

# The Gazette

WINTER 2026

President's  
Update

Is Pharmacotherapy the Way  
Forward in Weight Management?

A Day in the Life of...  
Nat Leeman



# Be part of the advancement of nutritional science.

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## Editorial



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

In his CEO update this issue, Mark Hollingsworth names resilience as his word for 2026, and I have been inspired to choose a word to sum up this edition of the Gazette: **community**. This issue reflects the strength of The Nutrition Society community and the support it offers at every stage - from the very start of student life and early careers, to celebrating retirements and long-serving members, and remembering those sadly no longer with us.

Professor Tom Sanders captures this sense of community perfectly in his Honorary Fellow Reflection, noting that what he enjoyed most about Nutrition Society conferences was 'the company and gossip of fellow nutritionists' - a reminder that our greatest strength lies in the connections we share.

Inside, you'll find the usual updates from across the Society, plus highlights including conference overviews from IUNS-ICN 2025 and the Nutrition Society Conference 2025, a timely science update from Dr Amanda Avery on pharmacotherapy in weight management, offering an important real-world perspective, and an inspiring 'A Day in the life' from Nat Leeman - a mature dietetic student balancing study, parenting, and volunteering.

I hope you enjoy this issue and take a moment to appreciate the connections that make our profession so rewarding. Here's to another year of learning, sharing, and supporting one another across our Nutrition Society community.

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

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# President’s Report

Professor Mary Ward

Our summer conference schedule commenced with the Irish Section meeting, hosted by Technological University Dublin in June, under the theme “*Promoting optimal nutrition for people and the planet*”. The event featured a terrific lineup of speakers and topics with excellent engagement from delegates resulting in a highly successful conference. In July, the Society held a condensed-format Summer Conference in Loughborough, focusing on the disparity between health span and lifespan, the challenges posed by an ageing population, and the urgent need for sustainable solutions. A highlight was the Silver Medal Lecture delivered by Dr. Sarah Bath, University of Surrey, addressing iodine deficiency in the UK. The Postgraduate Competition was another highpoint, showcasing four exceptional PhD presentations, whose associated review papers will be published in the *Proceedings of the Nutrition Society (PNS)* in the coming months. Current students are encouraged to keep an eye out for announcements related to the upcoming 2026 UK and Irish Section PhD review competitions.

August saw the global nutrition community converge in Paris for the 23<sup>rd</sup> International Congress of Nutrition (IUNS-ICN 2025), themed “*Sustainable Food for Global Health*.” Hosted by the French Nutrition Society, the President Professor Jacques Delarue welcomed close to 4,000 delegates from 117 countries to the meeting. Over five days, 2,415 abstracts were presented across 155 symposia, complemented by daily plenary sessions and special lectures that facilitated open discussion and debate. The event highlighted the global challenges facing food systems and provided a platform for international engagement. The next congress will be held in Vancouver, hosted by the Canadian Nutrition Society, having fought off very strong competition from Africa and Australia to host this important event.

It has been another busy and productive year for the Society, marked by impactful scientific events, strengthened global partnerships, and a continued focus on student and early career development.

In September, Nutrition Futures returned to the NCVO in King’s Cross. This student-led event, aimed at nurturing undergraduate and postgraduate nutrition students, continues to grow, offering a supportive space to present work and gain career insights. Congratulations to all our volunteers and local organisers for the hard work in ensuring the success of all of our scientific meetings, one of the most important activities the Society is engaged in.

In October I was delighted to welcome a number of new faces to join our Council and Trustee meetings at our Hammersmith office. New Trustee appointments included Professor Frank Thies (Honorary Publications Officer) and Dr. Hannah Theobald (External Engagement), while Dr. Jenny Rosborough joined as our policy council member. I very much look forward to working with you all over the coming months.

Finally, the year concluded with a significant international engagement event in Islamabad, Pakistan, at the 3<sup>rd</sup> International Pakistan Nutrition and Dietetics Congress. I was honoured to deliver a plenary lecture titled “*From Nutrient Deficiencies to NCDs: Linking Clinical Nutrition Science with Public Health Priorities*.” The visit also enabled us to further develop our links with the Pakistan Nutrition and Dietetics Society (PNDS), who we have signed an MOU with in recent years. Sincere thanks to Fayza Khan and the local team for the warm welcome and hospitality and an excellent scientific programme of national and international contributors.

It has been another busy and productive year for the Society, marked by impactful scientific events, strengthened global partnerships, and a continued focus on student and early career development. We look forward to building on these achievements and I hope to see many of you in London for the Winter meeting in January as we embark on an exciting year ahead.

# CEO Update

Mark Hollingsworth

## Resilience is not about resisting change, it is about shaping it

Some people start a new year with resolutions. My preference is to occasionally find favourite words which I believe will be the ‘word of the year’. For 2026, that word for me is ‘**resilience**’.

The pace of change in our world - economic, environmental, technological, and geopolitical - continues to accelerate. For those of us working in the nutrition science sector, this presents both challenges and opportunities. In such a landscape, I suggest resilience is no longer a desirable trait - it is now essential.

Resilience in learned scientific societies is not just about weathering storms, it is about building systems, networks, and individuals that can thrive amid uncertainty. It is about being flexible without losing focus, and innovative without losing integrity. For The Nutrition Society, resilience, I believe, means ensuring our members have the tools, networks, and support to continue making meaningful contributions to science and society, even when the path ahead is unclear.

Throughout 2025 we have seen resilience in action. Whether it is early career researchers navigating funding shifts, to senior academics adapting to new publishing models and open science mandates, our nutrition science community has responded with creativity and determination. We have also seen the acknowledgment of the power of collaboration - across disciplines, borders, and sectors - as a key driver of resilience. Our recent positive engagement in the later part of 2025 with the Chinese

Nutrition Society and the Pakistan Nutrition and Dietetics Society is a prime example of how international partnerships can strengthen our collective capacity to respond to global nutrition challenges.

Strategically, resilience requires adaptability. In a previous Gazette column, I wrote about the importance of small, sound decisions in shaping change. That principle holds true here, as resilience is built incrementally, through thoughtful planning, inclusive leadership, and a willingness to learn and adjust. Our evolving strategic planning process reflects this, moving away from rigid frameworks toward more dynamic, member-informed approaches.

Learned scientific societies like ours have a unique role to play. We are not just custodians of knowledge, we are conveners, enablers, and advocates. By seeking ways of investing in collaborating, mentoring, training, and publishing support, we help our members build the confidence and capacity to lead in uncertain times. By championing evidence-based policy and public engagement, we ensure that nutrition science remains relevant and impactful.

As we look to 2026, I suggest each of us should think about resilience not as a reaction, but as a mindset. Ask the question, how can we design our Society so that we can anticipate complexity? How can we support colleagues facing professional or personal challenges? How can we ensure our Society remains agile and inclusive?

Resilience is not about resisting change, rather it is about shaping it. And in that spirit, I end 2025 remaining optimistic. The Nutrition Society is strong because its members are strong. Together, I believe 2026 will see us continue to adapt, innovate, and lead, inspired to become more resilient.





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## Finance Update

Professor Tom Hill, Honorary Treasurer

As I write after our October 2025 Trustee meeting, I am pleased to confirm a strong financial year (FY) for 2025, supported in part by the new Cambridge University Press (CUP) publishing agreement and targeted savings in several areas. Below, I provide a concise headline summary across the main financial categories:

### Financial position (FY2025)

We are currently forecasting a year-end surplus of around £75k, potentially rising to £105k after timing adjustments for pre-payments and payments relating to 2024. These figures remain subject to routine audit adjustments (e.g. depreciation) and final confirmation of income and Journal Development Fund reimbursements from CUP, but we are encouraged that at least a breakeven position with a modest surplus looks likely, as we look to begin to re-build our reserves.

### CUP publishing contract

As outlined at the ACM in Loughborough (July 2025), we have entered a new five-year publishing agreement with CUP, guaranteeing £4.6m to the Society across 2025–2029, providing substantial financial stability and greater certainty for forward financial planning.

