



THE NUTRITION SOCIETY GAZETTE

Summer 2017



Professor Philip Calder, Time flies...

- Moments that mattered: stumbling towards nutritional science
- Archives – a space where data is sought and inspiration found
- Future of The Nutrition Society Summer Conference
- Providing a quality mark for sound nutrition advice

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Foundation of The Nutrition Society

In July 1941, the following invitation was sent out:

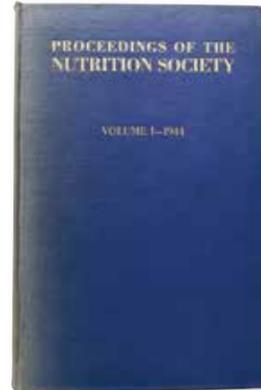
Just before the outbreak of war a suggestion was made by several people interested in research on nutrition that a Nutrition Society should be formed. Owing to the outbreak of war the idea was abandoned. The question has, however, again been raised and there are a considerable number of research workers and others in favour of holding meetings to discuss nutritional problems. Such meetings would serve a useful purpose, especially in enabling workers studying different aspects of the same problem in agricultural and medical institutions to meet and help each other with information and constructive criticism.

If there is a sufficient number of workers who wish to hold meetings for discussion of nutritional problems, the best procedure would be to form a society on the lines of the Physiological and the Biochemical Societies although there would be no question of publishing a journal in the meantime.

In view of the difficulty of travelling, it might be convenient to form separate English and Scottish branches which could meet independently but which might maintain contact during the war by exchanging short notes on the papers and discussions at meetings.

In accordance with this invitation a meeting of workers interested in nutritional problems, convened by Sir John Boyd Orr, was held in London at the Royal Institution on July 23, 1941 and The Nutrition Society was founded. ■

Cover image: Honorary Fellows receive Fellowship certificates during the Annual Drinks Reception, December 2016.
L-R Professor Sir George Alberti, Dr Ann Prentice, Professor Catherine Geissler, Professor Keith Frayn, Professor Christine Williams.



The first volume of *Proceedings of the Nutrition Society*, published in 1944, which recorded the founding of the Society in 1941.

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Editorial Board: Professor Paul Trayhurn, Emeritus Professor of Nutritional Biology, University of Liverpool; Professorial Research Fellow, University of Buckingham; Visiting Professor, University of the Highlands & Islands. Dr Sue Bird MCIPR, Knowledge Exchange Manager, The Rowett Institute of Nutrition and Health, The University of Aberdeen. Dr Margaret Ashwell OBE, Director, Ashwell Associates and Senior Visiting Fellow, Cass Business School. Dr Shauna Cunningham, Lecturer, Robert Gordon University, Aberdeen. Cassandra Ellis, Nutrition Society staff member.

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FROM THE PRESIDENT

Time flies...

Professor Philip Calder,
President,
The Nutrition Society

My previous Gazette entry was written in advance of the Winter Conference and the 75th Anniversary Reception in order that it could appear in the Winter issue. At that time, I had been President for just a few months and I was greatly anticipating the events of the week of the 5th of December. I was not disappointed. The Reception held on the evening of 5 December at the Royal Society was a huge success. Several hundred members and guests gathered in beautiful surroundings to reflect on the achievements of the Nutrition Society and to celebrate the many distinguished and hardworking nutritionists that the Society has been fortunate enough to have within its membership over the years. Attendees were able to view exhibits from the Society's archives (see article from our Archivist and pictures from the exhibition on pages 8 and 9) especially put together for the evening. These brought back wonderful memories for many of places, events, friends and colleagues. The exhibits were complemented by inspirational written statements from current members representing all parts of the Society. We were also able to celebrate long-standing members including Valmai Hedley (see Valmai's article reflecting on her time as a member of the Society on page 10), who has been a member of the Society since 1956 and who was able to tell us, first hand, about the 15th Anniversary! During the course of the evening, one existing Honorary Fellow was presented with his certificate, and a further five new Honorary Fellows were announced. We are delighted to include an extended reflection by Honorary Fellow and former President of IUNS, Professor Mark Wahlqvist on page 4.

I think that the Winter Conference on 6 and 7 December on the topic of "Diet, nutrition, mental health and wellbeing" was a huge success in terms of delegate numbers, the quality of the science presented and the wonderful atmosphere amongst the attendees. I particularly enjoyed Professor John Cryan's, University College Cork,

talk on "Nutrition, probiotics and mental health" partly because the scientific content was fascinating but also because the presentation style was very engaging. After the Winter Conference finished, I went straight to the House of Commons to attend the annual Parliamentary Science Reception. This event was arranged by the Royal Society of Biology: twelve member societies were represented and, in honour of our 75th anniversary, the Nutrition Society was given a central role in the event. This was a source of enormous pride for me, as President, but also created a certain amount of anxiety since I was called upon to make the evening's speech, on behalf of the UK's science and engineering community and then, which I had not anticipated, to present the Parliamentary Awards to Nicola Blackwood MP, Andrew Miller (former MP), and Lord Selborne. Presenting the latter award was a special pleasure for me because Lord Selborne has strong ties to the University of Southampton.

In March I attended the Spring Conference, held in a beautiful setting in Stirling. The topic of the conference was "Nutrition and exercise for health and performance". This was another successful event for all the same reasons as the Winter Conference, except that in Stirling, Professor Romain Meusen, University of Brussels, took the role that Professor Cryan had in London. The success of these two conferences, held at different ends of the country, and the level of engagement of the membership suggests a great, and perhaps growing, demand for relatively short, highly focused, strong-science based conferences. The atmosphere of these recent conferences is indicative of a Society in good health and that is creating the opportunities that members are looking for. Given the wonderful experiences of the Winter and Spring Conferences, I am very much looking forward to the Irish Section and Summer Meetings.

This year's Experimental Biology Meeting, which incorporates the annual meeting of the American Society for Nutrition (ASN), took place in Chicago in April. This provided the opportunity for the Society to have meetings with ASN and other societies in order to discuss issues of mutual interest. It was confirmed that ASN will no longer meet as part of Experimental Biology, but will instead organise its own stand-alone meeting from 2018 onwards. ASN has also just started a new journal called "Current Developments in Nutrition", very much modelled on our "Journal of Nutritional Science". We launched our new international brochure at Experimental Biology, highlighting a variety of activities and attracting

significant interest in Nutrition Society membership and in attending the Federation of European Nutrition Societies (FENS) 2019 conference. One of the highlights for the Society was co-hosting an event with the Biochemical Society, the Physiological Society, the Royal Society of Biology and the British Pharmacological Society.

In the previous Gazette, I mentioned that the Society's five-year Strategic Plan had been finalised in mid-2016. I am now working with Trustees to ensure progress against the plan and I am pleased to let members know that, even at this early stage, the Society is well placed to meet its stated objectives. Progress in relation to scientific meetings, publications, training, and international activities is especially good. With the launch of the new website in December 2016 and its maturation over the last few months, the Society is now better placed to communicate with members and also to provide an enhanced external face that is useful, informative and evidenced based.

Also in the previous Gazette, I wrote about my desire to improve the standing of "medical nutrition" within the Society. We have begun discussions with the British Association for Parenteral and Enteral Nutrition, the Royal Society of Medicine's Food and Health Forum, and the Royal College of General Practitioners to find ways of working together for mutual benefit. I believe that strengthening the Society's hand in medical nutrition will complement its clear strengths in nutritional science and in public health nutrition.

