

The Gazette

SUMMER 2026

President's
Update

Ask the Expert
Updated UK NPM

CPD - A Core Component
of Professionalism

Demystifying
Open Access



Be part of the advancement of nutritional science.

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Editorial

Dr Louise Durrant,
Editor-in-Chief



Welcome to the latest issue of *The Gazette*.

One of the things I enjoy most about putting together each issue of *The Gazette* is seeing the breadth of work taking place across the Society.

In this edition, we hear from Professor Mary Ward as she reflects on her time as President of The Nutrition Society and the achievements of the Society over the past three years. We also look to the future, with updates on publications, membership, conferences and the Society's ongoing efforts to strengthen its global reach and long-term sustainability. We also hear from Professor Louis Levy, whose reflections on a career spanning research, public health and policy offer valuable insights for nutrition professionals at all stages of their careers.

Alongside this, we celebrate the people and initiatives that help shape our profession. From the work of our student and Early Career member communities to leadership development programmes, Special Interest Groups and longstanding networks such as SENSE, this issue highlights the many ways both individuals and the Society contribute to advancing nutritional science and supporting one another's development.

I would also like to extend my congratulations to Dr Sophia Amenyah, the inaugural recipient of the Mike Gibney Award for Impact in Nutrition. This new award recognises early career members who have applied evidence-based nutrition science to make a meaningful impact in their field. Open to professionals working across academia, industry, public health, government and applied practice, the award celebrates the breadth of talent within our profession and the many ways nutrition science can make a difference in society.

Thank you, as always, to everyone who has contributed their time, expertise and experiences to this edition. I hope you enjoy reading it and find something that informs, inspires or challenges your thinking.

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President's Report

Professor Mary Ward



I am writing this having just chaired my final Council and Trustees meetings at Boyd Orr House, and reflecting on how quickly my three years have flown by. It has been an absolute privilege to have served as your President and to have worked with so many of you during a very busy and productive period.

One of the most enjoyable and rewarding aspects of the role has been interacting closely with my fellow Trustees, who are responsible for driving the Society's key activities, in close alignment with our strategic plan. Post-Covid, our conferences across the region have attracted record numbers, providing not only a clear indicator of the high quality scientific programmes being developed by the local organisers, with the support of the Science committee, but also reflecting the continued high standard of nutrition science research being conducted across our islands and beyond. We were delighted with the success of our first 'Congress' style format which was launched in Belfast in 2024 and are very much looking forward to Newcastle in July, which promises to be another excellent event with all supporter symposia already confirmed. In terms of our international reach, I had the great pleasure of seeing first-hand how the Society interacts with and supports our nutrition colleagues across the world, with personal experience of this impact on the ground in Ghana and Pakistan, and through our close involvement with IUNS. Aligned with conferences, it is also great to note the success of our re-launched Nutrition Science Hub which offers accessible high-quality content from world leading experts. In terms of publications, we were very pleased to renew our contract with CUP and, under the leadership of our hard-working Editors-in-Chief, to continue working very closely with them to improve journal rankings and promote our NS suite of Journals across the globe. Another notable achievement was the addition of Animal Nutrition to our textbook series, while the remaining texts continue to be reviewed and updated on a rolling basis. Our membership team have also been working hard on a number of projects to better understand the needs of our members across all career stages and will be sharing some of this work with you in the coming months. I am also pleased to report that the Society's finances, under the careful eye of our honorary treasurer and finance committee remain stable despite the ongoing global financial challenges.

Although I am stepping down as president I remain a very proud member of our wonderful Society and look forward to our continued future success in the national and international arena

Over the past three years I have also very much enjoyed working with Council members to gain a greater insight into their role and the important contribution they make to the ongoing work of the Society. We are fortunate to have such a diverse group of people actively contributing from government, industry, academia and public health as well as representatives of our early careers members, our students and the Irish and Scottish Sections. In addition to providing trustees with valuable feedback and advice, Council members also lead strategic projects in priority areas, with support from NS staff, with current examples

including the development of a nutrition handbook aimed at medical and dental students and a review of nutrition in higher Education in partnership with AFN. We are very grateful to all our Council members for their valuable contribution. I am also very pleased to note the continued growth of our ECM and student sections over the past three years and would strongly encourage all of our younger / early career members, the future of our Society, to engage with these groups, who offer great networking opportunities through an excellent programme of online

and face-to-face activities. One related new initiative that is particularly close to my heart is the introduction of a new ECM award, named in honour of our past President and Honorary Fellow, Professor Mike Gibney, a much loved colleague and loyal friend to many of us, who sadly passed away during my presidency. This award aims to recognise exceptional emerging leaders and we look forward to announcing the inaugural recipient of this award at the congress in July.

Before signing off for the final time I would like to offer a particular word of thanks to our CEO Mark Hollingsworth who works tirelessly for the Society to ensure our ongoing success and position of global leadership and to Dr Cassandra Ellis, our extremely talented and hard-working Science Director for everything that you do. It has been a privilege to work so closely with you both and indeed with all of the dedicated office staff, who provide so much support behind the scenes. I look forward to formally handing over to our President elect, Professor Bernard Corfe on his home turf in Newcastle in July and wish him every success over the coming years, the Society is in very safe hands. Although I am stepping down as president I remain a very proud member of our wonderful Society and look forward to our continued future success in the national and international arena despite the significant challenges we face as a global community. ■

CEO Update

Mark Hollingsworth



Adapt and Diversify

In 2015, the Trustees set a goal of achieving a reserve fund for the Society of £1,000,000. The target date was 8 years - but achieved it in just 4 years. The Trustees then embarked on ambitious, global impacting strategic plans, and used those reserves over the next 6 years to achieve them. Trustees are now committed to re-building the reserve fund, with a specific aim in mind - to use the £1,000,000, in cash, to generate income from it in short-term interest-bearing deposits. This is important to the Society's long-term viability, as publishing income, although secured for the Society by a contract over the next four years, is less stable in the long-term.

To survive in a very tough economic environment we need to adapt and diversify the charitable income sources of the Society to achieve the £1,000,000. How do we achieve this without putting at risk the Society's longstanding scientific shibboleth of independence?

The goal is to supplement, not replace, the income from the publishing of journals. If, as an example, the Society's average annual expenditure and income is £1,200,000 and £1,000,000 of that income comes from publishing, what can we do to sustain the expenditure of £1,200,000 if the publishing percentage declines? Do we wait until it happens, and then be reactive, or do we act now as a contingency based approach?

The Treasurer, Trustees and I, believe in the contingency approach. If our publishing income source remain stable, yet we manage to reduce our dependence on it by increasing other income sources, we can either increase our expenditure or save the surplus income into our cash reserves.

We are exploring options to achieve diversification, with the Nutrition Science Hub a focus at the moment. In addition, our new HMRC Gift Aid status, allows us to seek donations from individuals, who then receive a tax receipt for their donation. For every £1 donated to the Society, the Gift Aid programme donates a further 20% - a £100 donation to the Society becomes £120. We are keen to expand this donation programme for several reasons. Firstly, it can be a 'force multiplier' through 'matching' programmes. For example, we are attempting to raise £10,000 for student bursaries for students in Africa to attend the African Nutrition Society conference this December in Namibia. For every £1 donated to this bursary fund, the Society will match it. Where, traditionally, the Society would have donated the total £10,000, this campaign sees the Society reduce its donation through matching funds - helping to maintain the impact of the Society, whilst reducing the direct costs of doing so.