### Investments

Our investment portfolio stands at £247k, up 4% since the start of the year. Following my annual meeting with the CEO at our banking partner, Coutts in September, we reviewed the portfolio and confirmed a cash-on-deposit strategy to maximise interest on our cash holdings, supported by the predictable inflows from the new CUP contract.

### Governance and planning

The Finance Committee met in October to review and approve the Q3 accounts, agree the year-end (2025) projections, consider cash-flow scenarios, and initiate the 2026 budget timetable. In December 2025, we will meet again to review the end of year accounts and budget.

### Sponsorship policy review in October 2025

In the Summer 2025 Gazette, we outlined our approach to private-sector sponsorship, rooted in independence, integrity and full transparency and how this income helps keep our conferences affordable and funds member support. At our October 2025 Trustees' meeting we completed the annual review of the Supporter Policy, benchmarked against IUNS guidance, and confirmed it remains fit for purpose; we also reaffirmed that sponsors have no influence over scientific content or speaker selection. We will continue to publish all supporter organisations and uses of funds on our website, and notify invited speakers of any private-sector involvement.

In summary, the Society is on track for a modest FY2025 surplus (c. £75k), with investments at £247k (+4% YTD) and strong forward certainty from our new CUP publishing agreement. Financial governance remains robust: the Finance Committee approved Q3 and year-end projections and began 2026 budgeting and our October review reaffirmed a transparent sponsorship policy with no influence over scientific content and continued publication of all supporters

On a final note, I was delighted to be re-elected unopposed to a second term as Honorary Treasurer in July 2025. It is an ongoing privilege to serve on the Trustee Board, and I will continue working with the CEO, finance team, partners and fellow Trustees in pursuit of the best possible financial outcomes for the Society. ■



# Membership Update

Professor Eileen Gibney, Honorary Membership Officer

The student population of the Nutrition Society has grown in recent years with students currently making up 44% of the membership including those overseas. Student members are essential to any scientific membership organisation for several reasons. They bring fresh perspectives, a vibrant energy, and innovative ideas that can invigorate and enrich our community. Additionally, involving nutrition students helps in nurturing the next generation of scientists and professionals, ensuring the continuity and growth of the Society and the nutritional science field. Students also benefit from networking opportunities and access to resources that can help in their academic and professional development.

The University Group Membership Scheme was introduced as a way of proactively capturing the attention of undergraduate students, showing them what the Society can do for them and how it can support their careers and further learning. The pilot so far has shown us that first year students are generally still getting to grips with the transition to being self-reliant, living away from home and understanding the demands of university life, and becoming involved with the Society is a low priority for them. However, by years two and three, students are starting to think longer term, to graduation and beyond, and that is when we can be most beneficial.

The scheme has shown good growth and engagement over the past two years. In year one, we had 45 universities registered. However, we saw an increase in year two, with 47 universities registered as of September 18, 2025. This upward trend highlights our commitment to expanding our network and fostering collaboration among institutions.

Several universities have demonstrated consistent participation and growth. For instance, University College London increased its membership from 23 in year one to 30 in year two. Similarly, Atlantic Technological University saw a rise from 14 to 22 members during the same period. Notably, King's College London maintained a strong presence with 25 members in both years. Other universities have also shown impressive growth. The University of Westminster increased its membership from 14 in year one to 22 in year two, while University College Dublin exhibited strong consistency, with membership of 34 in year one and 30 in year two. We are optimistic that our numbers will

rise again in year three which launched in October 2025. This initiative is designed to engage more universities and foster greater collaboration within our network. We believe that with renewed efforts, we will see another increase in membership and participation.

Post-graduate students are a core group within the Society, with the number rising gradually over the last two years, equating to 24% of total members. These students who are studying for an MSc or PhD, have access to discounts for conferences, travel grants and take advantage of the free access to our journals, as well as reduced publication costs. These students are based around the world, but with the majority centred in UK and Ireland.

The Student Section, representing both undergraduate and postgraduate perspectives within the Society, plays a major role in helping provide activities and resources for the student members. They have put together a bank of inspirational careers webinars and case studies to motivate students looking for direction, and once again this year's vibrant Nutrition Futures student conference hit the mark with fresh ideas and careers guidance. The Early Career Section also joined in this year at the event, to help students transition to Early Career membership and to explain the kind of exciting things they are doing to support members, with a big focus on networking events, which included a relaxed get together at the Summer Conference in Loughborough.

There are many aspects which students can benefit from as members of our global community, from volunteering to presenting their research at one of our conferences, to applying for a grant to attend a conference overseas, to making those valuable contacts around the world for future collaborations or job prospects. And all this for only £21 a year or £10 if you are based in an LMIC country. That has got to be great value!

In conclusion, student members are integral to the success and growth of our Society. They offer fresh insights, drive innovation, and continue to be a thriving community. We are committed to supporting their journey and look forward to seeing the incredible things they will achieve. ■



## Professor Jo Hautvast

We are very sad to announce the passing of one of our most distinguished Honorary Fellows - Professor Jo Hautvast.

Professor Hautvast studied both medicine and social anthropology at Radboud University in Nijmegen. After training in tropical medicine he worked for a period of three years (1967–70) as medical officer in charge of a 72-bed Igogwe mission hospital in the south-western highlands in Tanzania. There he was confronted with the serious nutritional health problems of the region's people. When he returned to Radboud Medical School he became interested in nutrition sciences.

He next studied for a nutrition degree at Cambridge University/Dunn Nutrition Unit (1971–72). In 1972, he was appointed full Professor in Nutrition Sciences and Chairman of the Department of Human Nutrition at Wageningen University (WU). In 2000 he was appointed as Director of the Wageningen Centre of Food Sciences, a large public-private research institute. From 1994 to 2004 he served as Vice-President of the Health Council of the Netherlands.

In 1994 he was instrumental in forming the European Nutrition Leadership Programme (ENLP), becoming known as the proud Father of the, still active today, programme.

He was active in the International Union of Nutrition Sciences (IUNS) and served from 1985 to 1997 as Secretary-General.

In 1996 he received the Royal Distinction of a Knighthood in the Order of the Dutch Lion. In 1983 he was appointed Correspondent Étranger Académie d'Agriculture de France. In 2004 he received the Honorary Doctorate at Potchefstroom University, South Africa.

I joined the Nutrition Society as a student member in January 2025, following a professor's recommendation. It was clear that this was an equitable and exciting organisation, perfect for a nutrition enthusiast like me. Now, as a graduate starting my career, I find it reassuring to be part of a community of like-minded people, that genuinely cares about our profession's future. The events, packed with knowledge and expertise, are welcoming and encouraging. They leave me feeling grateful to pursue my dream, surrounded by inspiring professionals, lecturers, and students, tackling significant issues in nutrition and enacting real change.

Rena Jackson-Belate, 2025 BSc graduate, University of Reading



# Publication Update

Professor Frank Thies, Honorary Publications Officer



It is a great honour and privilege for me to have joined the Nutrition Society Board of Trustees as Honorary Officer for Publication, taking over from Professor Jayne Woodside whose term finished in July 2025. I want to take the opportunity to thank Jayne for the tremendous job she carried out over the last 6 years managing the Publication portfolio. Many important developments were achieved under Jayne's Leadership, including the launch of a new fully open access Journal, *Gut Microbiome* (GMB), published jointly with Cambridge University Press (CUP), as well as overseeing the transition to open access for our Journals, and more recently, a new 5 year contract with CUP, which offers numerous benefits to our Society members as well as journal users and contributors.