Alongside all of its usual activities, the Society is involved in organising the FENS Congress that will be held in Dublin in October 2019. This is really taking shape now: the Executive and Local Organising Committees have met, the programme template has been outlined, the key dates have been identified, and a sponsorship booklet has been produced. There will be no Summer Meeting in 2019 and I really urge all members to start to consider being in Dublin in October that year. It will be a great meeting.

You will be reading this during the Summer Conference. At that stage, I will have been in my role as President for one year already. Much has happened in such a short period. Time flies... ■



Moments that mattered: stumbling towards nutritional science

Mark L Wahlqvist AO
BMedSc, MB, BS, MD(Adelaide), MD(Uppsala) FRACP, FAFPHM, FAIFST, FACN, FTSE

That I **'thrived on difference'** is my epitaph. My Swedish grandfather had insisted that our name be spelled with 'qv'. This was provocatively different in English-speaking Australia where, not only was that regarded as a mistaken 'qu', but it was not to be pronounced 'kv' as in Swedish. Nowadays in Sweden, spelling is more phonetic and unambiguous for non-Swedish speakers, but too late for my emigrant grandfather and his adopted countryfolk. That small point has shaped my life, made me feel different, be accountable for who I am, encouraged me to be interested in the unusual, to be more tolerant than I otherwise might have been, querulous, and for the past to inform my future. By no design, I have been amenable to a cross-cultural life and career, partly in science. Both my grandmothers (one Cornish, the other German) loved books and story-telling, believed in me come-what-may, and insisted on the pursuit of education to pave the future. Not only did geographical and ancestral incongruity matter, so did the moment. I was born during the second world war, in 1942, to parents who had felt keenly the great depression and where rationing of resources still prevailed. Our family grew most of its own fresh fruit and vegetables, had hens for eggs not meat, ate rabbits which plagued the country and were caught or cheap, went camping, fishing, blackberry-and-olive-picking for fun and food, had freshly baked wholemeal bread, and queued for other foods in shortage since these were exported to post-war Europe, including to our own relatives. We cooked, preserved and recycled food in tasty ways. Food waste was discouraged. But would that nominal idiosyncrasy have mattered today? Now being registered for residency in Chinese-speaking localities by my name in Chinese characters, not Roman script, probably not.

Nutritional concepts found their way into my primary school days as the **'Five**

Food Groups' which I perceived as serving sectoral commodity interests, were somewhat incoherent, and I argued with my teachers about it. Within this framework, Australian children were given milk each school day in the conjoint interests of the dairy industry and child health. This coloured my thinking for years to come. My best friend in primary school was a Ukrainian refugee boy; we both felt difference from others was imposed by our European names; we had no role models for it, but agreed we might aim to be doctors- and that we did.

At **Adelaide University**, I enrolled in medicine. With a mix of altruism and the grand maternal concern for my long-term security, I thought it offered a better chance to understand life, to care about others and a more borderless career than the alternatives. Research was not a formalised concept in my head, but this soon changed. The first year exposed me to a newly introduced subject about the history of medicine, discovery and the origin of ideas. Although culturally skewed, it was inspiring. In the second year and, notwithstanding a distressingly persistent White Australia Policy, I met my future wife, a fellow medical student, Chinese and secretary-to-be of the Malaysian students' association, of which Singapore was still a part. My orientation to Asia, which began with a Korean friend in childhood, developed further. Insights into food systems and culture came through eating and cooking with my Asian university friends, from nutritional biochemistry and with the integrative concepts of physiology.

What began to bother me was the practice among some peers of perfunctory and dubious laboratory work. I became cynical about the science we were taught. I took time out to do a **Medical Science** degree and to learn how a medical science department operated. I chose physiology and studies of pathophysiology. This was a reassuring

experience. I found sound leadership, mentorship, mutual respect and robust, innovative debate in the corridors and tea-room (opportunities and space for creativity which I have consequently defended in my various administrative roles). I became involved in various projects, enjoying discovery. Inspired by the visits, writings and advice of an Adelaide medical graduate, and co-discoverer of penicillin, Howard Florey, particularly his 'inflammatory basis of disease' concept, I worked in this field through my undergraduate days and into my first doctorate. I submitted this as an MD back to Adelaide University from Melbourne University as had Florey with his Adelaide MD from abroad. They were the days when polyunsaturated margarines were being promoted and vied for market share with butter, on rather controversial grounds about the role of diet in cardiovascular disease. Against this background, I published my first scientific paper on macrophage lipid metabolism and its potential role in atherogenesis in 1964 and then through the later sixties. The science, agricultural, industrial, medical, food cultural, public health, clinical and political dimensions of this work were both surprising and instructive. The passage of time taught me more and more about the socio-political intrigues of science and academia.

It is a cliché to reiterate, but teachers often have profound and lasting influences. For me, the most positive were from my clinical teachers who were both humanists and scientists. One was the first clinical professor at Adelaide University, Hugh (Norrie) Robson, a general physician and haematologist, who had an exemplary bedside manner, diagnostic clarity, a grasp of evidence, interesting experience to relate and remember, good judgement while devoid of judgementalism, and a measure of cynicism for the pretentious. For years after I had graduated and he had become Vice-Chancellor of Sheffield and then the Rector of Edinburgh University,



Professor Mark Wahlqvist (centre) with Nutrition Society Trustees, Professor Alison Gallagher and Dr Frank Thies

he would write to enquire about my welfare. It is said that, to build a career, one needs a helping 'leg-up' at least thrice. Norrie Robson was one of those for me. By contrast, and about the same time, I had one who 'warned' me that, because of my inter-racial partnership, which he regarded as immoral, I would never get on in Medicine. I have thought a lot about these encounters in my ultimate role as a teacher too. One of the greatest rewards possible in life is to have taught, in so-doing to learn, and to achieve change-for-the-better through one's former students.

By good fortune, about the time I moved to **Melbourne University**, Basil Hetzel, a major figure in the field of iodine deficiency disorders, who had been one of my two professors of medicine in Adelaide, also moved to Melbourne, to become the Foundation Professor of Social and Preventive Medicine at Monash University. This kept me interested in metabolic medicine and population health. It also gave me the opportunity to encourage my fellow Adelaide University medical graduate Tony McMichael, then President of the

National Union of Australian University Student (NUAUS), to explore the possibility of graduate studies with Basil. Tony and I worked part-time in family medicine in the socio-economically disadvantaged district of Brunswick to the north of Melbourne, and, both newly-married, shared an apartment. This was a period of intense socio-medical interaction and re-orientation. The world was awash with student activism and a struggle against the war in Vietnam. These phenomena were the substrate and stimulus for much of our later life disposition and advocacy, as it turned out, for food, health and the planet. Life in Melbourne was also marked by the formation of the Asian Australian Family Association in 1968, a support organisation, of which I became the first president. Our first child, Ingmar Wei Tzu, born in 1969, and others like him, gave it impetus. So did the fact that the White Australia policy was not fully disbanded until 1975, after our second child, Kerstin Yih Fen, was born in 1974.

After Melbourne, Sweden was an attractive destination for family, professional and ideological reasons.