Fundraising enables the Society to establish Endowment Funds, restricted in their use to support specific projects. Our first example is the Mike Gibney Endowment Fund, which has been created to provide a source of revenue to fund the new Mike Gibney Award for Early Career Members.

As with all financial contributions made to the Society, the Trustees retain the right to judge all donations as to whether they are appropriate and align with the Society's values.

Managing finances in our ethical, values and purpose-driven, organisation is challenging, more so in an economically demanding environment. If we are to survive, and thrive, diversification of revenue is key, and should be used to build strong, usable, reserves. With our publishing contract in place, the Hub growing its global subscriber base, use of our growing cash reserves to generate income, opportunities for external partners to participate in some conferences, a new donation/Gift Aid platform secured, all underpinned by a robust Supporter and Financial Policies, the Society is, I suggest, in a satisfactory place to grow its diversification. ■

Finance Update

Professor Tom Hill, Honorary Treasurer



As I write in late March 2026, I am pleased to report that the Society ended 2025 in a strong financial position. That outcome reflects a combination of factors: the first full-year benefit of our new publishing agreement with CUP, careful cost control in several areas, and close oversight by the Finance Committee and Trustees throughout the year. Together, these have placed the Society on a firmer footing as we move into 2026.

Financial position, governance and planning

At year-end, we were projecting a modest surplus for 2025 of approximately £79k, subject of course to the usual year-end audit adjustments for depreciation, prepayments and accruals. Importantly, the annual audit process, including the auditors' on-site visit in February 2026, did not identify any major issues. This is reassuring and reflects the continued diligence of the Society's finance team, leadership and Trustees in maintaining sound financial governance. Alongside oversight of the 2025 year-end, the Finance Committee and Trustees have also been focused on forward planning for the year. The Finance Committee met in December 2025 to review and approve the draft 2026 budget, consider cash-flow scenarios and review the Society's overall financial position. Trustees then considered the 2026 budget in January, with a clear emphasis on revenue diversification, prudent use of resources, and rebuilding usable reserves over time. Key priorities for 2026 include growing membership, expanding the Hub subscriber base, increasing journal reach through international promotion, developing new income streams such as the Society's website job board, and continuing to identify efficiencies in operating costs. While staffing capacity in early 2026 inevitably affects the pace at which some of these initiatives can be delivered, I am pleased that several important appointments have now been made. That gives real cause for optimism that the Society will be in a stronger position to implement these plans over the year ahead.

Publishing income and the CUP agreement

A major driver of our improved financial outlook has been the new CUP publishing agreement. By the time of writing, we have seen a full year under the new contract, and the benefits are already clear. As outlined at the ACM in Loughborough in July 2025, the new five-year agreement provides the Society with substantial guaranteed income and, just as importantly, greater certainty for medium-term financial planning. Although gross income across the publishing portfolio declined in 2025, the improved contract terms meant that net publishing revenue increased by over £78k compared with 2024. Indeed, our analysis suggests that had the previous contract remained in place, net revenue would instead have fallen materially year on year. In other words, the renegotiated agreement has already delivered significant value in its first year and is helping to underpin the Society's wider strategic ambitions.

Cash and investment strategy

The new publishing contract has also strengthened our approach to cash management. At the start of 2026, the Society held cash reserves of just over £1.09m. Because the revised CUP arrangement provides a substantial annual payment early in the financial cycle, rather than smaller quarterly payments, we are now in a position to manage cash more actively and efficiently. In January 2026, Trustees agreed in principle to move progressively towards a greater cash-on-deposit approach, reducing reliance on stock market investment over time in view of continued market volatility and the importance of protecting the Societies' reserves, while ensuring that surplus funds work as effectively as possible for the Society. The 2026 CUP payment, received in December 2025, enabled us to place £1m on short-term deposit at a competitive rate, and we expect this strategy to generate in excess of £10k in interest income over the year. Overall, the Society enters 2026 with improved financial stability, stronger forward visibility, and a clearer platform from which to support its strategic priorities. ■

Become a
member & join
our **community.**

Publication Update

Professor Frank Thies,
Honorary Publications Officer



It is hard to believe that by the time you are reading this, I will have been in post one year. Writing this article has given me an opportunity to reflect on how much has been achieved in the past 12 months and to look ahead to what is planned for the journal portfolio.

Over the past year, we have continued to work with our publishing partners, Cambridge University Press (CUP), to embed our publication strategy within the wider Society strategy, with a strong emphasis on journal development, international engagement and adapting to an increasingly dynamic and challenging publishing landscape. Many of the initiatives outlined previously have progressed significantly, with a number now moving from planning into active delivery.

Our journals continue to perform well overall, with key metrics such as Impact Factor and CiteScore, remaining stable. We maintain our ambition to see all journals achieve first quartile rankings, and while this remains a challenging goal in a highly competitive environment, encouraging progress is being made. We continue to work closely with our Editors-in-Chief and CUP to enhance visibility, develop strategies to attract high-quality submissions, and support citation growth, whilst supporting the evolving needs of the nutrition community.

A major development over the past year has been the continued transition towards open access (you can read more about our commitment to open access on page 16). **Nutrition Research Reviews** will move to a fully open access model in 2027 marking an important milestone in increasing the accessibility and global reach of our content. This transition reflects broader changes across academic publishing and ensures that the Society remains well positioned to meet funder and institutional requirements, while continuing to support authors. Further communications on what this means for authors and readers have been sent out via the Society and CUP.

We have also seen positive developments across our journal portfolio. The **British Journal of Nutrition** has celebrated its 7th year of the Paper of the Year competition and I am delighted to announce that Professor Parveen Yaqoob and colleagues from University of Reading were the 2025 winners. The *BJN* has delivered a well-received special issue on nutrition and mental health, while work continues on collaborative supplements, including the ongoing project on action against stunting with the London School of Hygiene & Tropical Medicine. It is also my great pleasure to announce that Professor Daniel Hoffman, Rutgers University, has been appointed as the new *BJN* EiC, taking over from Professor John Mathers in July 2027 after a period of shadowing. My sincere thanks go to John for his dedication and outstanding leadership of the *BJN* during his tenure.

Public Health Nutrition has been recruiting to strengthen the editorial team and recently welcomed three new editorial boards members. *PHN* has also successfully completed its first reviewer mentoring programme designed to support

early career researchers to feel confident in reviewing manuscripts. These activities that strengthen the research community are alongside continued development of content in key areas such as ultra-processed foods and policy-focused research.