The publication strategy is now embedded in the broader Society strategy. Individual journal development plans, including novel marketing initiatives and multi-level strategies to improve the journals' performance, are being devised with CUP. We will start trialling these novel approaches very soon and I hope we will be able to report positive outcomes in due time. Our journals are performing well, with journal metrics relatively stable overall. Development is led by the competent, dedicated work of our Editors in Chief (EiCs), who continue to work closely with our journal publisher to increase our journals' visibility, attract more high quality submissions and increase number of citations. Currently, the majority of our journals are ranked in first or second quartile within their field of research, which is a great achievement. Our ambition is to improve all metrics for all our journals, for them all to secure first quartile ranking. This is not an easy task considering the current high level of competition in publishing, but we are confident that the new strategy will allow us to reach this objective. One of the main challenges our journals increasingly face, is submissions from paper mills, and submissions for which peer review and publication processes have been compromised, meaning editorial processes for their identification will increasingly need to be refined and adapted.

In order to streamline editorial process for all the journals, changes will be implemented to support and renew our editorial boards. The *British Journal of Nutrition* (BJN) is currently piloting an 'Editor Shadowing programme' in which an early career researcher is paired with a Deputy Editor with similar research interests to learn more about the role of an Editor which will hopefully feed into the Editorial Board renewal process at year end.

If successful, we intend to fully implement the scheme and extend it to the other journals. In consultation with the EiCs, we have also streamlined and harmonised the succession planning process, with EiCs appointing deputy EiCs 6 months before their term comes to an end to ensure a smooth

transition. Part of our publication strategy is to develop strong partnerships with international organisations to publish conference proceedings. Following the agreement between the *Journal of Nutritional Science* (JNS) and IUNS to publish abstracts and review papers from the IUNS ICN 2025 congress, *Proceedings of the Nutrition Society* (PNS) has agreed to become the official publishing partner of FENS, starting with the 2027 Congress. Supported by CUP, we also continue to develop and carry out other international activities, which include our journals and EiCs hosting publication focused sessions and workshops during international conferences. Recent activities in Argentina (in partnership with DOHaD), China (at the Chinese Nutrition Society Conference) and in Pakistan (at the Pakistan Nutrition and Dietetics Society conference) have been very successful, and we will continue developing these to raise our journal's profiles. Last but not least, the publication portfolio also includes the Nutrition Society Textbook Series which continues to be held in high regard across the globe. I am delighted to announce the publication of our newest textbook on the Series, *Animal Nutrition*. The title, published in collaboration with The British Society of Animal Science, is available as hard copy and e-book and will be a vital resource for those studying and working in the field. Congratulations to the Editorial team on this exciting new textbook. The 3rd edition of *Clinical Nutrition* is well underway with authors updating their chapters; publication is planned for late 2026.

I only started my term of Office recently, but significant progress has already been made. I am so grateful for the diligent work of the EiCs, editorial boards, reviewers, and the Nutrition Society and CUP staff. This is a fast moving, very active portfolio, and I am looking forward to working with the Nutrition Society and CUP's highly competent and dedicated staff to further strengthen relationships and to expand our journal profiles and impact. ■



# Honorary Fellow Reflection

Professor Thomas A B Sanders, DSc PhD RNutr



## What attracted you to nutrition science?

I was inspired by articles written by Professor John Yudkin to apply to study for the BSc (Nutrition) at Queen Elizabeth College (QEC). The course in those days was packed full of chemistry, physiology, economic biology, food science, biophysics and statistics with two days of laboratory practicals a week. Course units in Nutrition did not feature until the final year which included a country project consisting of an overview of the nutritional problems and strategies to improve nutritional status.

## How did your early career develop?

I graduated in 1971 and was lucky to get a two-year placement with UNICEF in Jakarta on VSO. This was a life-changing experience which involved frequent field trips, mainly in Java, Bali and Lombok to report back on the progress of the UNICEF assisted Applied Nutrition Programme. At that time there was much emphasis on the adequacy of protein intake. But what I had learnt at QEC was that in practice this was not a problem. I had been taught that mixtures of plant foods could provide adequate protein intake.

The main problems were lack of food and limited dietary diversity especially in remote areas, and these were compounded by a high prevalence of infectious diseases. What struck me most was the importance of infrastructure, access to clean water and exposure to natural disasters. I learnt to look at what was on sale in the local market as an indicator of dietary diversity.

On return to the UK, I was fortunate to get a job as a research assistant to Dr Frey Ellis in the Pathology Department at Kingston Hospital to study lipid metabolism in vegans vs. omnivores with supervision of my PhD by Professor John Dickerson. I completed my PhD by the end of 1976 and got a Rank Prize Fund Fellowship in 1977 at QEC which allowed me to develop my own research. I could see that I needed to collaborate with expertise outside nutrition and built strong links with the MRC Epidemiology and Medical Care Unit at Northwick Park Hospital (Professors Andrew Haines, George Miller, Kennedy Cruickshank) and with the MRC Lipid Metabolism Unit (Gilbert Thompson) at the Hammersmith. At the age of 33 years, I was appointed as a lecturer in nutrition and a decade later to the Chair of Nutrition & Dietetics, formerly held by Yudkin, at King's College London.

## 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?

My PhD research identified limited conversion of linolenic acid to docosahexaenoic acid, highlighting the importance of dietary sources. My subsequent work examined the effects of omega-3 fatty acids on eicosanoid production, haemostatic function and lipoprotein metabolism.

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

The award of research grants was exciting but completing the projects was always challenging. I enjoyed teaching but loathed marking exam scripts. It has been rewarding to see how the careers of students and staff have progressed. I was particularly touched when a former intercalated BSc student said in her inaugural lecture as a Professor of Intensive Care Medicine that I had inspired her to do research. I enjoyed writing popular articles. A notable one was the A-Z Guide of Food Scares serialised in the Observer magazine. I also had fun being on TV and the radio. At one stage, I used to do a weekly slot on a day-time TV show called the Treatment and became involved with BBC That's Life and with the BBC Food and Drink Programme. I even published a paper in the Lancet with Dame Esther Rantzen as a co-author!

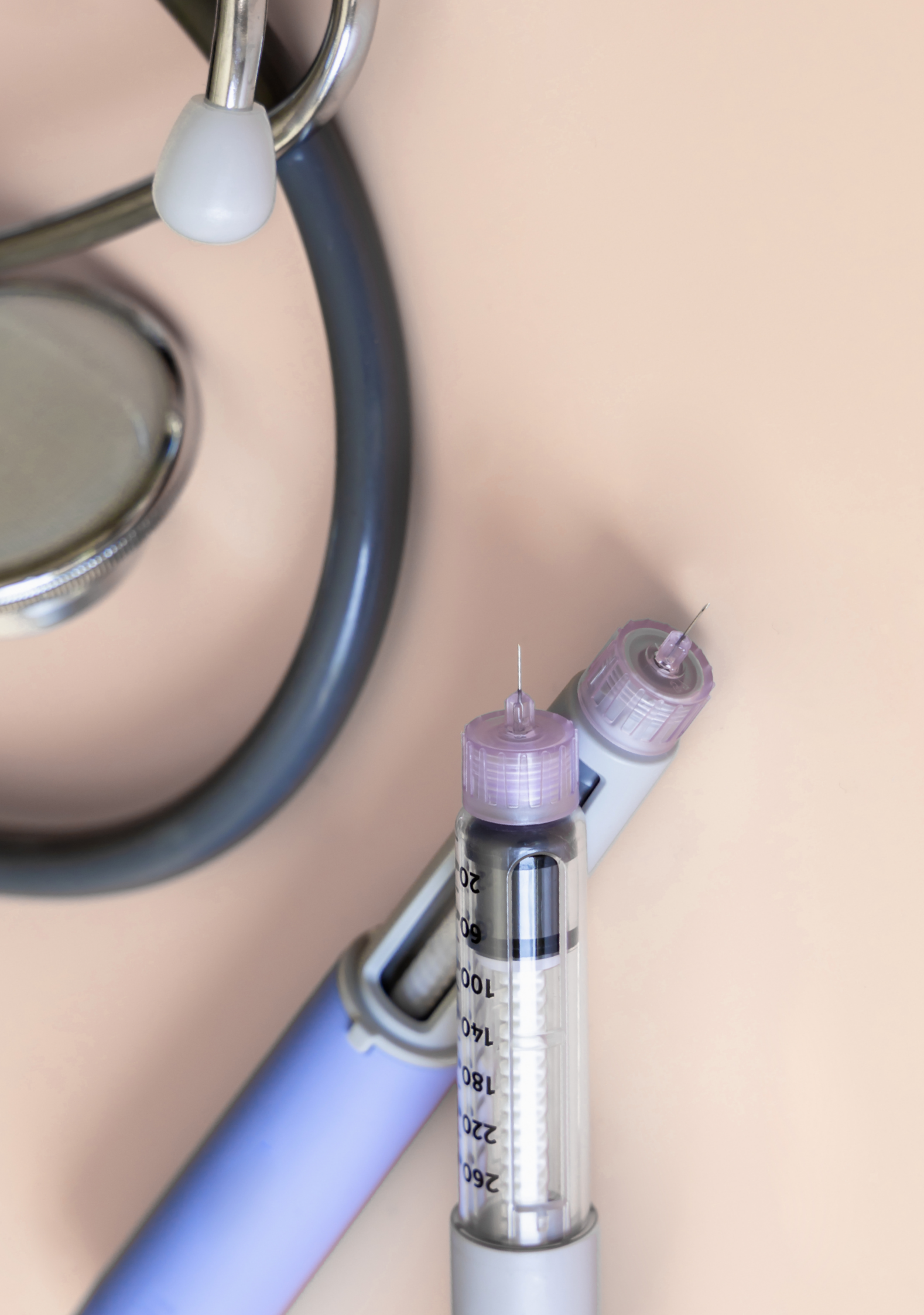
## In your opinion, how has the field of nutritional science and the key issues changed since your career started?