I worked between the Karolinska Institute and Hospital with its King Gustaf Vth Institute in Stockholm and the Geriatric Medicine Institute at Uppsala University. This gave me the chance to conceptualise whole body and life-course regulatory metabolism and physiology with both public health and clinical relevance-and a publication spurt! I defended an Uppsala University doctorate in medicine about the nutritional and endocrine regulation of human cardiac metabolism.

The prospect of more progressive politics in Australia in 1972 clinched a move to the Department of Clinical Science at the John Curtin School of Medical Research of the **Australian National University (ANU) in Canberra**. Here several events mattered. Professionally, as an endocrinologist-diabetologist (FRACP), I became involved in developing these services in the ACT (Australian Capital Territory). Medico-politically, I was involved in a working group with the Minister of Health, Bill Hayden, to introduce National Health Insurance in Australia, an initiative formulated by Scotton and Deebie. I served as a

physician to the Swedish embassy. My research interests became more clinical.

From the ANU, I moved to **the Department of Medicine at Monash University**, located at Prince Henry's Hospital in Melbourne and to appointments in General Medicine, Endocrinology and Diabetes. I founded a **Clinical Nutrition and Metabolism Unit (CNMU)** with responsibilities for inpatient nutrition services and for ambulatory care in nutritionally-related disorder and disease (NRDD); and developed a body composition laboratory. When fully equipped with whole body counting for potassium and in vivo neutron activation analysis for nitrogen, DEXA (Dual Energy X-ray Absorption), the second unit in Australia, and more, Dr Elsie Widdowson from Cambridge was our guest and formally opened the facility. These developments facilitated the engagement of clinical nutrition in medical education and clinical practice.

The **Australian Nutrition Foundation** (later **'Nutrition Australia'** during my tenure as Chair) was also constituted in Melbourne, initially by a small group which included Basil Hetzel, Paul Nestel, Richard Read, Joan Steele, Elsdon Storey and myself. In about 1976, **the Nutrition Society of Australia** was founded by a group including John Black, Richard Read, Delia Flint and John Court and the first conference held in Melbourne.

During 1977, I was appointed to the first **Chair of Human Nutrition at an Australian University, at Deakin University in Geelong**, some 85 kilometres from Melbourne. For nine years, the CNMU programme was joint between Monash and Deakin Universities. My former mentor, Basil Hetzel had been appointed the Director of the **CSIRO (Commonwealth Scientific and Industry Research Organisation) Division of Human Nutrition** in Adelaide. Stewart Truswell was in turn appointed to the second Chair, **the Boden Chair, of Human Nutrition at Sydney University**. So quite quickly academic nutrition science was on the ascendancy in Australia. Early in my role at Deakin, Sir Richard Doll, Regius Professor of Medicine at Oxford visited and

together we did a live "Monday Conference" on Australian TV about nutrition and cancer which set the scene for greater media coverage of nutrition science.

Deakin University Nutrition worked in concert with Sydney University and CSIRO to strengthen the capacity of human nutrition science throughout the country. It built a full-time staff of 11 with wide expertise in nutritional physiology and biochemistry, nutritional anthropology and epidemiology, food science and, especially, chemistry, food service, community nutrition, clinical nutrition and dietetics. Deakin was solely responsible for dietetic training in Victoria. Deakin also provided input and membership of the Committee for Overseas Professional Qualifications. The Deakin staff together wrote the comprehensive textbook **'Food and Nutrition in Australia'**, published first by Cassell in 1981, then Nelson, now in its 36th year, by Allen and Unwin, at the interface between secondary and tertiary education. It has twice been runner-up for Australian University book of the year.

My involvement with **IUNS (The International Union of Nutritional Sciences)** began in 1981 in San Diego when I assumed the Chair of the Nutrition in Medical Education Committee. This produced a Manual of Patient Problems in Clinical Nutrition in 1987, intended for both clinical teachers and students to recognise and manage NRDD. It has been widely used, translated into Chinese and is still available on-line (http://apjcn.nhri.org.tw/server/MarkWpapers/mark_books/patient.html). The former Secretary-General of the IUNS, Professor Bjorn Isaksson and I published the case for training in Clinical Nutrition (Wahlqvist M, Isaksson B. Training in clinical nutrition: undergraduate and postgraduate. *The Lancet*. 1983 **322**:1295-7).

In 1985, I inherited the **IUNS Nutrition and Ageing** committee from Hamish Munro. We resolved to initiate a project referred to as Food Habits in Later Life (FHILL) which would (1) document food habits among older people whose food culture was at risk and which might vanish without record (2) follow a range

of longevity food cultures in disparate communities to establish whether different food patterns could allow similar survivals (3) assess the use of food cultural or diversity scores as food-health indicators among elderly people. The FHILL was developed in conjunction with the SENECA project for Europe using similar methodology. The principal publication for Greek villages provided the instrument now used in many studies of the so-called Mediterranean diet (which approximates the Cretan diet of the 1950s) (Trichopoulou A, Kouris-Blazos A, Wahlqvist ML, Gnardellis C, Lagiou P, Polychronopoulos E, Vassilakou T, Lipworth L, Trichopoulos D. Diet and overall survival in elderly people. *BMJ*. 1995 **311**:1457-60). No one nutrient or food could account as well for survival as an integral of the whole diet.

In 1987, I became Professor and Head of Medicine at Monash University, Prince Henry's Hospital and then the Monash Medical Centre in Melbourne. This strengthened the place of nutrition in medical education and practice in Australia. During this appointment, the human nutrition outreach extended further internationally in the Asia Pacific through the development of the Asia Pacific Clinical Nutrition Society and its publication of the **Asia Pacific Journal of Clinical Nutrition (APJCN)**. APJCN first appeared in 1992 co-edited by myself, Vichai Tanpaichitr (Thailand) and Akira Okada (Japan). The plan was put together in Heidelberg in 1991 at the 4th meeting of the International Symposium on Clinical Nutrition. It became an IUNS journal and, initially, a Monash electronic journal, an early venture into this publishing realm. Then, too, it published jointly with the United Nations University, its first electronic publication, the report of the IUNS FHILL project.

Over the years, it has been possible to undertake various studies of food culture and health. These began with studies of Greek migrants to Australia and how duration of stay affected diet and disease susceptibility. They continued with the FHILL studies, with those in West and North Sumatra in Indonesia to do with coconut consuming cultures and

protection against cardiovascular disease, of food practices which promoted breast feeding and prolonged lactation. The work with Batakese women resulted in me being made an honorary Batakese with the name Purba, that of my first Batakese graduate student, Martalena Purba. International activity has involved policy-making and training. Noteworthy have been programs in Indonesia through the SEAMEO-Tropmed Community Nutrition initiative supported by Australia in its early days. Evaluation of the nutritional impact of managed migration from Java to Sumatra, the transmigrasi initiative, especially in the late 1970s and early 1980s, was a sobering exercise. The deliberations on food and nutrition policy in China in the 1980s were prescient of today's successes in hunger alleviation and food security and of the risks of diets favouring animal over plant foods.

The discovery of the **phyto-estrogenic properties of food** in post-menopausal women at Monash University transformed our understanding of food-health relationships (Wilcox G, Wahlqvist ML, Burger HG, Medley G. Oestrogenic effects of plant foods in postmenopausal women. *BMJ: British Medical Journal*. 1990 **301**: 905). It was then clear that the effects of food were dependent on phytonutrients as well as the accepted macro- and micro-nutrients, that this was physiological and that the intactness of foods mattered for health. This observation was to add to our later findings of food pattern integrals and survival in the IUNS-FHILL studies.