In my last article, I updated that the **Journal of Nutritional Science** was the official journal of the 2025 IUNS International Congress of Nutrition. This special issue, which will include the abstracts and speaker reviews presented at the Congress, will be published shortly. You can sign up to the e-content alerts on [Cambridge Core](#) to be alerted when these are published. I am also happy to be able to announce that the **Proceedings of the Nutrition Society** is the official publishing partner of the Federation of European Nutrition Societies. The first activity will be to publish the proceedings of the FENS 2027 conference being held in Rotterdam. I also would like to take the opportunity to thank Professor Alison Gallagher for agreeing to extend her term as EiC of *PNS* until December 2027 to support the publication of the FENS proceedings. The call for abstracts will open in September 2026. You can find out more about the conference on the [FENS 2027 website](#).

Our newest journal, **Gut Microbiome**, has reached an important stage in its development. While its first Impact Factor has not yet been formally released, we have received confirmation that it will be awarded shortly, which will further strengthen the journal's visibility, reputation and positioning within this rapidly evolving area of research. My thanks go to Dr Andrea Azcarate-Peril for all her hard work in reaching this important milestone.

International engagement has also been a key focus on our development efforts. Building on previous activity, the Society has expanded its presence through targeted initiatives, including a North American roadshow which will engage leading universities to share common publishing and exchange knowledge. These activities, alongside continued involvement in international conferences and strengthening partnerships, provide valuable opportunities to promote our journals, connect with researchers, and support early-career researchers. At the same time, we have continued to address challenges facing the publishing landscape, including the rise in paper mill submissions and increasing pressures on peer review. Work is ongoing to streamline editorial processes and strengthen safeguards to maintain the integrity and quality of our journals.

As we look ahead, our focus remains on building on this momentum - enhancing journal performance, strengthening global engagement, and ensuring our publications continue to serve the needs of the nutrition science community. Finally, I would like to reiterate my sincere thanks to our Editors-in-Chief, editorial boards, reviewers, and colleagues at CUP whose dedication and expertise underpin the success of our publication portfolio. Their continued commitment ensures that the Nutrition Society journals remain at the forefront of publishing high-quality, impactful research. ■

SACN needs you!

UK population dietary recommendations are informed by advice from the [Scientific Advisory Committee on Nutrition](#) (SACN). The work of SACN has huge impact – for example the [Eatwell Guide](#), [sugar levy](#) and [Nutrient Profiling Model](#) are all based on SACN's recommendations. In the last year, SACN has published advice on [processed foods](#), [sweeteners](#), [plant based drinks](#) and [maternal weight outcomes](#). Outside of its formal work programme, SACN also advises government on the [National Diet and Nutrition Survey](#) or ad hoc topics such as [infant feeding](#) or emergency [planning](#). SACN doesn't have a policy making role but it can advise on practical policy solutions as required (for example, recently on [hydrolysed lactose](#)).

SACN members are at the top of their fields and are highly respected. Could this be you?

SACN members tell us that they find the work enormously enriching and feel that they can have a tangible impact on the UK evidence and advice. The commitment is around 10 days per year – that's 3 whole day meetings plus time spent commenting on papers or attending working group meetings for specific topics. As well as full membership, SACN can co-opt individuals with specific expertise on topics it is working on (forthcoming topics include protein, iodine, wholegrain and iron). If you are unsure whether SACN might be for you, a good way to find out more is to read [SACN meeting minutes or papers](#), or observe an open session. Please do respond to any open requests for 'peer review' of draft reports (example [here](#)).

Members of SACN are appointed in line with the public appointments process and have a duty to act in the public interest, to be independent and professionally impartial.

SACN is committed to the values of openness and transparency and recognises that they are fundamental principles, along with independence, which underpin public confidence in the scientific risk assessment process. As such, members are required to declare any potential interests in the [SACN register of interests](#) (a summary is also published in the SACN [annual report](#)). The interests of SACN members have come under scrutiny in the media over the last few years. Of note was the discussion at the [Lord's Inquiry on Food, Diet and Obesity](#).

In July 2025, SACN updated its [code of practice](#) in relation to members' interests. At appointment and re-appointment, individuals are only eligible to be SACN members if they do not hold significant interests related to the food, drink, diet or supplement industries, along with any interests in pharmaceutical products or devices closely related to the work of SACN. These sorts of interests have always been robustly managed, but to ensure clarity and consistency in management, and minimise any perceived bias, clearer lines have been established.

Government needs the leading experts in their fields to provide us with the best advice. Please do consider applying – we will be advertising for new members later in the year. ■

Dr Adrienne Cullum,
Office for Health Improvement and Disparities



BJN
British Journal
of Nutrition

We are delighted to announce that the winner of the 7th edition of the **British Journal of Nutrition's** Paper of the Year is

"High-dose fish oil supplements are more effective than oily fish in altering the number and function of extracellular vesicles in healthy human subjects: a randomised, double-blind, placebo-controlled, parallel trial."

Congratulations to Professor Parveen Yaqoob and her multi-disciplinary colleagues from Reading, Liverpool and Southampton in the UK.

Honorary Fellow Reflection

Professor Louis Levy PhD FAFN RNutr

What attracted you to nutrition science?

Having completed a BSc in physiology and a MSc in neurophysiological basis of behaviour together with having worked in experimental haematology and experimental pathology an interest in the underlying role of nutrition was a natural progression. ■

How did your early career develop?

I completed my PhD at the University of Southampton looking at the interaction of nutrition, infection and skeletal muscle function. This led to research on the foetal origins of adult disease working with Alan Jackson at the University of Southampton while supporting nutrition teaching across a range of undergraduate courses. Following this I was invited to use techniques developed for my PhD in the Cardiovascular Research Unit of the Rayne Institute, London. At this point my career took a sideways move into social science research, HIV and sexual health that led to becoming Director of Health First, a specialist health promotion unit working across South London. From there I moved into policy roles within central government. ■

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 defining point in my career would be the opportunity of using my knowledge and experience gained from working in science and social sciences alongside roles in research, voluntary and the public sectors when I was appointed as Head of Policy and Advice at the Food Standards Agency. This role enabled me to contribute to overseeing scientific committees, policy implementation, commissioning research, supporting staff, working across disciplines to ensure evidence-based communications within central and local government as well as to the

general public. Unlike many research areas the role encompassed working with a team across a variety of topics so in any day I could be working with the Expert Group on Vitamins and Minerals looking at the evidence base to define Safe Upper Levels, to discussions with NGOs and the food industry about folic acid fortification of flour to prevent neural tube defects, advising the FSA Board and Ministers about nutrition issues, to developing the Eatwell plate (later to become the Eatwell Guide) and healthy eating messages for the Eatwell website or responding to a newspaper article on different aspects of nutrition. ■

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

The most rewarding parts of my work has always been working with committed colleagues and helping to develop staff to ensure evidence-based approaches. This has involved a range of colleagues across different disciplines, scientists and lay members of committees including those working in private and public, voluntary, academic and industry sectors.

I have had the pleasure of working on many policy areas over my career and each has been rewarding and challenging in different ways. This, for example, included working with SACN on the vitamin D report and then working with colleagues in government, the voluntary sector and the food/supplements industry to ensure a common understanding, discussions with the devolved government officials/Chief Medical Officers across England, Scotland, Wales and Northern Ireland, advising Ministers on options for taking forward SACN's recommendations, agreeing policy approaches and healthy eating messages and then promoting these on the day the advice changed. While it can be very rewarding to see evidence-based recommendations turn into clear action it can also be challenging

bringing everyone together – and most challenging of all was the 24 media interviews on the day it all went live – a day I don't think I will forget soon!

