and Ireland, and internationally (where relevant) to shape and promote evidence-based nutrition related policies that improve public health outcomes.

04

Build and engage a sustainable global membership community

Build, engage and strengthen a global membership through attracting new members, retaining current members, and heighten engagement with both.



Improving Nutrition Through Digital Technologies: An update on the latest innovation

In recent years, the intersection of nutrition and digital technology has moved at great pace. With chronic health conditions and rates of overweight and obesity continuing to rise in the UK and beyond, the opportunity to support people at scale through digital means has never been more important - or more achievable.

As a Registered Dietitian working in health tech, and currently Chief Nutrition Officer at Simple App, I've seen firsthand how digital innovations can help users make meaningful changes to their eating behaviours and overall health. In this article, I'll explore the current landscape of digital nutrition, some of the most exciting innovations, and how we can responsibly combine the power of technology with the great skills, ability, and knowledge of nutritionists and dietitians.

The Need: Chronic Health Conditions and Nutrition's Role

Two thirds of adults in the UK are living with overweight or obesity; and millions of adults are living with a long-term condition, such as cardiovascular disease, type 2 diabetes, or hypertension, many of which are strongly influenced by diet and lifestyle. Traditional models of nutrition care, while effective, often struggle to keep pace with population-level need. Waiting lists for NHS services are long, and many people simply don't meet the threshold to access support. In contrast, digital health solutions offer accessibility, immediacy, and the ability to scale - key attributes in tackling a public health challenge of this magnitude.

The Opportunity: Scalability, Speed, and Insight

- Technology offers a number of benefits in supporting nutritional change:
- **Scalability:** Once built, digital platforms can reach millions of users with no geographical boundaries.
 - **Data-driven insight:** Apps can instantly detect trends and user behaviours at scale, allowing for targeted feedback and rapid iteration.
 - **Real-time feedback:** Users can receive immediate responses to food logs, questions, or behaviour changes - something not always possible in traditional care settings.
 - **Content generation:** AI-driven content creation significantly reduces the time needed to build educational or motivational tools, while maintaining quality and relevance.

These capabilities create a new advancement in nutrition care - one that is adaptive, responsive, and designed to meet people where they are.

Innovations in Digital Nutrition

1. AI Coaching

AI coaching allows users to get personalised advice at any time of day. What's new is the ability to adapt the coach's persona - some users prefer a motivational tone, others a friendly peer-like voice, and others something more directive; some prefer a male coach, others prefer female. This adaptability helps meet users' needs, which is central to long-term behaviour change.

Many AI coaches are now also capable of memory, remembering previous conversations, tracking motivations, and even noting dislikes (like certain foods). This enables more personalised and valued interaction over time.

Voice-based coaching is another area of growth, enabling users to interact via spoken word, which can increase accessibility, and improve the human-like nature of the user experience.

2. Gamification

Gamification strategies like streaks, achievement badges, and challenges can be powerful motivators. These tools build in positive reinforcement and a sense of progression, helping users stay engaged with healthy habits over time.

3. Personalisation at Scale

With digital tools, it's now possible to personalise support based on a user's preferences, progress, characteristics, and goals, and to be able to identify patterns and trends to adapt one's programme. This might include:

- A particular coaching style
- Tailored meal plans
- Behavioural nudges timed to typical patterns
- Personalised actions to complete each day
- Activity or workout plans as per ability and preference

This kind of personalisation gives users a sense that the app truly "knows" them, which builds trust and supports long-term adherence.

Limitations of Technology, and the Role of Nutritionists and Dietitians

While the digital health space is filled with promise, it's important to acknowledge its limits. Not everyone will thrive with a tech-only solution. Some people prefer human interaction or personal accountability that comes from working with a human.

As nutritionists, we must remember that apps are tools, not replacements. They can be incredibly effective adjuncts to care, providing structure, monitoring, and reinforcement between appointments. Nutritionists, dietitians and patients can use these tools together to improve outcomes, especially for individuals who are digitally literate and motivated by self-tracking.

There's also the question of clinical complexity. Many health apps are designed for general wellness and lifestyle support, not for managing complex medical conditions. For these cases, in-person or telehealth care led by qualified professionals remains essential.