One of the most important and consistent themes in my work has been the health value of food variety and its dependency on biodiverse ecosystems (Wahlqvist ML, Specht RL. Food variety and biodiversity: Econutrition. *Asia Pacific Journal of Clinical Nutrition*. 1998 **7**:314-9). This is of course the first of any dietary guideline recommendations, other than breast-feeding. But it assumes importance as a measure of food security and an indicator of our ecological requirements. We are, in the final analysis socio-ecological creatures (Wahlqvist ML Ecosystem Dependence of Healthy Localities, Food and People *Ann Nutr Met* 2016) and our

disability adjusted longevity will depend on the extent of ecosystem loss which we have caused (Wahlqvist ML. Ecosystem Health Disorders-changing perspectives in clinical medicine and nutrition. *Asia Pacific Journal of Clinical Nutrition*. 2014 **23**:1-5.)

My presidency of IUNS sharpened my interest and focus on Africa, not only for its peoples' and food cultural richness, but also because it is where the nutritional needs and population pressures are greatest (Wahlqvist ML. Towards a new generation of international nutrition science and scientist: the importance of Africa and its capacity. *The Journal of Nutrition*. 2006 **136**:1048-9). Things have improved. The IUNS Congress was held for the first time in Africa in 2005 in Durban. IUNS adhering bodies in Africa have grown substantially and joined ranks through the Federation of African Nutrition Societies (FANUS). There is an African food and nutrition journal (AJFAND) edited by Professor Ruth Oniang'o (<https://www.ajfand.net/>). IUNS now has an African president in Dr Anna Lartey from Ghana.

To chair the **National Nutrition Committee of the Australian Academy of Science** from 2002-2005 was an honour and opportunity to link the various science-based food and nutrition organisations together in what was referred to as **FANO, the Federation of Australian Nutrition Organisations**. This involved the Nutrition Society of Australia, the Australian Society of Parenteral and Enteral Nutrition, the Dietitians Association, the Australian Institute of Food Science and Technology, and the Nutrition section of the Public Health Association of Australia. It was supported by the board of the Australia and New Zealand Food Authority of which I was a member (1996-2002). For an extended period, I was active in **Food Regulation and Safety** with Directorship of an FAO Centre of Excellence in Food Safety at Monash University (1999-2006) and as Foundation Chair of the Food Safety Council of Victoria (1997-2003). Other rewarding activities have included membership of the WHO Expert Advisory Panel on Nutrition (1988-2010).

In active retirement, at the National Health Research Institutes in Taiwan, I have become involved in studies of food, metabolic disorder and the brain, particularly dementia, Parkinson's disease and affective disorders (depression). Disordered energy regulation with inflammatory consequences as in obesity and diabetes seems relevant. Protective approaches might include dietary biodiversity such that it includes culinary herbs. But much remains unanswered. It has been a privilege to have been involved in recent years in the development of a Chinese Nutrition Society leadership program and another in training at Zhejiang University in Hangzhou to identify and foster the careers of exceptional young people in China in food, nutrition and health science.

But my greatest passion now is to mitigate the climate change now underway. This threatens our food, water and energy security and to displace billions of us from our homes and communities (Wahlqvist ML, McKay J, Chang YC, Chiu YW. Rethinking the food security debate in Asia: some missing ecological and health dimensions and solutions. *Food Security*. 2012 **4**:657-70; Wahlqvist ML. Ecosystem Dependence of Healthy Localities, Food and People *Ann Nutr Met* 2016). Family planning to limit further growth in population size and the urgent abolition of fossil fuels in favour of renewable energy are food and health concerns. So too are the arrest of ecosystem loss, environmental contamination with microplastics, food waste prevention and nutritional ethics and equity. A new food and nutrition workforce, collaborative and crossing disciplinary boundaries, skilled in the optimisation of personal and community security, and in disaster nutrition management, is required. In the meantime, we can embrace the guiding principle that we should use and eat as little as we need and not as much as we can get. ■

Archives – a space where data is sought and inspiration found

Sheila Mercieca, Archives, Library and Records Management

Shielded and cushioned beneath glass, sixty-eight items selected from the Nutrition Society's archive collection created a narrative for seven decades of its history at the 75th celebration reception, on 5 December 2016. Continuous care of the Society's records and corporate memory has produced an archive of information assets that evidence collaborations between nutritional scientists over 75 years. Salient archival documents of biographical and historical importance capture many political and social drivers behind the development of nutritional science. Reading the records of their lives on paper, one feels the virtue of patience, the persistence and determination, conspicuous by the competencies of each of the Society's 26 Presidents, 1942-2017.

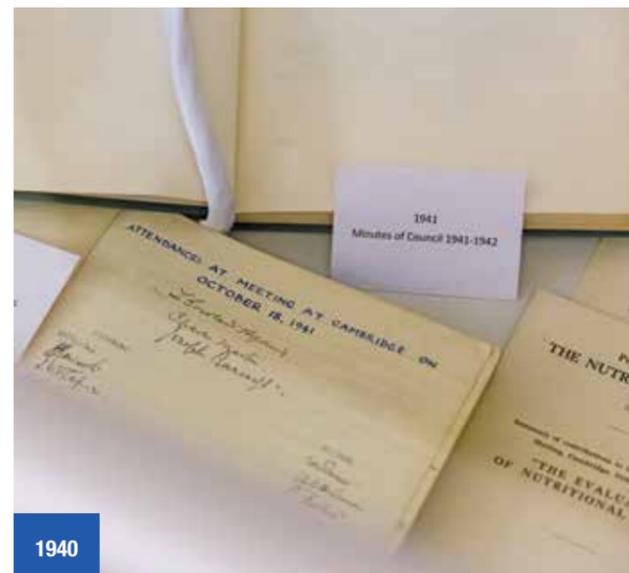
Mitigating risks associated with exhibiting archival documents, and maintaining a balance between preservation and access, was thoughtfully addressed at a Collections Handling workshop at Cambridge Court. The asset rich collections are a significant resource to all departments at the Society, where the mantra that preservation of archival material is the responsibility of everyone in an organisation, was sympathetically applied.