Although the COMA recommendation on fortifying flour with folic acid to prevent neural tube defect affected pregnancies preceded my roles in Government, this was one of the first policy items to land on my desk when I took up my role at the FSA. And it was something that I continued to have a hand in discussions with the milling industry and the food industry, FSA Board discussions, commissioning of social research and public engagement, reassessments by SACN and Ministerial briefings. Ministerial agreement to the COMA/SACN recommendation came after I retired from PHE, and the legislation is due to come into effect later this year. So again this has been rewarding seeing good evidence-based nutrition policy being delivered but challenging in managing the path to an outcome and the 20 plus years to reach the intended benefit for pregnant women.

Equally rewarding were the opportunities that arose from being able to commission research across the sciences and social sciences. Through the Food Choice and Acceptability Programmes I, together with my team at the FSA, were able to initiate studies that aimed to promote healthy eating messages in practical ways that achieved real behaviour change and movements towards dietary recommendations in children (5 a day the Bash Street Kids way, SmallSteps 4 Life, school food interventions), older people (implementing care home food standards), smokers (promoting healthy eating and weight loss while giving up smoking) among others and as part of the salt reduction campaign commissioning research reducing salt and saturated fat in community food in Sikh and Hindu Temples and salt intake in workplaces among others. ■

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

Nutrition science has grown considerably since my early career. As technologies to investigate nutrition and health has grown this has enabled methodologies that required rooms of equipment and weeks of work now being a small box on the lab bench left to work independently. While these technological advances in nutrition science continue to develop, we will be able to ask more carefully constructed questions using improved statistical analyses.

Equally, our understanding of the impact of the food environment on dietary intakes has demonstrated that education and communication, while still important, is not sufficient to achieve improvements in population public health.

But as nutrition research has been evolving, we have also seen the breadth of those interested in and promoting nutrition messaging grow - though not always using evidence-based information/approaches. ■

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

I became a member of the Nutrition Society in 1991 when starting my PhD. This enabled me to expand my nutrition knowledge and meet a range of scientists working in the field of nutrition from different perspectives growing my own knowledge and interest and developing friendships that have lasted my whole career.

I recall preparing for my first Nutrition Society conference oral presentation – with Dr Steve Wooton rehearsing me for the '3 messages on a slide and move on' on the journey to the conference which I have tried, but not always succeeded, to remember when I speak. And I also recall the first time I had to wait at the end of the presentation for the session chair to ask for a vote on whether the presentation could be included in Proceedings. While harrowing, experiences at NS conferences helped develop greater understanding of scientific research, oral and written communication and stimulated interest in wider areas of nutrition that have all contributed to the progression of my career.

I have been privileged to serve on Council and engage in wider NS activities, being asked to join the presidential group considering the future of the UK Voluntary Register and developing ideas that led to the establishment of the Association for Nutrition. It has been great to see the UKVRN growing and developing and I have had the pleasure of serving AFN as a Council member, registration and CPD assessor, member of the Governance Group. All of this allows me to see the delivery of evidence-based science – paralleled through the learned activities of the Society - and the maintenance of standards clearly linked to the initial intentions of those who nurtured it when held by the Society and steering the fledgling organisation from which it has now grown. ■





Ask the Expert

UPDATED UK NUTRIENT PROFILE MODEL

We will all have an image of what healthy looks like - on a plate or menu, on the TV or in a shopping basket. And an image of what we consider less healthy, “junk”, UPF or whatever. But where and how do we draw the line? What if one side of the line is celebrated and promoted and the other taxed, restricted or generally frowned on?

In the UK, a nutrient profile model (NPM) has been available since the early 2000s, providing a score to help draw that line and identify products that are higher in energy, saturated fat, salt and sugar and lower in fruit and veg, protein and fibre. The [NPM 2004/5](#) was originally developed to help regulators identify products that could and could not be advertised to children. It has also been used by government, industry, NGO’s and researchers to classify foods and drinks based on their nutritional composition. International alternatives to the UK NPM include the NPM underpinning [Nutriscore](#), used in several EU countries, and the [Health Star Rating](#) in Australia and New Zealand.

In January 2026, the UK government published an [updated NPM](#) - the **UK NPM 2018** - alongside technical guidance and responses to a 2018 consultation. The government intends to strengthen existing Advertising and Promotions Restrictions by applying the updated NPM.

The updated NPM tightens the definition of healthier reflecting more recent **Scientific Advisory Committee on Nutrition (SACN)** advice on free sugars and fibre ([SACN 2015](#)). SACN updated its advice because of the strong association between free sugars and weight gain, type 2 diabetes and poor dental health, and on fibre in relation to associations with cardiovascular disease, type 2 diabetes, and colorectal cancer.

Key changes in the updated NPM include:

- A move from total sugars to **free sugars** (a more inclusive definition covering sugars in any form bar those in unsweetened dairy or whole fruit and veg)
- Lower thresholds for free sugars
- Higher thresholds for fibre
- A move from sodium to **salt**
- Inclusion of **seeds** in the fruit, veg and nut score

The most talked-about change is the shift to free sugars. Products already classed as ‘less healthy’ due to added sugars (such as cakes and confectionery) will mostly remain so, and more products will fall in scope due to lower sugar thresholds. Some products with no added sugar may now be classed as ‘less healthy’ because processing has turned the sugar in their fruit/veg ingredients into free sugar (such as some fruit yogurts and cereal bars).

[SACN \(2025\)](#) recommends most people eat fewer processed foods high in calories, saturated fat, sugars or salt. Around **60% of UPF** consumed in the UK are classed as less healthy under the current NPM; the updated NPM improves alignment and supports SACN’s recommendations.

Non-sugar sweeteners are not included in the updated NPM. While [SACN \(2025\)](#) issued a precautionary recommendation to limit sweeteners in the long term, they have reiterated that the evidence on sugar is robust and as such, **reducing free sugars remains the priority**.

Department of Health and Social Care (DHSC) has been keen to stress that NPM based policies are not about banning foods or telling people what or how much to eat. Restricting the marketing of less healthy products can reduce over consumption of ‘less healthy’ food and drink products, a key driver of childhood obesity. ■

[Dr Adrienne Cullum](#),
Office for Health Improvement and Disparities



Membership Update



Why Early Career Members Matter to the Nutrition Society

Early Career Members (ECMs) are vital to the present and future of the Society. They bring **energy, fresh thinking and a willingness to challenge established ideas** — all of which help ensure the Society remains relevant and forward looking.

ECMs sit at the forefront of change. Many are navigating **interdisciplinary careers, working across academia, policy, industry, healthcare and sports nutrition**, adapting to new ways of communicating science. Their perspectives help the Society reflect the realities of modern nutrition careers and shape activity that meets current and future members' needs.

ECMs are the **pipeline for the Society's long term sustainability**. Today's PhD students, postdoctoral researchers and early career professionals are tomorrow's committee members, section chairs, reviewers and trustees. Investing in ECMs is therefore not only about supporting individuals, it is about **safeguarding the strength and relevance of the Society for decades to come**.