Conclusion: An Evolving Partnership Between Tech and Nutrition

The future of nutrition support lies in collaboration - between humans and tech, and between evidence-based practice and innovative design.

Digital technologies like AI coaching, gamification, and personalisation are opening up new possibilities to support people on their health journeys in ways that are scalable, flexible, and increasingly personalised. But at the core, the values of our profession - empathy, evidence, and ethical practice - remain central.

For nutritionists and dietitians, this is an exciting time to engage with health tech. Whether you're working directly in the sector or using digital tools to complement your practice, technology opens new pathways to provide greater value, increase accessibility, and support clients more consistently. Your expertise remains essential, not just in delivering care, but in shaping how the future of nutrition is delivered at scale. By embracing innovation, we can make high-quality, personalised nutrition support available to more people than ever before.

If you'd like to discuss the digital health space, I'm always happy to connect - feel free to reach out at ro@simple.life.

Ro Huntriss, Registered Dietitian
Chief Nutrition Officer at Simple App



The Early Career Member (ECM) Section was launched in September 2024, with the overarching aim to support the professional and personal development of over 1000 members within this category (defined as being 10 years from their last graduation). The ECM Section comprises ten committee members from varying career pathways, stages, and geographical locations. Based on feedback received from our members, the committee has identified three key areas to prioritise throughout our three-year term, to include 1) networking, 2) career progression, and 3) mentoring.

To commence the initiatives, the committee hosted their first Online Networking Event on 28th March 2025. Members joined from various sectors/ professions, spanning academia, food industry, healthcare, and public health. Led by committee members, Lauren, Lucy, and Louise, the event offered ECMs the opportunity to come together to connect, share their experiences, and expand their professional networks. The event commenced with an introduction into what the ECM Section has to offer, followed by several interactive networking sessions focused on top ECM CPD tips and resources, common challenges experienced by ECMs, and promising opportunities available for ECMs at this important stage in their career. Lastly, the event concluded with highlighting the benefits available to ECM members and inviting key feedback from attendees on their evaluation of the event, and what they would like to see from the Section going forward. In summary, attendees responded positively to the event, with all expressing an interest to attend future networking events hosted by the ECM Committee. Here's what some of our ECMs had to say about the event:

"The first ECM meeting was an invaluable networking opportunity to engage with early career professionals across the nutrition sector. It was a well-organised session with the different break out groups and topics for discussions enabling a diverse range of connections to be made and conversations had! I came away with some great tips, new resources to embed in my own work and learnings that I wouldn't have come across without the session. Thank you for organising and I'm already looking forward to the next one!"

Dr Anna Monaghan, Business Development Executive, Northern Ireland Food and Drink Association

"The ECM networking event was a great opportunity to meet other nutrition professionals working in a range of different sectors, to expand my network, and to discuss a variety of factors that are impacting our profession."

Dr Cathal O'Hara, Postdoctoral Research Fellow, Royal College of Surgeons in Ireland (RCSI)

"I loved taking part in the Nutrition Society early career event. As soon as I saw it advertised, I immediately signed up as it's a great initiative to be able to connect with others at a similar career stage. It's also great to connect with those I otherwise wouldn't meet due to different locations or job sectors. Often online events can feel a bit awkward, but the organisers had planned it so well to ensure everyone was included by introductions, set questions and allocating breakout rooms. It's great to see the Nutrition Society commit to supporting early career researchers and I'm really excited to see what future events the committee plans! I'd definitely encourage others to join as you'll be made to feel super welcome!"

Dr Holly Neill, Assistant Science Manager, Yakult

Overall, the success of our networking event reflects the enthusiasm and engagement of our members, and the committee would like to thank the attendees for their valuable contributions. Going forward, we are excited to embed the learnings and insights gained from this event into our future initiatives and continue to foster knowledge sharing, build meaningful connections, and support the overall career development of our members. We look forward to welcoming ECMs to future events, and we encourage our members to keep an eye out for exciting #NSEarlyCareer updates on our Nutrition Society Publications X and LinkedIn social media platforms.