The scope of the Society's hybrid collection contains carriers of various formats that reflect changes over time of information creation and capture; paper, photographic image, floppy disc, CD, VHS, cassette tape, and newborn digital material. Released from the silence of the archives, activities, spaces and human voices came to life to speak for themselves about the contributions made by many individuals on a journey to advance

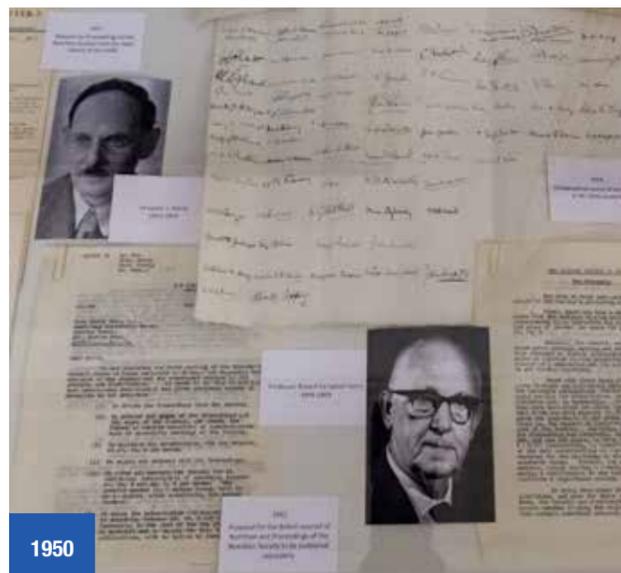


Staff Collections Handling Workshop

nutritional science. Moments of collaboration find expression in documents of varying significance. Signatures capturing traces of members who autographed the record of attendance at the Society's 100th meeting (1956), are inscribed on parchment. Of no less importance is a penciled mind map on note paper for the eNutrition Academy (2014), both documents possessing



1940



1950

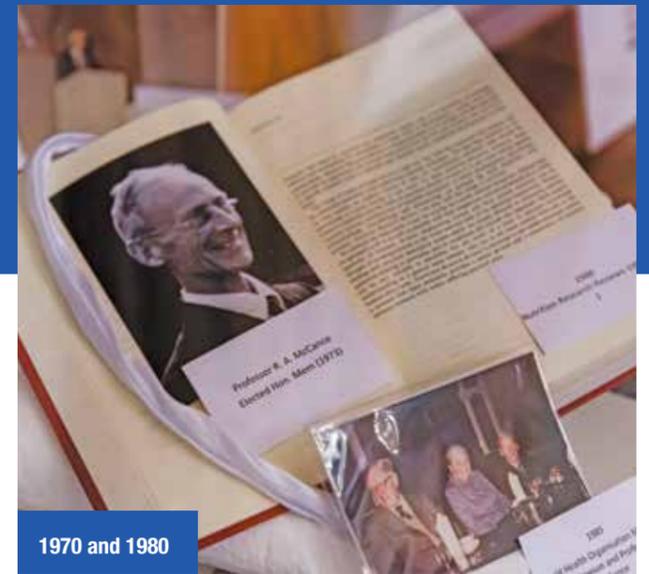


Members across the nutritional science community were invited to view the archive collection and network at the Annual Drinks Reception to celebrate the Society's 75th Anniversary, December 2016

the characteristics of a good record: authenticity, reliability and integrity.

Now officially registered with, and having received a unique Archon code from the National Archives, the on-going design of the Society's archives catalogue will incorporate the whole of its collections. This catalogue will be worked on over time to reflect continual development in the Society's collections policy, with an aim to ultimately be deliverable online. The objective in professionally managing the Society's archives is to provide access to useable records that can be located, retrieved, presented and interpreted. A framework of policies, plans and procedures are being designed to ensure that benchmarks to achieve best practice in archives and records management will move the Society's archives towards the National Archives accreditation.

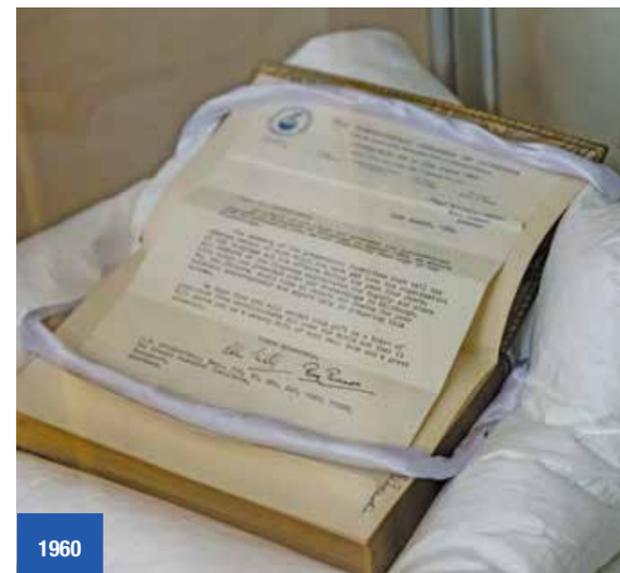
The Nutrition Society's commitment to the long-term preservation of its physical and digital assets is being



1970 and 1980

delivered with appropriate conservation and preservation management. This preparation will lead in time to future users being able to make appointments to consult the Society's collections. Recurring themes of interest, including malnutrition and obesity, have been discussed, debated and minuted in archival documents of nutritional science for many decades. The Society's archives are relevant to its members, researchers, food anthropologists, nutritional science historians, social historians, educationalists, policy makers, lobbyists, undergraduate and postgraduate students. Archives are a space in which data is sought and inspiration found.

Evaluation of the 75th anniversary exhibition signposts a renewed estimation for the legal, fiscal and historical value of the Society's archives collections. Exhibitions have the power to reinvigorate a collection and inspire new audiences. Moving forward the Society hopes to network with archives of other learned and scientific societies as part of its commitment to future outreach activities and exhibitions programming. ■



1960



2000

Reflections on nutrition and the Nutrition Society

Valmai M Hedley (Griffith) M.HSc (NZ) FRSPH

In 1941 when the Nutrition Society was formed, I was 15 years old and had already decided that I wanted to study Nutrition. I was influenced by the nutrition I was taught in the science classes of the two secondary schools in New Zealand which I attended, where in one, the textbook was "Everyday Nutrition" by E Neige Todhunter, who had gained her PhD under Professor HC Sherman, Columbia University, and in the other, the textbook was "Good Nutrition" by Professor E Gregory and Muriel Bell, both of whom had gained their doctorates under Professor Jack Drummond, University of London.

In both of these textbooks, I noted that the first half was devoted to the principles and science of nutrition, and the other half to the practical aspects such as menu planning and the provision of nutritionally balanced daily meals for families at reasonable cost. It gave me an overall view of the complexity of the wide ranging field of nutrition, and the understanding that good health may depend on the amount and type of food that is eaten over a lifetime.

In my first degree at the University of Otago, New Zealand, I was given a sound knowledge of both the science and the practical side of nutrition. In our practical nutrition classes we used McCance and Widdowson "Chemical Composition of Foods", and "Nutritive Value of Wartime Foods" (I still have my, somewhat worn, copies).

I was well aware of the Nutrition Society and the Proceedings, when in 1951 I was working towards a Master's degree in Nutrition at the University of Otago. I was involved in the investigation of long chain protein molecules and the cross-linkages, using a number of techniques such as X-ray crystallography. When the elucidation of DNA came two years later, I sensed a possible connection between genetics, diet, lifestyle and longevity as at this time,

I was investigating the story of my direct line antecedents who were early settlers to New Zealand, many of whom had lived into their 80s and 90s. I am now interested in Nutritional Genomics and Epigenetics.

After three years lecturing in Food and Nutrition, I travelled to London and was persuaded by Dr A. Molly Copping to join them at Queen Elizabeth College to lecture for the new degree in Nutrition. She introduced me to the Nutrition Society, which I joined in 1956 and was privileged to be her guest at the dinner to celebrate the 15th anniversary of the founding of the Nutrition Society. I have since attended many meetings and conferences, especially since retiring 30 years ago, and enjoyed celebrating the

50th anniversary in Cambridge and the 70th in Reading, where I joined in with the enthusiasm generated by the formation of the professional body, Association for Nutrition (AfN), which regulates the registration of nutritionists who are qualified to give advice founded on evidence based science.