The role of the Early Career Section

The Early Career Section plays a central role in **supporting and amplifying ECM voices**. It provides a dedicated forum for early career members to connect, share experiences and influence Society activities, while gaining valuable leadership and governance experience.

A core focus of the Section is creating opportunities for networking, mentoring and career development. Over the past year, this has included in person and online networking events within the Society and at conferences, as well as a joint events with other relevant partners. For example, last year they held an **online event with the American Society for Nutrition (ASN)**, helping members build international connections and broaden professional horizons. The Section has also created a new cross-society networking event alongside other UK partners within the food and nutrition space, '**Fuelling Conversations**'. This popular event offered our members the opportunity to network and discuss 'hot topics' (like ultra processed foods, GLP-1 drugs and AI) with members of the Association for Nutrition, British Dietetics Association, Nutritionists in Industry and the Institute of Food Science and Technology. There has just been a follow-up **Re-Fuelling Conversations** event which we will hear more about in the next Gazette issue.

The Society is currently shaping criteria for a new, **flexible Early Career Member grant**. This initiative will offer support to members across disciplines. In addition, the new **Mike Gibney Award** recognises early career nutritionists, who have translated nutrition evidence to impact and who have demonstrated leadership, collaboration and interdisciplinary working to advance nutritional science.

Professor Eileen Gibney, Honorary Membership Officer

Why join as an Early Career Member?

Joining as an Early Career Member offers **huge benefits for graduates** and those just starting out. ECMs have opportunities to build **meaningful personal and professional networks** through our online and in person events, which are designed specifically with early career needs in mind.

Members can also receive a discount for the Nutrition Science Hub and apply for Society awards and grants — an important way to **gain visibility and recognition** at a critical stage of a career. Beyond this, getting involved in committees or helping to organise events allows ECMs to **develop leadership**, project management and **teamwork skills** that are invaluable, whatever career path they take.

And, importantly, **ECM membership offers excellent value**. Our fees are very competitive, making it an **accessible way to connect** with the wider nutrition community and invest in your professional development from the very start."

Early career members are not just "the next generation", they are active contributors today. Through the Early Careers Section, the Society continues to support, empower and learn from its Early Career Members, strengthening both individual careers and the collective future of nutrition science. ■

Dr Oliver Shannon, ECM Chair

The inaugural Mike Gibney Award for Impact in Nutrition

Enhancing visibility and gaining recognition for hard work are vital for early career nutrition professionals as they begin to establish and advance their careers. Recognition not only strengthens CVs and supports career progression but also **fosters confidence and motivation** at a pivotal stage. Applying for prestigious awards, such as those offered by The Nutrition Society, is an excellent way to achieve this.

This year marks the introduction of a new Early Career Member (ECM) award - **the Mike Gibney Award**. Named in honour of **Professor Mike Gibney**, an esteemed nutritionist and passionate advocate for early career development, the award recognises ECMs who have **applied evidence-based nutrition science to make a meaningful impact in their field**. Importantly, it is **open to individuals across all sectors**, including industry, public health, government, applied practice, and academia, and is **not centred on research achievements** like many other awards. This creates a valuable opportunity for those in non-research roles to gain recognition for their contributions.

Impact can take many forms. In the food industry, this might involve **developing a novel product or reformulating an existing one** to improve its nutritional profile, enhance sustainability, or increase market reach. In public health, impact may be seen through **successful campaigns that raise awareness or improve uptake of healthy eating initiatives**. Freelance nutritionists might demonstrate impact by **applying scientific evidence to improve the health and wellbeing of individuals** or organisations. In education, it could involve **innovative teaching approaches that enhance student engagement and learning outcomes**. These examples are far from exhaustive, and we were delighted to see such a diverse and impressive range of impactful work from members who applied this year.

The award will be presented biennially, with the next opportunity to apply coming in 2028 at the next Nutrition Society Congress.



This year's winner was Dr Sophia Amenyah, who demonstrated outstanding impact in their field.



I feel incredibly privileged to be the first recipient of this highly prestigious. It stands as a testament to how meaningful inclusion can transform both research and its impact, and it highlights the value of community-centred nutrition research. I am deeply grateful to the communities who have supported and shaped my career, helping to reframe the narratives around inclusive nutrition research. Their trust, partnership, and generosity have been instrumental to this achievement.

Demystifying Open Access

Publishing Routes - Options and Support for Authors

Open access can be a confusing topic for authors to navigate. Routes to open access can vary between publishers and indeed, across individual journals too, depending on differences in publishing practices and policies. Gold open access is still often confused with ‘free’ access and ‘green open access’, highlighting the need to provide clarity and support for researchers, particularly for those earlier in their career.



At Cambridge University Press, we have made open access a priority, recognising its value in achieving global equity and furthering scientific knowledge. Our approach to open access is informed by our status as a university press - a department of the University of Cambridge. Our commitment to open access principles mirrors our university’s open research strategy and our belief that being part of the academic community enables us to take a longer-term approach focused on the real needs of researchers.

Each year, we evaluate the journals we publish on a case-by-case basis to determine whether it is the right time for them to transition from being hybrid (which is a subscription-based journal that allows open access publication) to a fully gold open access title. Our commitment when moving journals to gold open access is to ensure all authors can publish regardless of their ability to pay an article processing charge. For the Nutrition Society journals, (alongside other journals published by Cambridge), we operate various routes to open access publication:

For gold open access journals such as *Public Health Nutrition*, *Journal of Nutritional Science*, *Gut Microbiome*, and, as of January 2027, *Nutrition Research Reviews*, authors’ routes to publication are as follows:

- If the corresponding author is covered by one of Cambridge’s **open access agreements** (also called transformative agreements), then their open access fee is automatically covered and they can publish at no direct cost to them. Our agreements cover around 2,500 institutions worldwide. You can explore our map of agreements [here](#), and check your eligibility through our online checker tool [here](#).
- Authors who aren’t covered by an open access/ transformative agreement may still be eligible for a complete waiver through our **Cambridge Open Equity Initiative (COEI)**. This is a programme through which institutional customers may contribute to a fund, which we match, enabling us to commit to automatic waivers for researchers in over 5,500 institutions across more than 100 low- or middle-income countries (LMICs). There are a further 16 LMIC countries that take part in the externally run Research4Life scheme which provides a **100% or 50% article processing charge (APC) discount** for authors in these regions. If an author receives a 50% discount but needs additional waiver support, they can request a further discretionary waiver, outlined below.
- Finally, if a corresponding author is not covered by any of the schemes above and does not have access to funding for payment of an article processing charge, then they can fill in a short form to **request a discretionary waiver**. Our Fee Support Team will assess the application and proceed with granting the discretionary waiver. We typically ask for a letter from an institution, librarian or department, but can be flexible as we understand that some of our authors are retired, consultants, or independent scholars.