Increased food production, dietary diversity, micronutrient fortification and iodisation of salt have eradicated much of the malnutrition formerly seen in emerging economies. The field has shifted from addressing nutrition deficiencies to addressing chronic diseases of affluence. Although average life expectancy has been extended by about ten years, many of the extra years are spent in declining health. Nowadays nutritional recommendations are more likely to be based on epidemiological observations rather than tightly controlled dietary studies. The current challenges including obesity, climate change and global population growth paint a bleak picture of the future.

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

One of the first presentations of the many I gave was "Are long-chain polyunsaturated fatty acids necessary in the human diet?" in 1976, a question that remains relevant. I found the meetings were an excellent opportunity to showcase work in progress, discuss new ideas and foster collaboration. However, what I enjoyed most was the company and gossip of fellow nutritionists. ■





## SCIENCE UPDATE

AMANDA AVERY PHD, RD, RNUTR (PH)

# Ask the Expert

## IS PHARMACOTHERAPY THE WAY FORWARD IN WEIGHT MANAGEMENT?

‘Lifestyle modifications are recommended for all patients who require weight loss, whereas additional pharmacotherapy is advised for individuals in whom lifestyle interventions have failed’<sup>1</sup>.

Such statements are being widely quoted in the scientific literature explaining the potential benefits of pharmacotherapy and especially the role of the incretin-based medications. And yet such statements fail to recognise that over 20% of people who have tried to manage their weight through lifestyle changes will still be lighter five years after the start of their weight loss journey<sup>2</sup>. Given the complexity of obesity, the acknowledgement that obesity is a chronic relapsing condition and also that we live in an obesogenic environment, we should perhaps be more impressed and re-position the data as a success rather than positioning as a failure. Lifestyle or behavioural weight management interventions can be associated with other health benefits too. The benefits of a healthier diet, increased physical activity and reduced sedentary time, alongside improved sleep habits extend beyond weight loss and any good weight management intervention should also think about long-term health benefits. However, changing one’s behaviours can be challenging and requires a certain level of motivation and self-determination. These traits can be undermined by the vast amounts of highly palatable, relatively cheap high energy dense foods that are so easily available. Medications are a much easier solution? Medications may also help people achieve more clinically effective weight losses that are hard to achieve through behavioural weight management interventions alone.



WHY MIGHT PHARMACOTHERAPY BE AN ATTRACTIVE OPTION?

Energy balance is maintained by a network of interacting feedback mechanisms involving the brain, gut, liver, thyroid, pancreatic endocrine system, and adipose tissue<sup>3</sup>. Proglucagon-derived peptides, glucagon, and the incretin hormones GLP-1 and glucose-dependent insulinotropic polypeptide (GIP), are attractive targets for managing obesity and metabolic disorders<sup>4,5,6</sup> because they can play a desirable direct role in multiple mechanisms, including satiety, energy homeostasis, and lipolytic activity<sup>7,8,9</sup>. GIP offers additional central modulation leading to a reduced food reward and cravings for sweet and energy dense foods<sup>10</sup>. ■

SO, WHAT DO WE KNOW ABOUT THE ‘NEW’ WEIGHT LOSS MEDICATIONS?

Liraglutide (Saxenda) and Semaglutide (Wegovy/Ozempic) are both glucagon-like peptide 1 (GLP-1) receptor agonists (RA). They stimulate the release of the hormone GLP-1 from the gut. Liraglutide needs to be injected daily whilst Semaglutide has a longer half-life and is injected weekly and thus is the preferred option. Tirzepatide (Mounjaro) is a dual GIP/GLP-1RA. It is this dual effect that has resulted in the greater reported weight losses from clinical trials. To reduce the initial gastrointestinal side effects that are commonly reported, doses are titrated up until the maximum prescribable maintenance dose is achieved or to a dose where any side effects are manageable. Typically the dose escalation period is between 16-20 weeks. ■

EVIDENCE

The STEP-1 double-blinded trial<sup>11</sup>, industry funded, recruited 1961 adults with a mean BMI at baseline of 37.9kg/m2 and found that a mean weight loss of 14.9% was achieved at 68 weeks in those participants randomised to the semaglutide intervention group compared to a 2.4% loss by the control group. Almost 87%, versus 31.5% control participants achieved a ≥5% weight loss at 68 weeks. Around half of those receiving the 2.4mg maintenance dose of semaglutide achieved a 15% or greater weight loss at the end of the study with weight losses tending to plateau at 44 weeks. A greater improvement in cardiometabolic risk factors including glycated haemoglobin, fasting blood glucose, C-reactive protein, fasting lipids and waist circumference, was observed in the intervention group. Both groups received intense support from a clinician (15 contacts) to encourage participants to have a diet lower in energy and to take more physical activity. Participants were encouraged to complete daily food diaries and to record their activity levels. The adherence rate was 81.1% with slightly more reported side effects (mainly gastrointestinal) in the intervention group with titration back to lower doses if required to minimise side effects. In a sample of 140 participants, although total lean body mass decreased in absolute terms, the proportion of lean body mass relative to total body mass increased in the intervention group.

More recently the SURMOUNT-1 trial<sup>12</sup>, again supported by industry, reported on the efficacy of tirzepatide (Mounjaro). In this double-blinded trial, participants were randomised to different maintenance doses (5mg, 10mg, 15mg) or placebo for 72 weeks with no support to change diet or physical activity behaviours. The study population have very similar characteristics to the participants recruited to the STEP-1 trail with around 70% females, a mean age of 44 years and a baseline BMI of 38.0kg/ m². Again, cardiometabolic risk factors significantly reduced and physical function increased compared to placebo and the ratio of total fat mass to total lean mass, decreased more with tirzepatide.

Intervention	Weight loss at 72 weeks	Achieving ≥ 5% weight loss	Discontinuing due to adverse events
5mg tirzepatide	15%	85%	4.3%
10mg tirzepatide	19.5%	89%	7.1%
15mg tirzepatide	20.9%	91%	6.2%
placebo	3.1%	34.5%	2.6%

The 10-mg and 15-mg tirzepatide groups were similar in mean percentage weight reduction, yet a higher proportion of participants in the 15-mg group met the ≥10%, ≥15%, and ≥20% weight-loss targets. Given no greater number of adverse events, the 15mg dose is thus being presented as the preferred maintenance dose. ■

BUT....ARE RESULTS FROM THE CLINICAL TRIALS TOO GOOD TO BE TRUE?