Dr Lauren Devine and Ms Lucy Jessop

Meet the Committee!

From left to right, Dr Alex Griffiths Dr Lauren Devine, Professor Victor Zevallos, Dr Oliver Shannon, Bells Han, Dr Martina Rooney, Lucy Jessop and Dr Louise Durrant. (Member Charles Msigwa missing from photo)



The ECM Section at their first in-person meeting at the Society's office in Hammersmith.



Dr Oliver Shannon, ECM Section Chair and Dr Victor Zevallos, ECM Deputy Chair at the Society's Winter Conference in January 2025.

Irish Section Update

In February, we had a week of successful meetings from 25-28th February. The team from the London office came over to Belfast, and the Council and Trustee meetings were held in the Crowne Plaza, ahead of the 34th Annual Irish Section Postgraduate meeting, which began with a welcome reception on Wednesday evening, and closed on Friday at lunchtime. There were two keynote talks from Dr Aileen McGloin of SafeFood and Dr Danielle McCarthy of Nutrition Talent, while a career discussion panel on Thursday at lunchtime garnered some great conversations about post-PhD life. It was great to catch up with so many people face-to-face and the student organisers did a fantastic job, as always.

There were 86 attendees and 46 abstract submissions in total. 43 attendees presented on their research, from 8 different institutions; 7 of those being Irish institutions, and the last one being the University of Nottingham. The student organisers received wonderful feedback on their efforts, including their abstract booklet, and the many opportunities for networking and for headshots, which were taken throughout the meeting at the breaks. Next year's team will have a wonderful example to follow!

At the time of writing this, we are all looking forward to the next Irish Section meeting, chaired by Dr Liz O'Sullivan and Dr Eileen O'Brien at the Technological University Dublin, which will be hosted at the Grangegorman campus from 11-13th June. This is shaping up to be an exciting meeting, with 70 accepted abstracts, and registration still underway. The evening events will be held at the Harbourmaster Bar and Restaurant overlooking Dublin's docklands, and we look forward to welcoming everyone to TU Dublin for a few days of great science and great social events.

Efforts are underway to examine ways to tackle nutrition misinformation online, between SafeFood and the INDI (Irish Nutrition and Dietetic Institute). This type of misinformation proliferates on various platforms, and we will share any initiatives that are created that may be mutually beneficial for the Society.

Finally, we extend a very warm welcome our new Irish Section Chair, Dr Lisa Ryan, and we are delighted that Professor Alison Gallagher will remain on our committee as a supernumerary member for 2025 as we make this transition.

**Dr Emma Feeney
Secretary, Irish Section**

Student Section Update

Eva-Leanne Thomas

The Student Section consists of nine representatives, each contributing a unique perspective to the team: Activities, International, Communications, Nutrition Futures, two Irish, and two Scottish Student Section Representatives, all led by myself as Student Section Chair. Our aim is to grow student membership, enhance opportunities tailored to students, and ensure their voices are heard within the Society.

Over the past academic year, the Student Section has continued to deliver a dynamic programme of activities to support student members' professional development and engagement with the wider nutrition community.

Led by our Activities Representative Anya Klarner, alongside Irish Representatives Cliona Ní Chonnacháin and Umair Shabbir, and Scottish Representative Mairi Gardner, the team has hosted a series of **engaging career webinars**. These have featured professionals across sectors, from academia and industry, to public health and research. All webinars remain freely accessible to student members via Member-Connect.

The year kicked off with the return of the popular **Career and Social Event**, hosted at King's College London. Organised by Anya Klarner and International Representative Tala Al Ajimi, the event welcomed over 130 students and featured an inspiring panel of speakers from organisations including Gatorade Sports Science Institute, The Gut Health Doctor, the Department of Health and Social Care, and the Agriculture, Nutrition & Health Academy. A recap and top career tips from the event are available on the Nutrition Society blog.

Looking ahead, we're excited to announce that **Nutrition Futures 2025** will take place on 4–5 September at the NCVO in London. For the first time, the conference will be delivered in collaboration with the newly formed Early Career Section to better support students and recent graduates. This year's programme, led by Nutrition Futures representative Joanne Tattersall, will include sessions on career transitions, practical workshops on transferable skills, and new interactive elements to ensure a fresh and supportive experience for all attendees.