For hybrid journals, such as the *British Journal of Nutrition* and *Proceedings of the Nutrition Society*, authors can benefit from publishing open access through our open access agreements and the Cambridge Open Equity Initiative (as summarised above). The only difference is that hybrid journals are not covered by Research4Life and our discretionary waiver scheme, as authors have the option to publish their article under a subscription model. In hybrid titles, authors can also take advantage of a journal’s Green Open Access policy for details of when, where and in what format they can share their work online. You can find this information on a journal’s instructions to authors.

Whilst this article outlines the policy for Cambridge-published journals, other publishers will have different practices and processes - if you are publishing elsewhere it’s worth researching their publishing options. ■

Katie Henderson, Senior Publisher, Cambridge University Press

30 years of SENSE



I find it incredible to believe that SENSE has been in existence for 30 years.

It all started in 1995 when I had self-employment unexpectedly thrust upon me. Although I was lucky to have a few clients offer me nice contracts immediately, nothing could replace working in a team of lovely people. So, although I was busy, I was lonely. I only knew a few other people who were self-employed. But I started asking around and there were more than I thought. Then I had the inspiration to ask Chris Hawkins, who I knew very well from my time as Hon Sec of the Association for the Study of Obesity, to help me with the admin of a new group I wanted to form. SENSE stands for Self-Employed Nutritionists Support and Enlightenment. I dreamt up this acronym whilst drinking a gin and tonic. I was delighted therefore, many years later, to find SENSE gin in Bulgaria.

Our first SENSE meeting was held in the middle of a NS meeting at the Royal College of Physicians in February 1996. Subsequent meetings have been held at various venues, and we now meet in person at the Nutrition Society offices as well as having our virtual meetings. We try to include aspects of Support (eg with taxation, with AI etc) and Enlightenment (latest nutrition information/ controversies) at each meeting. Don’t you just love my title for July 1996 SENSE meeting? - “An introduction to email and the internet- advantages and disadvantages”

We also include lots of networking sessions and our (rather minimal) business element too. When Chris retired, Kathryn Styles brilliantly took over her admin role. I have always had fantastic committee, to whom I’m extremely grateful; every one of them has brought something new and helped us move with the times.

At our Special meeting on June 11th, to celebrate our 30 years, I handed over the reins to Dr Barbara Bray, the new Chair of SENSE (see photo). Barbara and the committee (see photo) have very kindly bestowed the title of Patron upon me, and I was overwhelmed with all the tributes that flowed in, some even in poem and song format. My talk focused on some of my collaborations with SENSE members over the last 30 years. I hope it reflected all the wonderful aspects of self-employment which I’ve experienced. The freedom, the flexibility, but most of all the friendship and the FUN!

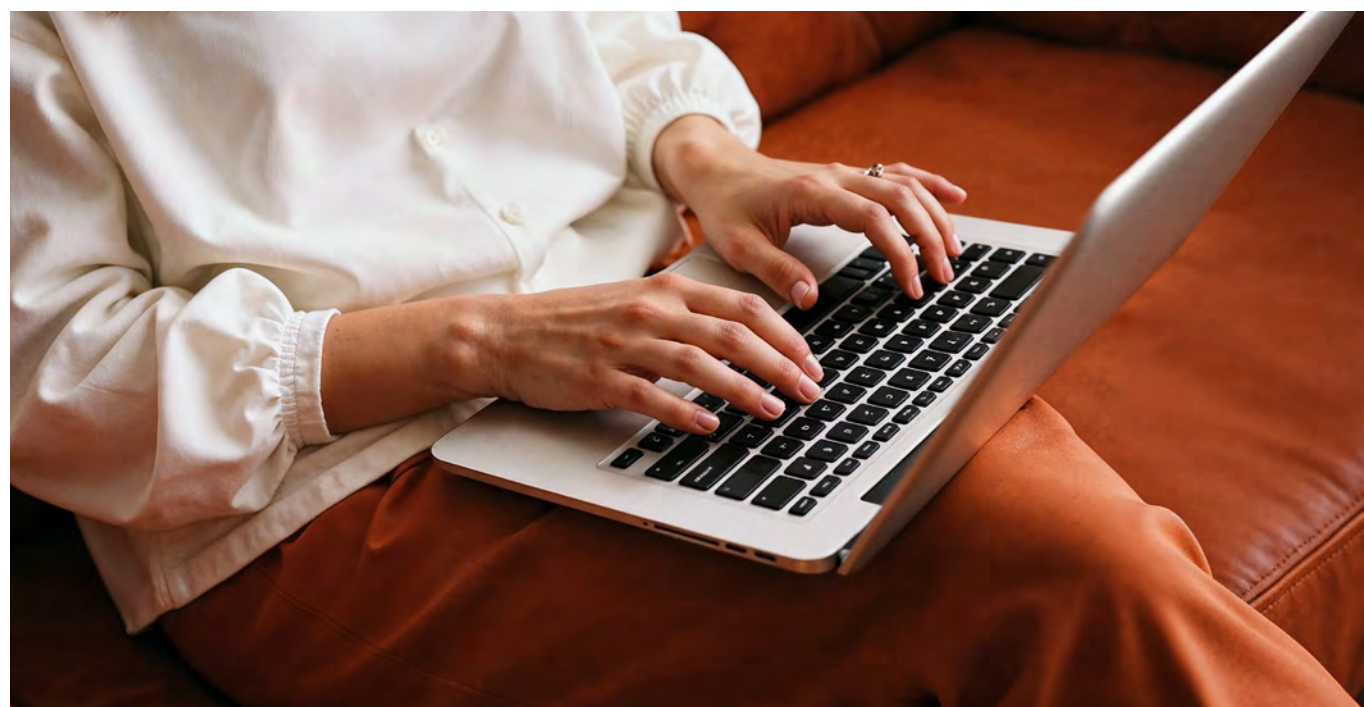
If you want to know more about SENSE and, maybe, join us, please look at our website www.sense-nutrition.org.uk ■

Dr Margaret Ashwell OBE



CPD - A Core Component of Professionalism

A core part of a registered nutritionist's professionalism is understanding the importance of continuing professional development (CPD). CPD helps practitioners keep their knowledge, understanding and skills up to date, while also supporting safe, ethical and evidence-based practice. It allows individuals to identify gaps in their knowledge or confidence, broaden their expertise and demonstrate commitment to professional standards. In doing so, it strengthens public, colleague and employer confidence that all those on the Register remain competent and continue to provide high-quality advice and practice.



A strong CPD habit is especially important because nutrition, like all scientific fields, is constantly developing. New research, updated guidance, environmental changes and shifts in society all influence the evidence base and the way nutritionists work. CPD helps ensure that practice keeps pace with these changes and remains relevant, effective and responsive to current needs.

CPD activities can take many forms, from formal learning such as courses and conferences to informal and self-directed activities. What matters is not only that learning takes place, but that the activity leads to reflection and practical insight. In this way, CPD becomes more than a passive learning experience: it becomes a meaningful part of professional growth and development.

Reflection is therefore an essential part of CPD. It ensures that activities are not completed simply to meet an administrative requirement, but are used to support genuine learning and professional improvement.

When reflecting on an activity, the focus should be on how the learning will influence future practice. This involves more than summarising the content; it requires critical thinking about how the information relates to current work, future decisions and further learning needs.