Clinical trials can never be completely reflective of what is going to happen in the real-life setting. Instead what we are seeing is lower levels of weight reduction in real-world analyses- and multiple challenges. The challenges include side effects, especially gastrointestinal, nutritional deficiencies due to very low food intake, potential muscle and bone loss and high discontinuation rates (50-67% at 1yr and 85% at 2 yrs) with subsequent weight regain<sup>13</sup>. In real-world practice, the efficacy for weight reduction is lower, approx 8% for adults with diabetes and 11% for adults without diabetes at 60 weeks with semaglutide at 2.4 mg/day<sup>13</sup>. Generally, weight reduction is more rapid during the first 6 months and then slows with plateauing at 18 months<sup>11,12</sup>. When the medications are discontinued, weight regain is common with up to two-thirds of lost weight regained within 1year<sup>14</sup>. These real-world results are not that dissimilar to what can be achieved through evidence-based behavioural interventions<sup>15</sup>. The high medication costs and significant weight regain are questioning the cost-effectiveness and there are some concerns about the heightened risk of eating disorders<sup>16</sup>. For people with emotional eating tendencies, where there is central dysregulation because of years of using food as reward, the new incretin-based medications can lead to positives but also challenges<sup>17</sup>;

“

*That's what's amazing about these medications. It does quiet the food compulsion noises and desires to binge eat. The food noise just goes away. The 4 weeks I had access to the medication was amazingly silent in my compulsion to eat my feelings away.*

*One of the best things about Ozempic for me is that it quiets the food noise in my brain. By which I mean that Ozempic frees up the mental and emotional energy I used to spend on either thinking about food or thinking about not eating food I very much want to scoff down.*

*I was on Wegovy for a month. Within a few weeks, I had anxiety and was so depressed, I wasn't leaving my room, or spending time with my kids. I did the bare minimum. I have had depression before, but weeks of being solitary has never been my experience. I now have seen that depression is a side effect, along with extreme fatigue.*

*They IMMEDIATELY threw my emotions into a downward spiral. I'm infuriated that they don't list anxiety and depression as an official side effect yet it's all over the internet. I actually became angry for no apparent reason within 1h of taking and felt miserable for days until it wore off.*



Ideally evidence-based nutritional and behavioural therapy should be offered to adults with obesity using pharmacotherapy. There should be appropriate baseline screening, including relevant medical conditions, usual dietary habits, mental well-being, emotional triggers, disordered eating and a comprehensive assessment including body composition and lifestyle assessment - physical activity levels, sleep, mental stress, substance use, social connections and level of food security. During incretin-based medication use, nutritional and medical management of gastrointestinal side effects is critical, as is navigating altered dietary preferences and intakes to prevent nutrient deficiencies, preserve muscle and bone mass through resistance training and appropriate diet. Levels of food and nutrition insecurity alongside nutrition and culinary knowledge influence equitable obesity management with ‘GLP-1s’<sup>16</sup>. Emerging areas for future practice include dietary adjustment to improve levels of endogenous GLP-1, nutritional priorities for weight maintenance post-cessation and strategies to improve compliance.

Everything the exogenous ‘GLP-1 medications’ do, our body could potentially do on its own through endogenous production. Why our body sometimes ‘fails’ is because of our diet and lifestyle. Having a healthy gut microbiome is so important. Fermentable fibres which increase production of short chain fatty acids (SCFAs) can lead to an increased production of endogenous GLP-1<sup>18</sup>. Encouraging people to have more fibre and greater fibre diversity in their diet, alongside the other lifestyle habits required for a healthier gut microbiome, is still a challenge but is likely to be more accessible at family and population level and also likely to have wider long-term benefits. ■

[See the references](#)



# Nat

My path to becoming a dietitian has been anything but straightforward. After studying English Literature at the University of Exeter, I worked in a variety of jobs before taking on my most rewarding role, becoming a mum. Years later, when Covid struck, a family friend invited me to join a Primary Care Network in London, one of the first to roll out the vaccine. Overnight I went from stay-at-home mum to keyworker, rapidly learning about vaccines, NHS culture, teamwork, and supporting anxious patients. It was a whirlwind, but I remain grateful to Richmond Medical Group for their courageous leadership, trust in me, and commitment to evidence-based care. They encouraged me to consider my next steps and even arranged work experience beyond the PCN. That guidance gave me confidence to explore dietetics, where I discovered my passion for using nutrition and lifestyle to support disease management and improve quality of life.

My journey led me to the University of Surrey, one of the UK's top-ranked universities for Dietetics. Despite not having a science background, I was accepted onto the foundation year, which provided a solid grounding in A level biology, chemistry, maths, and reflective writing. Successfully completing this enabled me to progress to the Nutrition and Dietetics degree, which has been both challenging and rewarding. From experiencing ward simulations, working in labs to studying exercise physiology to preparing for clinical placements, the course has continually shown me how nutritional science can be applied practically to improve health and quality of life.

As a mature student, my attitude to university is simple: "let's give it a go." I've embraced opportunities, perhaps too many! This year I'm year 2 course rep, a Swartz round rep, and President of the Nutrition and Dietetics Committee. Beyond that, I serve as treasurer for the BDA Public Health

## Leeman

Specialist Group and Student Rep for the BDA England Board. These roles now blend into daily life. A day in the life of this dietetic student is about balancing school runs, lectures, volunteering, and family time. It's more about partying in the kitchen rather than in the clubs! Switching from student to parent happens in car journeys and tag-teaming with my husband (whom I couldn't do my degree without his support!). It's both busy and organised, simple and complicated.

Most days begin at 6am, when I get up before the kids and use the quiet time to focus on coursework, writing an article, or volunteering tasks. By 7am the house is awake, and I'm focused on breakfast, packed lunches, and the school run. At 8am I either head to campus or drop the kids at school before lectures, meetings, or volunteering from 9am-3pm. At 3pm I'll leave uni to do pick-up and then after school clubs like tennis, swimming or art. Otherwise I'll stay on for later lectures or revision. By 6pm we're all home and dinner is on. If we've planned it well, something delicious is brewing in the slow cooker when we walk in the door, or else it's something from scratch or leftovers. From 7:30pm the kids are in bed and it's time to review work done that day and prep the next day. There'll be around an hour for some downtime with my hubby before bed. It's quite full on! This year it's been really hard to get in exercise around trying to do our core priorities well, but we are on the move a lot and do still seem to get in quite a few steps. Life is busy, but I love the balance between motherhood and student life. It challenges, energises, and reminds me daily what a gift studying really is.



My course mate Jess and I in the simulation suites at the University of Surrey in first year.



Getting ready for my student dietetic placement in my new uniform.



Nutrition and Dietetics Society Team at Freshers Fair 2025.



Outside uni, taking a moment to appreciate the journey.

## A day in the life



A LETTER FROM...  
BRAZIL



The connections between human health, the environment and social systems have never been more evident. The Developmental Origins of Health and Disease (DOHaD) and One Health concepts, though distinct in their origins, share a deeply intertwined vision: health as a continuum that begins even before conception and extends beyond the individual, encompassing the ecosystems that sustain life. This interconnectedness was at the heart of the discussions during the 13<sup>th</sup> DOHaD World Congress, held from 7 to 10 September 2025 in Buenos Aires, Argentina. Under the theme “DOHaD: A Bridge Towards One Health”, researchers in basic sciences, clinical professionals, public health experts and policy leaders from around the world gathered to reflect on how early-life environments and global ecological changes shape health across generations.