We strongly encourage all students and early career members to keep an eye out for the programme launch and to register early, as places are limited. Nutrition Futures promises to be an invaluable opportunity to network, learn, and grow within a welcoming community of peers and professionals. Students are also encouraged to submit an abstract to present their work during the Original Communication sessions, an excellent opportunity to share research, gain feedback, and build confidence in presenting within a supportive environment.

To stay up to date with upcoming Student Section events, deadlines, and opportunities, including abstract submissions, webinars, and networking event, make sure to follow us on X at @NutSoc_SC, where our Communications Representative, Laila Orsi-Mathers, regularly shares the latest updates.

If you're a professional working in any area of nutrition and would like to support the Student Section, whether by speaking at events, mentoring, or sharing career insights, we'd love to hear from you. Please get in touch by emailing us at studentsection@nutritionandsociety.org

Nutrition Futures 2025

A career-focused event for students and graduates

4-5 September
NCVO, London, UK



Theme Update

Nutrition in the treatment, management, and prevention of disease

Dr Oonagh Markey, Theme Lead


As I write this, it's just six weeks until the **Nutrition Society Conference** at my home institution, Loughborough University. Together with my fellow scientific organisers, Professor John Brameld, Professor Wendy Hall and the other three Theme Leads, I look forward to welcoming you to Leicestershire. We hope you enjoy hearing from leading experts on topics including nutrition across the lifespan, sustainable diets for planetary health, advances in in vitro digestion models, and the integration of nutrition into food systems approaches.


I've had the pleasure of serving as a Theme Lead for the past three years. During this time, it has been exciting to see the Society launch several new initiatives, including the Special Interest Groups (SIGs) and, more recently, the Early Career Member Section, led by Dr Oliver Shannon and Professor Victor Zevallos.


Across the four Society Themes, there are currently **11 SIGs** working to promote and support the advancement of nutritional science.


The **'Nutrition in the treatment, management, and prevention of disease'** theme represents **three SIGs**, all of which include support and development opportunities for early career researchers (ECRs) as a core part of their aims and objectives. If you'd like to join a SIG or propose a new one, please visit nutritionandsociety.org/themes-sigs for more information, or feel free to contact me at o.markey@lboro.ac.uk.

NUTRITION, ACTIVITY AND CANCER

**Chair:** Professor Steve Wootton, University of Southampton


Launched **May 2023**


**96 members**


**Activities include:**


- Seminar series in development
- Mentorship programme in development

DIET AND HEALTH OF ETHNIC MINORITY GROUPS

**Co-chairs:** Professor Basma Ellahi, University of Chester and Dr Hibbah Osei-Kwasi, Loughborough University


Launched **June 2022**


**85 members**


**Activities include:**


- Community engagement event on nutrition and healthy ageing among African and Caribbean communities (Nov 2024)
- Ongoing Early Career Researcher support
- Hosting webinars

PHYTOCHEMICALS AND HEALTH

**Co-Chairs:** Dr Ana Rodriguez-Mateos, King's College London and Dr Charlotte Mills, University of Reading

Launched **July 2022**

**161 members**

**Activities include:**

- Subgroup work on dietary recommendations, best practice in human trials, and communication of evidence-based messages
- Sept 2025 symposium in planning
- Active ECR development
- Hosting webinars

Winter Conference 2025

Save the Date:

Winter Conference 2026


20-21 January 2026


The Royal Society,
London, UK




At the heart of this conference was a crucial discussion about the future of the Eatwell Guide, a key policy tool that shapes government recommendations on healthy eating and achieving a balanced diet. First published in 2016, the guide has remained unchanged for nearly eight years. However, with updates to the guide in 1994 and 2007, there is growing anticipation that the next revision could be imminent. The conference served as a platform for experts across the nutrition community to come together and explore the evidence needed to support the next iteration of the Eatwell Guide. It provided an opportunity to discuss how we can refine not only the guide itself but also broader food-based dietary recommendations, ensuring they better reflect the latest research and meet the evolving public health needs.