Over time, the reflections also create a useful record of how practice and the evidence base have changed. Reviewing earlier reflections can remind registrants of what they have learned, how their thinking has developed and how their approach has evolved.

Recording reflections soon after an activity can help embed the learning more effectively and keep CPD records up to date. Reflections do not need to be long; they should simply be concise, relevant and focused on what has been learned and how it will be applied. Figure 1 shows a useful way that can help to structure reflections, with these recorded along with details of the activity - when it happened, type of activity, duration, what competency or standard it is related to, etc.



Figure 1: Reflective Practice Structure Example

So what activities count?

In reality, almost any activity can count if it leads to learning and reflection. Therefore, the list of what counts is almost endless. It could, for example, be:

- Attending a webinar on appetite regulation and reflecting on how this may (or may not) affect your advice.
- Volunteering at a community allotment and reflecting on food production, environmental impact and sustainability, and how this affects guidance and food availability.
- Participating in a training on behaviour change and considering how this could impact your understanding of influences and challenges, and the messaging of campaigns you are involved in.
- Reviewing new guidelines for a specific population group and reflecting on how this will change assessments, referrals, commissioning or advice.
- Attending a peer-review or annual appraisal and reflecting on your scope of practice, equality/diversity and future training needs, along with what you will adjust or expand moving forward.
- Ultimately, the aim of CPD is to maintain and strengthen professional knowledge, understanding and skills. In doing so, it enables registrants to continue to meet the high standards expected by the public and employers of Registered Associate Nutritionists (ANutrs) and Registered Nutritionists (RNutrs), and maintain their trust and confidence in both the profession and nutrition science. ■

Glenys Jones,
Deputy Chief Executive, Association for Nutrition (AfN)



Figure 2: UKVRN Registrant's CPD Requirements

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the **Nutrition Science Hub**.

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TALA AL AJMI, CHAIR

Student Section Update

The Student Section is led by a Student Section chair and eight representatives spanning Activities, International, Communications, Nutrition Futures, Irish, and Scottish Representative roles. Our mission is to grow student membership, expand opportunities and ensure student voices are heard within the society.

With students continuously seeking development opportunities, the Student Section has aimed to provide activities and opportunities tailored towards career development for students across all stages of their academic careers. This year, the Section has delivered a range of initiatives including career webinars and case studies, as well as our annual Careers and Social Event.

Throughout the academic year, Saffron Whyton (Activities Representative) has been organising career webinars with nutrition professionals across the field to provide student members with first hand insight into various career paths within nutrition. Some of these speakers included Selina Patel, Healthy and Sustainable Diets Executive at Sainsbury's, Dr Emily Leeming, Scientific Researcher at Kings College London, and Lucy Jones, Freelance Nutritionist at Lutrition.

In February, the Section collaborated to host the annual Careers and Social event in London at UCL. The panel consisted of 5 inspiring experts spanning across academia, industry, freelance, science communications and public health. It was an engaging and insightful panel discussion followed by an informal networking event. We had an amazing turn out this year, with over 130 students attending, making this our largest Careers and Social event to date. It is always so great to host in person events to see the mission of the Section come to life and be so well received by students.



Images: pictures from the Careers and Social Event at UCL and our amazing panel
(From left to right: Dr Cara Ruggiero, Alice Haley, Patille Madaghjian, Dr Emily Prpa, and Ben Atkinson)

Finally, Joanne Tattersall (Nutrition Futures Representative) has been leading a team effort to develop and organise the upcoming Nutrition Futures 2026 conference that will be held in London at the NCVO Kings Cross on the 10th and 11th of September. This year, we are collaborating with the Early Career Member (ECM) Section to continue to refine the conference programme to cater towards both students and early career members of the society. I would encourage anyone interested to register for the conference soon and keep their eyes peeled for abstract submission in the coming months for a chance to present at the conference.

I am so excited to see what the Student Section will continue to achieve as we move into the next academic year and I am very proud of the amazing work our representatives have completed this year! ■



Could you cope with just a handful of sugar and one egg a week?

Rationing introduced in World War Two meant diets were restricted. But were they healthier than the average diet today?

Watch this video, made by BBC Ideas in partnership with the Royal Society

My ANLP Experience

But without the leadership of Self, how can we lead others?

“Anytime we think the problem is out there, that thought is the problem.”

Stephen Covey

Suitcase packed, in anticipation of what I assumed would be the most needed vacation and rest I hadn’t had in years, I arrived at Elgro River Lodge, ready to learn how to lead others more effectively. Like many early-career professionals, I assumed I already understood what leadership required. I only needed to refine those skills.

The African Nutrition Leadership Programme (ANLP) challenged this assumption almost immediately.

On the first day, we were asked to set our expectations. I wrote: growth, even on the smallest scale possible, with a renewed way of thinking as my metric. However, the first shock came when I cried while climbing the high ropes. Hands unsteady, convinced I might fall to my death, I realised something that would shape the core of my ANLP experience: I was going to grow, yes. But contrary to what I expected, it would have nothing to do with others and everything to do with my self-awareness: To see myself with an unbelievable level of objectivity. To understand what my proclivities were and what they meant for how I show up as a leader.

ANLP 2026 came at what I now believe was a particularly important stage in my early career as a nutrition professional and researcher. Although I have attended several leadership sessions, I hadn’t yet attended one that both challenged me and offered an opportunity to focus on the often-overlooked foundation of effective leadership: the self. Contrary to traditional leadership courses, ANLP lessons were not confined to structured classroom sessions. In fact, one of the most valuable aspects of ANLP is how experiences outside of formal sessions shaped what happened within them. Activities that initially seemed peripheral became central to my learning. Physical challenges and informal interactions mostly influenced how I reflected on the in-class discussions. For example, while the high ropes exercise highlighted how fear or distrust can influence behaviour, its real value extended beyond the activity itself.

Andyνο was awarded a grant from The Nutrition Society to partially fund her attendance at ANLP. Grants can be applied for every year for members to attend ENLP, ANLP, MENLP

The experience carried into subsequent sessions, shaping how I interpreted discussions on decision-making and personal responsibility. Similarly, moments such as falling into the pool and engaging with my teammates exposed my assumptions in team settings and revealed my response patterns. These seemingly small experiences became powerful and practical learning points.

Months later, I can say that breaking long-standing patterns is not easy. One of the most significant shifts for me has been learning not to let fear or a lack of position limit my actions. Having been exposed to those challenging experiences at ANLP and coming through them, I now recognise challenges for what they truly are: opportunities for action and growth. In the past, I would often allow fear of failure or adverse outcomes to prevent me from acting at all. I am getting better at this. Recently, I said yes to something I would ordinarily have found an excuse to avoid. And just like stepping down from the high ropes, I felt lighter, as though a burden I had carried for a long time had been lifted. What better time than now, at the beginning of my career, to act, knowing that a title or position does not make me ready or effective as a leader?