Being a member of the Nutrition Society over the years has been a great support and asset, especially when one has retired and has no academic base. It has meant that in the last thirty years, I have been able to meet with past colleagues, keep up with the latest research and also sample the enthusiasm of the younger generation whom the Society encourages. ■



Valmai Hedley is announced as one of the Society's longest members during the Annual Drinks Reception, December 2016.

The exercise of soft power

Mark Hollingsworth, Chief Executive Office

At one of the meetings I recall attending when I first joined the Society in 2014, a speaker asked the audience if they would like to see the Society raise its public profile. A resounding 'yes' was the reply, but in the follow-up discussion it became evident no one really knew 'how' or even 'why' that should happen. After the meeting I met several of the audience individually to discuss this dichotomy and they all agreed the Society had a responsibility to have a strong public profile, but believed it could be the lack of a central strategic rationale for it which had been frustrating its efforts in achieving the profile. Again, no one had a single strong thought or opinion on what such a rationale should be. I suspect, looking back at my notes now, what people sensed the Society needed was to develop its 'soft power' potential.

Fast forward nearly three years since those conversations and, I suggest, the landscape now looks very different. The Society is in the second year of its five year Strategic Plan – a plan which places considerable emphasis on building, renewing, and maintaining sustainable relationships across the world. However, we should not think this has been a recent form of revelation in the Society's thinking. It was, in 1941, the concept of bringing together scientists, academics, government and industry specialists and policy makers in the field of nutritional science to assist in the war effort which saw the founding of the Society. Later, it was many of these same eminent individuals who led the formation of the International Union of Nutrition Sciences (IUNS) in 1946-1948. Moreover, it was the Nutrition Society's leaders who later led the formation of the Federation of European Nutrition Societies (FENS). What the current Strategic Plan seeks to do is build on these successes from the Society's past and use such history, traditions and values to deliver contemporary solutions to today's challenges and opportunities.

At the present time this work, being undertaken by many members of the Society, falls into three groupings: Relationships with fellow societies in the United Kingdom and Ireland; International collaboration; UK Parliamentary activities.

Relationships with fellow societies in the United Kingdom and Ireland. The Society is currently planning or discussing joint meetings/collaborations with the Biochemical Society, the British Society of Animal Science, the British Society for Gastroenterology, the Royal Society of Medicine, the British Pharmacological Society, the British Association for Parenteral and Enteral Nutrition, the Royal College of General Practitioners, the NIHR Cancer Collaboration. In addition, bi-lateral and round table meetings are held on a regular basis between the CEOs of the Association for Nutrition (AfN), British Dietetics Association (BDA), Institute of Food Science and Technology (IFST) and British Nutrition Foundation (BNF). Finally, as a Strategic Partner of the Royal Society of

Biology, additional collaborative discussions are held four times a year between the CEOs of nine biosciences' societies.

International collaboration. In maintaining its long standing support for IUNS and FENS, the Society now manages the secretariat for the IUNS, and is also assisting and supporting some of the work of the President and Treasurer of FENS. In addition the Society will be hosting the 2019 FENS Conference. The Society has a long history of supporting the development of capacity within the nutritional science community in Africa. This work continues with the provision of grants to help students attend the African Nutrition Society (ANS) and Federation of African Nutrition Societies (FANUS) conferences held in Africa, and where possible, providing no-fee workshops at the conferences. Across the Atlantic, strong links continue between the Society and the American Society for Nutrition, and in Brazil the Society supports the annual Mega Evento nutritional science conference in São Paulo. Further afield there are developing relationships with South Korea, Iran and Dubai, to name but a few.

UK Parliamentary Activities. It is in this developing area I return to the original discussions from three years ago. Some members of that audience felt the Society should be more influential in the work of government. Clearly it would be wrong for the Society, as an independent scientific body, to be involved in any form of lobbying activity within government. The Society does though have a unique opportunity to present, where required, evidence-based nutritional science. To that end over the past year, partly in collaboration with the Royal Society of Biology, the Society has developed a growing and influential presence in Parliament and government. Support to this year's Parliamentary Links Day (Parliament's largest scientific event of the year) saw the Society bring a number of influential guests to a series of discussions concerning the future of science and Europe in the House of Commons and House of Lords. Earlier in the year, one of our student members represented the Society in a unique debate with a range of MPs, Members of the House of Commons Select Committee for Science, the Government's Chief Scientific Adviser and the Minister for Science. Moreover, in his introduction to this Gazette, our President details the honour bestowed upon the Society at the annual Parliamentary Science Reception through allowing the Society to be the primary host. Finally, work is underway to build on this much raised profile for the Society through the creation of an All Party Parliamentary Group (APPG) for Nutritional Science, which the Society will lead and manage (this will be a joint venture with our colleagues from the BDA, BNF, IFST, and AfN).

These many developments are indicative of the overall sense I now have of the Society's emerging global leadership role in building and sustaining a nutritional science community. I began this article with the term soft power – soft power has been defined by J. Nye ('Power and foreign policy, Journal of Political Power, 4 (1) April, p19) as 'the ability to affect others to obtain preferred outcomes by the co-optive means of framing the agenda, persuasion and positive attraction'. This use of networks, of developing and communicating narratives, establishing international norms and building coalitions is the contemporary language of what the founding members of the Nutrition Society achieved in 1941 onwards.

Over the past three years I have witnessed, through the controlled use of soft power, the Nutrition Society and its members focus on the ability to form and mobilise networks and will, I predict, be the ones driving change, leading and shaping key global outcomes in nutritional science. ■

Future of The Nutrition Society Summer Conference

Professor Andy Salter (Honorary Scientific Officer)
Professor Alison Gallagher (Honorary Programmes Officer)

To many the Summer Scientific Conference is seen to be the highlight of the Society's calendar. It is the largest of our scientific conferences and attracts delegates and speakers from around the world. The symposia offer the opportunity to hear from internationally recognised Nutritional Scientists, while the Original Communication sessions provide a valuable opportunity for researchers, in particular research students and early career scientists, to present their work to the Nutrition Community. It also represents the opportunity for Nutritionists from food industry, clinical and academic backgrounds to socialise and debate the current 'hot topics'. The papers which are produced and published within *Proceedings of the Nutrition Society* represent some of the most cited work in the nutrition arena.

As you will be aware, organising such a conference presents an immense amount of work for the Honorary Officers, Theme Leaders, Nutrition Society staff and Local Organisers. We would normally start planning such a scientific conference at least two years in advance and, having settled on a venue, we work with the local organisers to develop a programme and identify potential speakers and sponsors. As the date approaches, calls for abstracts need to be issued, submissions reviewed and oral and poster sessions timetabled. On top of all of this the Society staff work with the chosen venue to ensure all housekeeping issues are under control. Those of us who have acted as local organisers will remember well the anxiety felt as the date approaches and the relief when all (more or less) went to plan.

The diverse nature of Nutrition means that inevitably some symposia are received more positively by some sections of the Society than others. However, we also often hear how members value the opportunity to catch

up on topics they would normally regard as 'outside their comfort zone'. In general, we do try to ensure that under the umbrella of a general topic, specific sessions address the major 'themes' of the Society: Cellular and Molecular Nutrition, Public Health Nutrition and Whole Body Metabolism. Overall our scientific conferences are reviewed very positively by attendees. However, we are anxious to hear the views of those who do not regularly attend these scientific conferences. Over the coming months we will be launching a survey of the membership's views of the future format of our scientific conferences. We are keenly aware of all of the pressures on both your time and money and want to ensure that we are doing as much as possible to provide a product which satisfies as many members as possible.