The DOHaD concept, grounded in decades of epidemiological and experimental evidence, emphasises that the environment experienced during early development, particularly in the womb and early childhood, has lasting effects on the risk of chronic diseases such as obesity, diabetes, and cardiovascular disorders. Maternal nutrition, stress, infections, and exposure to environmental pollutants can all programme biological systems through epigenetic mechanisms, altering how genes are expressed and influencing long-term physiological outcomes. In this way, health trajectories are not merely a product of genetics or adult lifestyle but are powerfully shaped by the conditions of early life. The One Health concept, in turn, broadens this perspective by recognising that human, animal and environmental health are fundamentally interconnected. Emerging zoonotic diseases, antimicrobial resistance, biodiversity loss and climate change are reminders that human well-being cannot be separated from that of the planet. Together, these concepts advocate for interdisciplinary collaboration to create integrated strategies for prevention, sustainability, and resilience.

At the 13<sup>th</sup> DOHaD World Congress, these two concepts met on common ground. Speakers highlighted how the intrauterine and planetary environments are not distant realms, but parallel ecosystems governed by similar principles. Just as parents’ nutritional and psychosocial environments influence foetal development, the Earth’s environmental stability conditions the health and survival of populations. Sessions explored how climate change, pollution and food insecurity affect parental and child health. Rising temperatures, extreme weather events and soil degradation are already compromising food quality and diversity, reducing access to micronutrients essential for foetal and infant growth. Air pollution and exposure to endocrine-disrupting chemicals were discussed as invisible stressors capable of crossing the placenta and altering developmental pathways. These factors contribute not only to the rising global burden of non-communicable diseases but also to intergenerational cycles of vulnerability.

Nutrition emerged as a key bridge between DOHaD and One Health. The availability and quality of food are shaped by agricultural practices, ecological health, and social equity. Ensuring food security is no longer just a matter of production but of sustainability and justice. It was emphasised that a healthy diet must begin long before an individual’s first meal; it starts with the parents’ access to nutritious, safe, and culturally appropriate foods. In this sense, discussions also confronted the challenges posed by forced migration, wars, and famine. Displacement and conflict disrupt access to healthcare and nutrition, disproportionately affecting women and children during the most critical developmental windows. Periods of prolonged undernutrition followed by abrupt refeeding were highlighted as particularly dangerous, as they can precipitate refeeding syndrome, a severe metabolic imbalance that underscores the physiological fragility created by nutritional deprivation.

Addressing these issues demands policies that integrate humanitarian response with long-term developmental and environmental goals. The dialogue between DOHaD and One Health ultimately redefines health as a living bridge between generations and environments. This integrated vision urges a shift from reactive medicine to proactive prevention, beginning before conception and extending to global care. As highlighted throughout the 13<sup>th</sup> DOHaD World Congress, “A Bridge Towards One Health” is not just a theme but a roadmap: protecting future generations demands nurturing the ecosystems that nourish us, supporting equitable access to healthy food, and ensuring that no community is left behind. In uniting biology with ecology, and human welfare with planetary stewardship, the congress reaffirmed a timeless truth: there is only One Health, shared across generations. ■

**Antonio Marcus Paes, PhD**  
Co-President of the 13th DOHaD World Congress  
Associate Professor of Human Physiology, Federal University of Maranhão, Brazil.



IUNS-ICN 2025

The 23<sup>rd</sup> International Congress of Nutrition (ICN) took place from 24<sup>th</sup> to 29<sup>th</sup> August 2025 at the Palais des Congrès in Paris. Under the theme “**Sustainable Food for Global Health**”, the event gathered **3,835 delegates** from **117 countries**, leaving an impact on the nutrition community by serving as both a hub for scientific exchange and a platform for shaping global policy.

Central to the Congress was the call for sustainable food systems. Sessions highlighted the urgent need for dietary recommendations that align with environmental realities, advancing diets that are not only health-promoting but also climate-conscious. This alignment of nutrition, sustainability and equity is expected to influence future dietary guidelines and international strategies addressing undernutrition, micronutrient deficiencies, obesity and non-communicable diseases.

Beyond science, **the ICN strengthened collaboration** across generations and regions. Young professionals were given visibility and opportunities to connect with senior experts, while voices from low- and middle-income countries helped bridge the traditional North-South divide in research and policy dialogue. The Congress underscored that nutrition science must remain inclusive, interdisciplinary and globally connected.

Paris also marked a turning point in governance. At the IUNS General Assembly, a new Council was elected for 2025–2029, with **Professor Hyun-Sook Kim** appointed President and **Professor Jacques Delarue** as President-Elect. They are joined by Vice President **Professor Francis Zotor**, Secretary General **Professor Edith Feskens**, Treasurer **Professor Welma Stonehouse** and six Council members representing diverse regions. New Task Forces were launched to advance research, while Early Career Grants, recognition awards and a firm condemnation of the use of food as a weapon of war reflected IUNS’s renewed mission.

With governance reforms, digital infrastructure and expanded membership, IUNS enters its next chapter stronger, more resilient and better equipped to lead global nutrition science.

Looking ahead, the **24<sup>th</sup> ICN will take place in Vancouver, Canada, in 2029**, continuing the mission to link nutrition, sustainability and health worldwide.

**Inès Belben,**  
Nutrition Society Intern  
April-August 2025





DR OONAGH MARKEY

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

The Nutrition in the Treatment, Management, and Prevention of Disease theme continues to build momentum, driven by the active engagement and leadership of its three diverse Special Interest Groups (SIGs).

■ **Phytochemicals and Health SIG**, co-chaired by Professor Ana Rodriguez-Mateos (King's College London) and Dr Charlotte Mills (University of Reading), hosted the successful second edition of their Phytochemicals and Health Symposium at the University of Exeter in September. The SIG is also advancing work through several focused subgroups, addressing dietary recommendations, best practice in human trials, and the communication of evidence-based messages related to phytochemicals.

■ **Diet and Health of Ethnic Minority Groups SIG**, co-chaired by Professor Basma Ellahi (University of Chester) and Dr Hibbah Osei-Kwasi (Loughborough University), continues to expand, with increasing member engagement and new collaborative research initiatives. The SIG focuses on nutrition inequalities linked to migration and ethnicity, dietary practices, and their relationship with all forms of malnutrition—particularly within African and Caribbean communities. Plans are underway for a half-day event in 2026 to bring together researchers working on topics relevant to the SIG.

■ **Nutrition, Activity and Cancer SIG**, established by a core group led by Dr Steve Wootton (University of Southampton) and now co-chaired by Dr Monika Gostic (University of Aberdeen) and Toral Shah (The Urban Kitchen and Integrative Oncology Practitioner), aims to foster a supportive, inclusive community that advances research and practice in cancer prevention, management, and survivorship through nutrition and physical activity. The group will shortly launch a webinar series shaped by member input and is developing a mentorship programme to support career development.

### Do get involved!

We welcome participation from members at any career stage, from students and early career researchers onwards. If you're interested in joining a SIG or proposing a new one, please visit the [website](#) for more information.

While it may seem a long way off, planning for the **Winter Conference 2028** will shortly be underway! I'll be leading this in collaboration with the Society's Science Committee. If you have ideas for priority topics, I'd love to hear them—feel free to chat with me at Winter 2026 or get in touch at [o.markey@lboro.ac.uk](mailto:o.markey@lboro.ac.uk). Member input is always valued and helps shape a programme that reflects the interests and needs of our community.

DR LISA CONEYWORTH

## Novel Nutrition Research Methodologies and Technologies Highlights

The past few months have been incredibly busy for the Novel Nutrition Research Methodologies and Technologies Theme. Our Special Interest Groups (SIGs) continue to develop, collaborate, and drive innovation across diverse areas of nutrition research.

■ **The Nutritional Psychiatry SIG**, co-chaired by Dr Piri Hepsomali, Dr Daniel Lamport, Professor Kathrin Cohen Kadosh, and Dr Simon Dyall, launched its inaugural event in September: "Nutritional Psychiatry Through Multiple Lenses – Insights from Academia, Clinical Practice, and Industry." The session brought together experts to discuss emerging perspectives and identify key priorities for the SIG's future activities.