CONFERENCE

 Nutrition Society
Winter Conference

 21-22 January 2025

 The Royal Society,
London


ATTENDEES


 **325**
in-person
delegates


 **14**
countries
reached

 **70**
students

PROGRAMME

 **52**
Original
communications

 **4**
Symposia

 **15**
Guest
speakers



The Winter Conference is always a forum for poignant debate and thought-provoking discussions [...] This conference reinforced the importance of evidence-based, inclusive, and forward-thinking dietary guidelines. I leave inspired to reflect on how we, as professionals, can contribute to making dietary advice accessible, relevant and transformative.

Elena Carillo Alvarez

Had an amazing time at my first Nutrition Society Winter conference. Extremely interesting talks on a wide variety of topics looking at current and future challenges regarding dietary guidelines and advice. [...] I am excited to be starting my career in the nutrition industry and attend many more Nutrition Society conferences and continue my learning.

Amy Harlow

I grabbed the chance to present my research at the Winter Conference 2025 of The Nutrition Society! It's daunting at first. Taking a step by yourself to submit an abstract, walk up to the conference and condense your 2 months of work in 4 minutes. Yet I wouldn't trade anything about the experience because I received such valuable feedback, ideas for further research (and a free confidence boost)

Laveeza A



Ground breaking survey

During our university training in nutrition science or dietetics, we will all have learned about the importance of using robust evidence in our work and about the research methods used to establish this. Indeed, research is a cornerstone of evidence-based practice and is how understanding and application of new knowledge is advanced. Some of us will also have had the opportunity to undertake a research project in our final year or even, as was my case, as part of a placement year. But how many of us work in roles that incorporate research after graduation, and how many of us would love to undertake some research but are not sure how to go about it or perceive there to be too many barriers?

Surveys such as that of [Whelan et al. in 2013](#) have sought to quantify research activity among UK registered dietitians but, to date, similar data does not exist for registered nutritionists and those eligible for registration.

This situation is about to change as a result of a detailed survey of dietitians' and nutritionists' research activity being undertaken by the Academy of Nutrition Sciences. This survey will help us to establish the current level of research involvement amongst nutritionists and dietitians working in the UK. Importantly, it will also collect and collate evidence about the factors that encourage and motivate research activity, alongside the barriers experienced at different stages of our professional journeys.

The survey asks questions about participants' background and job role as well as whether this includes research; the encouragement, resources and support received from workplace teams and managers, employers, and other colleagues; and the barriers experienced among those attempting to embark on research.

The research is scheduled to start in early summer and can be accessed [here](#). We are keen to receive responses from a representative and broad range of nutritionists and dietitians regardless of whether they are currently undertaking research themselves or supporting others who are doing so. Please make time to help us collect information that will provide an important baseline for our profession and, perhaps even more importantly, help us start to tackle the barriers that are stopping more dietitians and nutritionists engaging in research.

We would like every nutritionist and every dietitian in the UK to complete this survey, so please do click on the [link](#) and consider completing the survey.

Other activities of the Academy

The survey is just one of several novel pieces of work underway. Also, we have been developing and publishing a series of Position Papers, designed to help us achieve our mission of championing nutrition science, enhancing its impact on policy and health for public benefit.

The Academy's third Position Paper, published in 2024, focusses on applying complex research evidence to inform dietary interventions for individuals and is the result of a collaboration with dietitians and nutritionists from the UK, Canada and USA, led by Professor Mary Hickson ([Hickson et al., 2024](#)). It was accompanied by an editorial ([Buttriss et al., 2024](#)) in *Nutrition Bulletin* (reproduced in *Journal of Human Nutrition and Dietetics*, and *Nutrition and Dietetics*), which summarises challenges identified and recommendations made. The three open-access Position Papers thus far published by the Academy provide a valuable resource for students of nutrition and dietetics as well as qualified professionals. Paper one focusses on how dietary recommendations are formulated for populations for prevention of non-communicable diseases ([Williams et al., 2021](#)) and paper two focusses on evidence used to support health claims for specific foods ([Ashwell et al., 2022](#)). The three Position Papers were the focus of a series of webinars hosted by the British Dietetic Association during summer 2024 and also featured in a scientific symposium at the Nutrition Society Congress in Belfast in July 2024.