Questions will include:

TIMING of conferences

The Society organises four main scientific conference per year: the Spring Conference (held in Scotland, usually in March), the Irish Section Conference (in June), the Summer Conference (in July, moving around the UK and Ireland) and the Winter Conference (held in London, in December). Is the timing and location of these conferences the most appropriate? Does attendance at one normally preclude (on the basis of time or cost) attendance at others?

COST of conferences

The Society has always tried to keep the cost of conferences as low as possible and registration costs are set to try and ensure conferences 'break even'. To do this we actively need to attract appropriate sponsorship from industry (in line with a strict policy). Is the cost of registration and/or social events a barrier to people attending conferences? Should we make registration free to certain classes of

membership such as students, early career or retired members?

TOPICS and venues

In recent years we have asked for bids from potential local organisers and include a general topic (decided by our Science Committee) within the call. Bids have been considered by Science Committee primarily on the basis of the preliminary programme but also taking account of the need to move the conference around the country. Is this the best strategy? Should we

settle on one (or two) venues for all future conferences based on the facilities available?

LENGTH and Structure of conferences

Summer conferences have traditionally lasted 3-4 days. In recent years we have trialled incorporating some parallel scientific sessions to increase the number of topics covered. However, we always avoid timetabling plenary and Original Communication (OC) sessions at the same time. Is this the best strategy? Researchers are invited to submit OCs

for Oral or Poster presentation, and all accepted abstracts are published in *Proceeding of the Nutrition Society*. We are one of the few Societies that timetable specific poster presentations when the author gives a brief overview and answers questions; in delegate feedback from our conferences this has often been very positively evaluated. Do you feel this is still valuable? Should we try and move toward more use of electronic poster boards?

We firmly believe that it is vital to the Society that the Summer Conference is seen as a flagship event for Nutritionists around the world and that we continue to attract world class speakers, those just starting out in their career and an audience which is representative of the 'broad church' that is nutritional science. We very much hope that you will start to give these questions some thought and you will take a few minutes to engage with our survey when it is launched ■



Summer Conference 2016, University College Dublin

Vision for Proceedings of the Nutrition Society

Dr Janice Drew, Editor-in-Chief,
Proceedings of the Nutrition Society

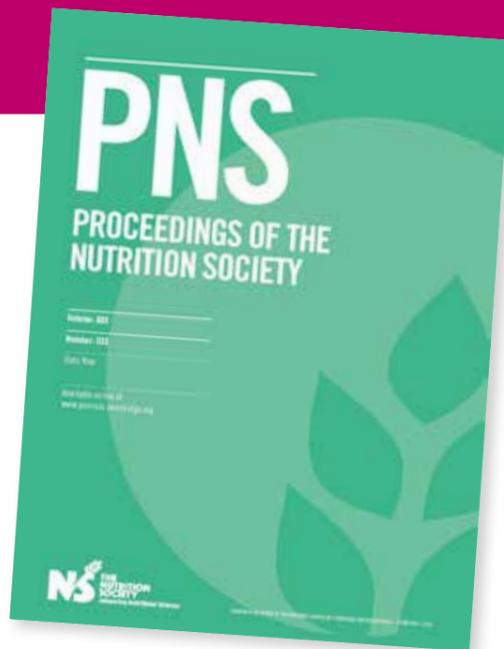
My interactions with the *Proceedings of the Nutrition Society* (PNS) have evolved over a number of years. Initially I accessed PNS as a resource, guaranteed to provide overviews of emerging topics and the latest advances in nutrition research presented at Nutrition Society conferences. This led to proactive participation, proposing and organising a seminar topic, prompted by emerging themes in my own research, authoring my own review paper for PNS and presenting at Nutrition Society conferences. I joined the PNS Editorial Board in 2009, was subsequently appointed to the role of Deputy Editor and then Editor-in-Chief (EIC) last year. This was not a conscientious long term strategic vision on my part. However, interactions with PNS throughout my career undoubtedly provided an excellent apprenticeship, developing my broad and diverse experience of PNS and its importance in publishing papers and abstracts presented by members and invited speakers at the Nutrition Society's scientific conferences.

Working with our previous EIC, Professor Maria O'Sullivan, the Nutrition Society team at head office and Cambridge University Press, I developed an appreciation of factors involved in maintaining and developing the role of PNS as an accessible and informative publication on nutrition research. Close interaction of the EIC with the Nutrition Society's Science Committee and maintenance of an active, skilled and knowledgeable Editorial Board are essential. The increasingly diverse scope of nutrition research and introduction of novel technologies requires skilled editors with a conscientious, professional and rigorous approach in reviewing PNS content. This ensures maintenance of high standards for nutrition research and the continuing success of PNS. Additional Editorial Board members have been recruited and I continue to seek

conscientious recruits appreciating the opportunity to join our team, including invited guest reviewers from the Science Committee. The Science Committee is instrumental in selecting emerging and specialist topics and expert speakers for Nutrition Society scientific conferences that generate the review papers sought by our readership. Future PNS conference issues will now feature an overview article from the local organising committee highlighting the significance of the meeting topic within the field of nutrition and the broader implications of the research.

Meeting topics are an important consideration of the Science Committee and subsequently the PNS issues that follow. Engagement with the Science Committee is therefore an important aspect of my role as PNS EIC. Consequently, I look forward to providing input on ideas for future scientific conferences. A pressing issue coming to the fore relates to research in recent decades challenging the direct translation of results obtained from males to females in the fields of nutrition, medicine and health. This prompted the first Public Health Service Office of Research on Women's Health in 1990 and a 2020 vision for women's health research. Despite the ensuing increase in research conducted on females over recent decades, sex/gender differences are still under reported. Studies are often not adequately designed to gather sex/gender differences. Guidelines developed from studies predominantly conducted with male volunteers, or lack of data analysis of sex/gender differences within study cohorts, has consequently led to instances of misdiagnosis and inappropriate recommendations and intervention strategies for females.

Sex/gender differences influence diseases preventable or modifiable



by diet and lifestyle interventions, such as cardiovascular disease, cancers, diabetes, obesity, mental health and brain disorders and attract significant amounts of nutrition research funding. The way this research is conducted impacts on the training of researchers and direction of future nutrition research. The Nutrition Society conferences provide a forum for synthesis and presentation of output from this research. The consequences are that review content is largely based on research conducted on male volunteers, unless the research is specifically dealing with female specific nutrition, such as in pregnancy. Sex/gender differences are often not reported in published nutrition research and studies are often underpowered to do so. This introduces a potential bias in conclusions reported in literature review papers that is not widely acknowledged. I suspect a Nutrition Society scientific conference addressing nutrition and health from a sex/gender perspective would generate an extremely revealing and pertinent PNS issue, with potential to influence the way we conduct and report on human nutrition studies. Such a PNS issue would be one that I would very much like to envision during my term as EIC. ■

How not to write an abstract

Dr Bernard Corfe, Theme Lead, Cellular and Molecular Nutrition

During a recent round of reviewing abstracts for a forthcoming Nutrition Society conference we noticed an exceptionally high rejection rate compared to normal. Many of you may well be wondering how to get an abstract rejected, so I have set out some common strategies used:

Data. One way to guarantee your abstract will be rejected is by not including any data. Without data, it is impossible to answer most research questions. Dataless abstracts appear opaque and possibly evasive about something you might have done, or you are writing in slightly vague terms about something you are planning to do in the future. We do not accept abstracts on your plans for future research. In lieu of your data, the reviewer has little to

review and the time spent preparing your abstract will have been in vain.