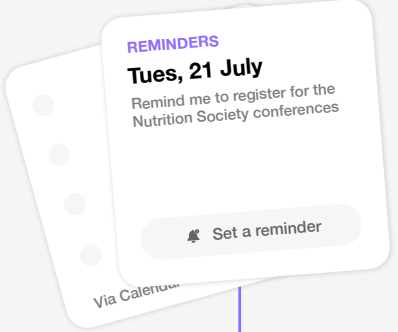
Reinforced by the intensive modules on effective communication, lobbying and advocacy, and leading from where we stand, these lessons have direct relevance to the field of nutrition. Across many contexts, the nutrition space is not lacking in policies, strategies, or frameworks. Yet, the persistent gap between intention and impact suggests a different challenge: a people problem. Not a lack of knowledge, but a gap in how we act on what we know, consistently and intentionally, even without titles or positions.

Ten days later, I once again packed my suitcase, this time with meaningful connections with incredible nutrition actors across different sectors. Additionally, I left with something far more foundational: an awareness of self. And perhaps that is the most important takeaway of all.

I am deeply grateful to the Nutrition Society for the opportunity to attend ANLP 2026 at such a pivotal stage in my career. It was both timely and necessary. Because without the knowledge and leadership of self, how can we truly make a meaningful and sustained impact? ■



Your 2026 Conference Calendar



Nutrition Futures

10-11 September
London, UK

Winter Conference

19-20 January 2027
London, UK

Irish Postgraduate Conference

Dates TBC
Coleraine,
Northern Ireland

Scottish Section Conference

23-24 March 2027
Edinburgh, Scotland

Irish Section Conference

16-18 June 2027
Sligo, Ireland

Nutrition Society Conference

13-14 July 2027
TBC



Theme Updates

DR OONAGH MARKEY



Nutrition in the treatment, management, and prevention of disease

As I write this, the Theme Leads, together with Trustees Professors John Brameld and Wendy Hall, are working together to develop the scientific programme for the Nutrition Society Summer Conference 2027.

As FENS 2027, the 15th European Nutrition Conference, will take place in Rotterdam from 7–11 November 2027, the Nutrition Society Summer 2027 meeting will again be held as a two day conference rather than a congress style event. This shorter format, successfully adopted for the Summer Conference 2025 at Loughborough University during the year of IUNS, enables the Society to deliver a focused scientific programme while supporting member engagement across multiple conferences.

A new feature of the Summer 2027 programme will be a stronger emphasis on Special Interest Group (SIG) nominated symposia. Talks will be proposed by SIGs and aligned within each of the Society's four themes, reflecting the breadth of expertise, innovation and community activity across the Society. This approach provides an opportunity to further showcase SIG related science while maintaining the established Summer Conference structure.

We are looking forward to developing this programme collaboratively and highlighting the diverse research strengths represented across the SIGs.

With the Society's Winter 2027 meeting, led by Professor Sarah Berry, focusing on diet and healthspan, the Winter Conference 2028 will turn its attention to how nutritional strategies can be translated into effective prevention and management of chronic disease. The Winter Conference 2028 will take place at the Royal Society, London, on 18–19 January 2028. I will be leading the development of a programme that explores how emerging dietary strategies, including precision reformulation, optimisation of nutrient delivery and dietary patterns, can strengthen nutritional approaches to chronic disease. As pharmacological interventions for obesity and metabolic dysfunction become increasingly mainstream, there is an urgent need to translate emerging evidence on food systems, dietary components and underlying physiological mechanisms into sustainable, long term nutritional strategies that complement and support these therapies. I look forward to working with colleagues across the Society to develop a programme that reflects these challenges and highlights the continued central role of nutrition. ■

DR CHRISTIAN REYNOLDS



Food Systems

Connecting Nutrition, Health and Sustainability

Food systems research connects what we grow, process, reformulate, consume and waste with both human and planetary health. The Nutrition Society's Food Systems theme is a "broad church" spanning food production and processing, sustainability, food safety and toxicity, organic systems, functional foods and nutraceuticals, novel ingredients, animal nutrition, and the hedonics and physiology of eating. Together, these areas show that nutrition science is not only about nutrients, but also about the wider systems shaping diets and health.

This year, the theme is being advanced through a strong set of Special Interest Groups. School Food Systems, chaired by Dr Suzanne Spence, is focusing attention on a key policy area for child health and equity. On 16 June (10:30–12:00), the group hosted a discussion on *Universal Free School Meals and Free School Meal Provision Across the UK: Insights, Impact and Lessons Learned*. Speakers included Dr Meredith Hawkins, Dr Suzanne Spence, Dr Sara Long, Dr Sundus Mahdi and Prof Jayne Woodside. The session featured short presentations followed by discussion, providing an excellent opportunity to connect evidence, policy and practice.

The Global School Health and Nutrition SIG, chaired by Dr Robert Akparibo, has also supported the creation of an African Regional Technical Working Group on School Health and Nutrition. Launched as a wing of the African Nutrition Society, the group aims to strengthen leadership, research, policy action and collaboration for school-age children and adolescents across Africa, aligned with Agenda 2063 and SDGs 2, 3 and 4.

The Plant-based Diets and Health SIG, co-chaired by Dr Tammy Tong and Dr Keren Papier, held its first meeting in November 2025. Members reviewed findings from a pre-meeting survey on preferred meeting frequency and activities, joined breakout discussions on shared interests and possible workshops, and heard a presentation from Dr Papier on the FEED study. In response to feedback, the SIG has since created a LinkedIn group and a shared spreadsheet to help members connect around common topics and future collaboration.

As these groups continue to grow, members are warmly encouraged to attend events, join discussions and contribute their expertise to help shape an ambitious and collaborative Food Systems agenda. ■

PROFESSOR SARAH BERRY



Nutrition and optimum life course

The Nutrition and optimum life course theme includes 3 special interest groups (SIG's); 1) Nutrition in healthy aging, 2) Sport and exercise nutrition and 3) Workplace Diet and Health.

The output from the Workplace Diet and Health group, led by Dr Rachel Gibson, illustrates the value of the SIGs. Like other SIG's, this group brings together nutritional researchers and practitioners to exchange knowledge across workplace related nutrition topics through regular meetings, supporting collaborative research and evidence development in this emerging area of public health. As work patterns continue to evolve - with more shift work, a decline in the traditional 9–5 schedule, and a substantial proportion of daily energy intake occurring during working hours - the Workplace Diet and Health SIG plays an important role in advancing strategies to improve population health.

A major achievement for 2025 was the successful BBSRC Consumer Lab Business Interaction Voucher awarded to SIG members for the project Ensuring the Nutritional Health of UK Food Manufacturing Employees.

This collaboration between King's College London and Marlow Foods Ltd focused on a large, hard-to-reach workforce of approximately 400,000 employees, many of whom work atypical hours and face increased diet-related health risks.

The resulting [20-page White Paper report](#) identified nutrition as a significant occupational health exposure, particularly for shift-workers with limited control over schedules, constrained break patterns, the need for protective clothing, and restricted access to healthy food options. It also highlights additional barriers such as language and literacy challenges that limit engagement with employer-led health and wellbeing initiatives.

These findings directly inform the SIG's 2026 strategy, which prioritises strengthening the evidence base for workplace nutrition interventions and improving support for occupational groups where job content and work environment impacts nutrition.

If you are interested in getting involved in any of the theme SIG's please visit the Nutrition Society webpages. ■

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