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

References can be accessed [here](#)

Special Interest Group Update

Phytochemicals and Health

Dr Ana Rodriguez-Mateos and Dr Charlotte Mills, SIG Co-Chairs

The Phytochemicals and Health Special Interest Group (SIG) has had a busy past year with 161 members (as of June 2025). We host regular online meetings for all members whereby we typically host a presentation from a scientist in the field followed by a Q&A as well as updates from the working groups and discussion of any upcoming events.

The SIG has many active working groups. The most established is working on the concept of dietary recommendations for phytochemicals, in which the primary focus has been devising a framework for determining dietary recommendations and applying this to flavan-3-ols and anthocyanins. These sub-groups are currently meeting regularly to perform systematic reviews of the literature on safety and efficacy of these compounds.

The best practice subgroup is currently working towards generating a consensus for best practice guidelines in human intervention trials using the Delphi method, for which we will be calling for participants in the near future.

The most recent working group is focusing on communication. The group aims to raise the profile of phytochemicals relaying evidence-based messages to the general public, health professionals, industry and policy makers using a broad spectrum of methods.

We have an active early career researcher (ECR) working group, led by ECRs working on phytochemicals. They host various events targeted at supporting ECRs in all aspects of their development. The group also feeds into, and supports the communication working-group.

After the success of the first event, we are currently planning our second in-person symposium to run in September 2025.

Summary of events:

- General SIG meeting (open to all) scheduled for every six weeks (all year) ~ 40 attendees per meeting
- Dietary recommendations working groups (efficacy and safety sub-groups meeting separately), scheduled for every four weeks (all year) ~4-10 attendees per meeting
- Best practices in phytochemical research working group occur ~ every six weeks (since October 2024) with ~8 attendees per meeting
- Communication working group meet ~every six weeks (since November 2024), with ~8 attendees per meeting
- ECR working group meet ~every six weeks (all year), in addition to their ad hoc events
- Nutrition Society member-led meeting- 'Phytochemicals and Health', May 2024 ~120 attendees (all in-person)

We have given a number of talks:

- Nutrition Society Congress (Belfast, UK) presented Dietary Recommendations Framework (Summer 2024)
- International Conference on polyphenols and health (Boston, US) presented Dietary Recommendations Framework (Autumn 2024)
- Cardiovascular symposium and Harvey Prize 2024: Lifestyle and vascular health event, Royal Society of Medicine (London, UK), presented on Phytochemicals for Cardiovascular Health (Autumn 2024)
- Nutrition Society Winter meeting (London, UK) presented on Dietary Recommendations for Phytochemicals at Lipton Symposium (Winter 2025)

Join or propose a Special Interest Group (SIG)

With 11 active SIGs, there's a place for every research interest. SIGs connect members with shared focus areas, offering a great way to build professional relationships and exchange ideas.

Share your interests and grow your network!



SCAN ME



Awards Update

Over the years The Nutrition Society has developed a range of awards that recognise excellence in Nutrition Research, and its application to Public Health and Clinical Situations. These include those that are specifically directed towards early career researchers (ECRs), and to established scientists whose work is internationally recognised as making significant contributions to their field of expertise.

The table briefly summarises the criteria associated with each of our current awards and lists the most recent winners. It also provides details of when the next deadline will be for application for each of the awards. One of the primary differences between those for ECRs and for more established is that the former is by application from the researcher themselves only, while the later can also be made by a Society Member on behalf of the candidate. Furthermore, ECRs must already be members of the Society, while applications from, or on behalf of, appropriate non-members will also be considered.

Applications will be considered by a committee of Trustees and Senior Members of The Nutrition Society. It is expected that all awardees will give a presentation of their work (in person) at the appropriate Nutrition Society Conference and submit a review paper to *Proceedings of the Nutrition Society*. We would like to encourage all our members to consider applying for awards they feel may be appropriate to them. For ECRs such awards can be a valuable contribution to their CV and provide an excellent opportunity to describe their work to the Nutrition Community. For senior applicants it is a great opportunity to celebrate their groundbreaking contributions to Nutrition Science. If you have any queries, or further suggestions about our awards please feel free to direct them to the Society at conferences@nutritionandsociety.org

Further details (including future application deadlines) can be found on our website at [nutritionandsociety.org/awards](https://www.nutritionandsociety.org/awards).