■ **The Interdisciplinary Nutrition SIG**, led by Dr Juliano Morimoto, hosted the iNUTRI event over the summer, which brought together researchers from a range of disciplines to explore integrative approaches to nutritional science.

At the time of writing, we are deep into the organisation phase of the Winter Meeting, titled "**Pushing the Boundaries of Nutritional Science**" taking place at The Royal Society, London, in January 2026. The event will feature four symposia:

The Role of Technology in Advancing Nutrition Research  
Foods for the Future  
The Role of Omics Technologies in Personalised Nutrition  
Practical, Ethical, and Policy Considerations

As Theme Lead, this is my first time being involved in organising a conference on such a scale. I have been amazed by how much work goes on behind the scenes and have learned an incredible amount along the way. I am deeply grateful for the support of colleagues at the Nutrition Society - in particular, the conference team and the Science Committee. It continues to be team effort, and it is shaping up to be an exciting event. I look forward to seeing many of you there.

DR CHRISTIAN REYNOLDS

## Food Systems

The Food Systems Theme continues to thrive, driven by the energy and commitment of its three Special Interest Groups (SIGs): School Food Systems, Global School Health and Nutrition, and Plant-Based Diets and Health.

■ **School Food Systems SIG**, chaired by Dr Suzanne Spence (Newcastle University), hosted a successful online event in June, attracting around 50 participants from academia, local authorities, the third sector, and consultancy. The session featured presentations from Rab Brownell (Fantastic Food in Schools Programme, Tower Hamlets) and Dr Niamh O'Kane (Queen's University Belfast). Early Career Researchers (ECRs) were given a platform through a rolling one-slide showcase, highlighting innovative work across the UK. Interactive Q&A and breakout discussions provided valuable feedback on future formats. Planning is underway for the next online session, which will broaden participation beyond ECRs while maintaining inclusivity.

■ **Global School Health and Nutrition SIG**, chaired by Dr Robert Akparibo (University of Sheffield), co-organised a well-attended side symposium at the International Congress of Nutrition (IUNS) in Paris (August 2025). The session, titled "The Multisectoral Value of School Meals Programmes Beyond Nutrition – Examples from Europe and Africa", drew over 300 participants and showcased global efforts to overcome implementation barriers in school health and nutrition interventions. The SIG continues to collaborate with the Research Consortium for School Health and Nutrition and UN agencies to address evidence gaps. Leadership changes are underway following Professor Alan Jackson's departure as Co-Chair.

■ **Plant-Based Diets and Health SIG**, co-chaired by Dr Tammy Tong and Dr Keren Papier (University of Oxford), held an informal meet-up during IUNS and is planning its first online event later this year. Members are actively shaping the group's direction, ensuring it reflects their interests and priorities.

**Get involved!** We welcome members to join discussions, contribute ideas, and help shape future activities. Whether you're an ECR, practitioner, or researcher, your input matters. Visit the [Nutrition Society website](#) to connect with these SIGs and be part of the conversation.

PROFESSOR SARAH BERRY

## Nutrition and optimum life course

The critical role of nutrition throughout the life course has been underscored this month by a landmark UK government policy: **the integration of menopause into England's free NHS Health Check**. This initiative provides a crucial pathway for early intervention, promoting dietary strategies to alleviate menopausal symptoms and, critically, mitigate the associated risks of cardiometabolic disease and osteoporosis.

This policy focus coincides with the establishment of a new Nutrition Society Special Interest Group (SIG) sub-working group, '**Workplace Menopause, Nutrition and Health**'. This group was formed by the '**Workplace Diet and Health**' SIG, led by Dr Rachel Gibson. With an estimated 10% of women leaving their jobs due to menopausal symptoms, this subgroup will address a significant challenge to both public health and the UK economy. This new activity builds on the success of the parent SIG, which now includes 79 members and recently held its 13<sup>th</sup> meeting in September.

We invite members to get involved in this work and to explore our other SIGs within this theme, including '**Nutrition and Healthy Ageing**' and '**Sport and Exercise Nutrition**', to continue advancing research on nutrition throughout the life course.

Theme Updates

# Irish Section Update

In my last update for the Summer Gazette, we were looking forward to our Summer Conference, which was just around the corner! We are proud to say that the team at TU Dublin Grangegorman campus, led by Dr Eileen O'Brien and Dr Liz O'Sullivan, did an amazing job! The meeting, held 11<sup>th</sup>-13<sup>th</sup> June 2025, was entitled 'Promoting optimal nutrition for People and Planet' and brought 144 registered participants together across 3 days, with 11 guest speakers, 17 session chairs, and 71 accepted Original Communications. We congratulate Liz, Eileen and team on such a successful and engaging conference.

In keeping with the meeting's theme, the last session concluded with a reflection on the ongoing humanitarian crisis in the Middle East. In a particularly poignant sentence, Liz remarked, "It is unacceptable that, while we gather to advance our understanding of nutrition science, others are being denied the most basic means of survival." We were heartened to see the Society's statement issued during the conference, condemning the deliberate restriction of access to adequate, nutritionally appropriate food in any context. It was also timely later in August to see the IUNS release a statement in Paris denouncing the use of food as a weapon of war - statements we at the Irish Section fully endorse and support.

Our next meeting will be the Irish Section Postgraduate meeting, to be held in the Hyatt Centre in the Liberties, 25<sup>th</sup>-27<sup>th</sup> Feb 2026. As always, this friendly meeting is open to all postgraduates across the society, and we strongly encourage you to consider attending, especially if you are not in the Irish section!

The 2026 Irish Section Summer Conference will be held on 17<sup>th</sup>-19<sup>th</sup> June, at the Ulster University campus in Coleraine, chaired by Dr Catherine Hughes. The theme is 'Innovative approaches for optimising nutrition across the lifecycle', and it's already shaping up to be an exciting programme, so please note the dates in your calendars!

In our last update, we also mentioned a session being drafted on tackling nutrition misinformation - we were really pleased that the Nutrition Society, alongside NutriPD, INDI and the BDA, hosted this on 27<sup>th</sup> November in Dublin.

Finally, committee member Dr Ainé Hennessey welcomed a new baby girl, Fiadh, in September - congratulations Ainé, we are delighted for you and wish you all the best at this exciting (and busy!) time.

**Dr Emma Feeney**  
Secretary, Irish Section

## Nutrition Society Congress 2026

21-24 July  
Newcastle, UK

[nutritionandsociety.org](https://nutritionandsociety.org)



## Join us in Newcastle for our flagship event!

We're taking the Congress to the next level in 2026, with more science, more networking and a new city to explore. We look forward to seeing you in Newcastle!

**Submit an abstract before 23:59 on 13 April.**



**DR OLIVER SHANNON, CHAIR**

### Early Career Section Update

Building a network of colleagues, collaborators and contacts is vital for nutrition professionals. It can provide opportunities for sharing skills and experiences, give you a pool of individuals to collaborate with, and improve your visibility. Whether you love or hate networking - it's here to stay. The Nutrition Society has a long history of helping its members build their personal and professional networks. In particular, the Society Conferences are known to be incredibly welcoming, with regular coffee and lunch breaks to encourage organic networking opportunities amongst members of all career stages.

Networking is particularly important for those early on in their career, and our first priority for the Early Career Members (ECM) Section - now celebrating the end of its first year as a Section - was to offer a range of new and exciting networking opportunities for our ECMs. We started off the year by hosting a successful online networking event, which was well attended by ECMs from the UK and abroad. This was followed up with a range of in-person activities anchored to our conferences, including ECM networking drinks at the Summer Conference which were attended by over 30 members. We organised a buddy scheme for the IUNS conference to help ECMs attending this large international conference form a new connection, and we helped organise activities for the brilliant Nutrition Futures Conference.

To wrap up our 2025 activity, we hosted a cross-society networking event on Monday 24<sup>th</sup> November which was jointly run with AfN, IFST, NII and BDA - leading organisations within the food and nutrition space. This helped our members expand their networks to those working in complementary fields and was also an opportunity to discuss some of the 'hot topics' in the food and nutrition space at the moment. Think ultra-processed foods, AI and GLP-1 agonists!