Professor Andrew Salter,
Honorary Secretary

Early Career Awards

- Applicants must be current members of the Nutrition Society
- Candidates may request that any career breaks, such as maternity leave or long-term illness be taken into account in assessing criteria
- Application by self-nomination
- The successful candidate will be expected to present their research in person, during the appropriate Nutrition Society Conference and to prepare a paper for publication in the *Proceedings of the Nutrition Society (PNS)*

JULIE WALLACE AWARD

Within 6 years of higher degree graduation at application
Working in any area of Nutrition Science

Judged on evidence of:

- High quality academic publications
- A record of research funding
- Contributions to conferences and professional Societies
- External collaborations

Next date for considering applications: October 2025

Recent Winners:

- **2023** - Dr Fiona Malcomson, ‘*The role of diet and lifestyle in colorectal risk: current evidence and underlying mechanisms.*’
- **2024** - Dr Oliver Shannon, ‘*The Role of nutrition in dementia risk reduction: Current evidence and context.*’

SILVER MEDAL

Within 15 years of higher degree graduation
Working in any area of Nutrition Science

Judged on evidence of:

- External recognition in: Scholarships and awards; Leadership of innovative research; Contributions to conferences and professional Societies
- Extensive academic publications
- A record of sustained research funding

Next date for considering applications: October 2025

Recent Winners:

- **2023** - Dr Ana Rodriguez - Mateos, ‘*Dietary (poly) phenols and human health: from antioxidants to modulators of the gut microbiota.*’
- **2024** - Dr Katherine Livingstone, ‘*Co-designing digital solutions to improve diets in rural communities: an Australian perspective.*’

CUTHBERTSON AWARD

Within 15 years of higher degree graduation
The work should be of clear relevance to nutritional management in patient care.

Judged on evidence of:

- Publication record
- Independent scholarship
- Future potential

Next date for considering applications: August 2025

Recent Winners:

- **2023** - Dr Eirini Dimidi, ‘*Diet and the gut: establishing treatments, tackling trends, and improving patient care.*’
- **2024** - Dr Elena George, ‘*Accessible multimodal lifestyle interventions for people with fatty liver disease, bringing together diet, physical activity and sleep while considering sociocultural adaptations- Can we do it all?*’

Senior Awards

- Applications are welcome from both Members and Non-Members
- Applications are accepted by self- or third party – nomination
- The successful candidate will be expected to present their research, in person, during the appropriate Nutrition Society Conference and to prepare a paper for publication in *PNS*.

WIDDOWSON AWARD

Will be awarded to scientists who have had a significant impact on local, regional, national or international policy or delivery, or the evidence base in Public Health Nutrition.

Next date for considering applications:
October 2026

Recent Winners:

- **2020** - Professor Ann Prentice, ‘*Micronutrient malnutrition across the life course, sarcopenia and frailty.*’
- **2023** - Professor John Cummings, ‘*Dietary fibre comes of age*’

GOWLAND HOPKINS AWARD

Will be awarded to scientists who have made a major contribution to the field of Cellular and Molecular Nutrition.

Next date for considering applications:
August 2025

Recent Winners:

- **2019** - Professor Paul Trayhurn, ‘*Through Fat and Thin – A Journey with the Adipose Tissues.*’
- **2022** - Professor John Mathers, ‘*Adventures in research on nutrition and cancer prevention.*’

BLAXTER AWARD

Will be awarded to scientists who have made a major contribution to the area of Whole Body Metabolism and/or Animal Nutrition.

Next date for considering applications:
August 2026

Recent Winners:

- **2021** - Professor Ilias Kyriazakis, ‘*Starving for nutrients: reconciling the paradox of anorexia during infection.*’
- **2025** - Professor D. Joe Millward, ‘*Dietary protein, growth and adult maintenance of muscle mass within the Protein-stat model of control of the lean body mass.*’