Networking remains a key priority for the ECM Section going into 2026 and we will also be starting to offer a range of career development focused activities. Watch this space!



**TALA AL AJMI, CHAIR**

### Student Section Update

My name is Tala Al Ajmi and I am a Registered Associate Nutritionist having graduated from University College London with a BSc in Nutrition and Medical Sciences in 2024. Following my undergraduate studies, I completed an MPhil in Population Health Sciences at the University of Cambridge where I undertook a research project to explore the biopsychosocial determinants of weight change. I am currently a first year PhD student at the MRC Epidemiology, University of Cambridge, where my research focuses on strategies to support weight loss maintenance following the use of obesity medications.

I have been a member of the Student Section for three years, acting as the International Representative since 2022. I have loved being part of the Student Section and working with the team to represent the student voice within the wider Society, and develop and plan events catered to students across various stages of their academic careers. Having enjoyed and benefited from involvement with the Society over the past couple of years, I am extremely grateful for the opportunity to step into this new position as Chair, and I am so excited to see what we can achieve.

As a Section, we have worked towards creating events and resources for students across the academic year, ranging from monthly career webinars, to our annual Nutrition Futures conference. This year, Nutrition Futures was held at NCVO Kings Cross, London on the 4<sup>th</sup> and 5<sup>th</sup> of September, and saw incredible delegate engagement and enthusiasm. A massive thank you and congratulations to the team that worked extremely hard all year to bring this fantastic event to life.

During my term as Chair, I hope to continue building on the amazing work established over the past couple of years and create a welcoming and collaborative environment that is able to connect nutrition students and support their development, while strengthening the student community within the society.

We are always more than happy to collaborate with student members across the Society, so please feel free to reach out to us with any questions or ideas you may have! We look forward to hearing from you!





## Bite-Sized Videos Launched to Aid Future Doctors' Nutrition Education

Nutrition is a critical pillar of healthcare, yet it often receives limited time in traditional medical education. Not surprisingly, many future doctors feel underprepared to counsel patients on dietary matters, despite the profound impact nutrition has on the prevention and management of diseases. Recognising this gap, the AfN previously brought together key players within nutrition and medicine to develop the UK Undergraduate Curriculum in Nutrition for Medical Doctors. To help medical schools embed this curriculum in their core teaching, the AfN has led the development of a series of short videos that provide clear, evidence-based nutrition fundamentals and can fit seamlessly into busy lecture schedules.

This new set of bite-sized educational videos is designed specifically to enhance students' understanding of basic nutrition and support medical schools in equipping their students with the skills needed to provide safe and effective care to their patients. These concise and engaging videos, presented by nutrition and dietetic experts, are now available for integration into medical school curricula across the UK and are particularly helpful to those medical schools not linked with a nutrition or dietetics faculty.

The videos are around three to six minutes long, making them easy to incorporate within lectures, as pre-class materials, brief lecture supplements, or review aids. By using this bite-sized approach, the series leverages modern educational strategies that have been shown to improve retention and engagement through concise, focused content delivery.

The topics covered are foundational yet comprehensive. They include topics such as understanding body composition, the importance of hydration, eating disorders recognition, complementary feeding and cultural determinants of health. These elements, alongside other core components of the curriculum, collectively equip students to appreciate the science behind nutrition, how to apply it confidently in their clinical practice and where to refer on for specialist support.

The release of this video series marks a significant step toward bridging the nutrition education gap in medical training. By providing a readily adoptable resource, the project offers a scalable solution that can be customised across diverse educational settings and faculties.

As lifestyle-related diseases continue to rise globally, the importance of integrating nutrition knowledge into medical education cannot be overstated. These bite-sized videos provide a practical, engaging tool to ensure the doctors of tomorrow are better prepared to promote healthier dietary behaviours and improve patient outcomes. Medical schools eager to enhance their nutrition teaching will find this resource both innovative and essential.

This initiative is a promising example of how nutrition and dietetic professionals are joining with medical educators to utilise technology and educational innovations to improve health care training, and ultimately benefit society at large.

**Institutions interested in incorporating these free videos into their curriculum can access them on the AfN website at [this link](#).**

Nutrition, dietetic and medical professionals with expertise on learning points in the nutrition curriculum where we do not already have a video, are invited to contact the AfN if they wish to volunteer to co-produce a video to add to the series.

## Retirement of our Past President, Professor John Mathers, Honorary Fellow

At a Festschrift held in Newcastle in July 2025 to celebrate Professor John Mathers, an Honorary Fellow of the Society, our Honorary Treasurer, Professor Tom Hill, reflected on John's outstanding service to the Society and to nutrition science more broadly. John has made an exceptional and enduring contribution over many years: he served as President (2001–2004), is a recipient of both the Nutrition Society Gold Medal and the Sir Frederick Gowland Hopkins Award, and has provided sustained leadership as Editor-in-Chief of the *British Journal of Nutrition*, alongside extensive work on Society committees and conference programmes.

The Society is deeply grateful to Professor Mathers for his remarkable scholarship, leadership, and generosity in supporting colleagues across our community. On behalf of the Nutrition Society and its members, we extend our warmest thanks and offer our very best wishes to John for a happy and fulfilling retirement.



## Celebrating our Long Serving Members

We are proud to celebrate our Long Serving Members who have been with the Society for over forty years. Their enduring loyalty and dedication exemplify the scientific and collegiate spirit that lies at the heart of our nutrition community. To recognise their remarkable contributions, we recently sent each of these members a special certificate as a token of our appreciation. Their continued support enriches our Society with invaluable knowledge and experience, fostering a culture of collaboration and mutual respect. Having members of such commitment is both an honour and an inspiration, reminding us of the lasting impact that dedication can have on the advancement of science and the strengthening of our collective bonds.

If you are an older or retired member who believes you may also qualify for this recognition, please contact our membership team at [membership@nutritionandsociety.org](mailto:membership@nutritionandsociety.org), we would be delighted to hear from you.





# Nutrition Society Conference 2025

The Society's annual flagship conference provided an invaluable opportunity for delegates to network and collaborate with colleagues while gaining insight into the latest emerging research across the full spectrum of nutrition science. Attendees left with key learnings on the advancements shaping the health and wellbeing of future generations.

The conference highlighted cutting-edge research aimed at bridging the gap between healthspan and lifespan. Sessions explored the role of diet and epigenetics, the gut microbiome, menopause, and innovative strategies for extending healthy lifespans. Delegates delved deeper into gut health through sessions on in vitro modelling of gut digestion and fermentation. With a focus on the "INFOGEST" gastrointestinal model, speakers demonstrated how the protocol can be applied to research on micronutrients, complex food structures, and digestion in older adults.

## CONFERENCE



Nutrition Society  
Conference



1-2 July 2025



Burleigh Court,  
Loughborough UK

## ATTENDEES



160  
delegates



100  
members



9  
countries  
reached

## PROGRAMME



55  
Original  
communications



4  
Symposia



16  
Guests  
speakers



Thanks to The Nutrition Society for this year's conference. It was a great opportunity to network, engage with insightful presentations, and share my research on the mediating pathways in the relationship between food insecurity and university students' average marks through a poster presentation.

The experience, feedback and lessons from the conference will, without doubt make a big difference in my development and motivation.

Prosper Galseku

## UPCOMING EVENTS



# Your 2026 Conference Calendar

## REMINDERS

Tues, 20 January

Remind me to register for the  
Nutrition Society conferences

Set a reminder

## Irish Postgraduate Conference

25-27 February,  
Dublin, Ireland

## Scottish Section Conference

31 March - 1 April  
Glasgow, Scotland

## Irish Section Conference

17-19 June  
Coleraine,  
Northern Ireland

## Nutrition Society Congress

21-24 July  
Newcastle, UK

## Nutrition Futures

10-11 September  
London, UK