Statistics. Statistics are a great tool for testing whether your data are significant (though of course if you do not have data, you cannot have statistics). Unless you are deliberately designing a pilot or developing a method, a P value of <0.05 is the usual absolute cut off for considering a difference is "real", (Fischer actually suggested the $<0.05-0.01$ region was only really worthy of further examination, rather than being true; furthermore much more stringent thresholds are needed for informatics data). If your analysis gives a $P > 0.05$ do not ignore the statistics and claim the effect is real, despite being not significant. It is an oxymoron that will guarantee rejection.

Double Negative. You should never not underestimate the potential decreased lack of unclarity that double negatives can do to undo your prose. Confused? Clear, straightforward statements will explain your research to the reviewer; double negatives, however, will confuse reviewers and doom your manuscript to rejection.

Integrity. Your manuscript will get rejected if you do not consult with any of your co-authors or your supervisor about whether they agree to publication. Similarly, if you skip the evidence of any relevant ethical approvals for your study, treatment of your animals, blinding of your analysis, your abstract will be rejected.

Formatting. There is no simpler way to showcase carelessness and a lack of effort than with poor formatting. Leaving in track changes, comments about the reviewers, ignoring word limits and using a range of fonts and font sizes will set you on the path to rejection. If accepted, abstracts presented at Society conferences will be published in the *Proceedings of the Nutrition Society* and therefore the minor inconvenience of formatting is a major concern if your research is published!

All of these issues will be spotted by experienced reviewers so if rejection is not your goal, it is vital that your abstract is approved by your supervisor and all co-authors.

Still in doubt?

Dr Bernard Corfe and Professor Basma Ellahi run a scientific writing for publication workshop for the Society which receives an 'Excellent' rating from delegates and is "great value for money" and "very valuable and will be useful". Future repeats of this workshop will be announced on the Nutrition Society's Training and Education pages: www.nutrition-society.org/events/training ■



Abstract presentation, Summer Conference 2016

Update from the Irish Section

Professor Lorraine Brennan,
Secretary, Irish Section

Since the last edition of the Gazette the Irish Section has welcomed Associate Professor Clare Corish as Chair of the section. I very much look forward to working with Clare in the coming years. On behalf of the Irish Section I would like to thank Professor Jayne Woodside for all her work and dedication to the section in previous years. Jayne will remain as a member of the committee for the next two years.

The Irish Section started 2017 with a very successful 26th Annual Irish Section Postgraduate Meeting in February. The Meeting was hosted by Dublin Institute of Technology and had 62 delegates registered with oral presentations from 21 postgraduate students. The standard of the presentations was excellent and it was a pleasure to see so many questions for the speakers from fellow postgraduate students. A further highlight of the meeting was the excellent presentations from the guest speakers who provided students with an insight to the opportunities after PhD life and a range of career and professional advice.

Over the recent months our Irish Section committee has held a number of Nutrition Society Undergraduate Events aimed at increasing awareness of the benefits of becoming a Nutrition Society member. These have been extremely successful and I would like to thank all those involved in hosting such events.

The Irish Section Summer Conference took place in June at Queens University Belfast. Dr Michelle McKinley and Professor Jayne Woodside did a great job in putting together a very exciting programme. I was delighted to attend and hear so many global experts discussing the very pertinent topic of 'what governs what we eat'. My thanks go to all the organisers and local helpers for organising such a successful event.

Finally, we held our Annual Section Meeting during the Irish Section Conference on 22 June. Thank you for the members who attended. During the meeting, voting took place for the next Irish Section Student Representative. I am pleased to announce Aoife McNamara, PhD student, UCD Institute of Food and Health, as the new Student Representative. We are pleased to welcome Aoife and look forward to working with her. ■

Update from the Scottish Section

Dr Spiridoula Athanasiadou,
Secretary, Scottish Section

The Scottish Section Committee have put together, organised and run the 2017 Spring Conference. The conference was on *"Nutrition for Exercise and Health"* and was held at the Stirling Court Hotel, University of Stirling, on the 28-29 March 2017. The conference was very well attended, with over 110 delegates from academia and industry deliberating on the links between nutrition and the metabolic response to exercise and how this might affect preparation, performance and recovery from exercise. The programme also explored the relationship between exercise, nutrition and the impact upon metabolic, neuromuscular and skeletal health within the contexts of gender and ageing. The feedback received was positive for the overall organisation and the quality of the scientific programme. Special thanks go to Dr Oliver Witard and Dr Derek Ball for their contribution to the programme development and to the speakers and the conference organisers for putting together a great conference! We have already started organising the 2018 Spring Conference, which will take place at Glasgow University, in March 2018. The topic is *"Nutrient-nutrient interactions"* and the Scottish Section is finalising the programme. Provisional programme of this conference will be made available soon on the website.

We are always looking to engage with our membership: if you are keen to join the committee or you have ideas for future symposia topics get in touch (www.nutritionssociety.org/about/committees/scottish-section). I would like to take the opportunity to welcome to the Committee the newly elected members: Dr Jo Cecil, from the University of St Andrews, Dr Janice Drew from the Rowett Institute and Dr Stuart Gray from University of Glasgow. I am looking forward to working with you all. Last, but not least I want to thank the two committee members that completed their term at our last AGM: Professor Lynda Williams from the Rowett Institute and Dr Gordon McDougall from the James Hutton Institute. Thank you both for your contribution and enthusiastic support over the years; it has been a privilege working with you. ■

Training & Education just for you

Penny Hunking, Honorary Training and Education Officer

Are you thinking about career development or wanting to find out about nutrition topics and are looking for science-based, endorsed training providers? Then the Nutrition Society Training & Education workshops are just for YOU.

Training and Education (T&E) offer training for postgraduates, professionals and those in healthcare services. Many of the workshops take place at our training facility in London which is ideal for small groups and enhances their learning experience. Offering nutrition practice with the latest research, our hand-picked speakers are specialists in their field and are committed to deliver interactive workshops with ample time for one to one sessions, group-work and case-study analysis. Time is also allocated for delegates and speakers to get together and network. A key part of the workshops is to inspire and get inspired!

Starting at £160 for a one-day workshop, you will have access to experts who will teach, research and guide you throughout the session. Not only will you come away with masses of current information, you'll receive plenty of ideas that help you develop skill sets to improve, evolve and undertake a greater variety of work.

The development of T&E workshops is underpinned by the T&E Committee (the Committee). The Committee, meet regularly to keep abreast of progress and discuss ideas about the development

of new and exciting topics. In addition, the Committee approve, appraise and recommend workshops which are tailored to membership needs and interests. Committee members represent various nutrition sectors and interests including industry, academia, international nutrition and molecular nutrition.

The remit of T&E is to help develop new training workshops and webinars, host workshops in various countries across the world, develop the annual training and education programme and explore new training and learning opportunities via different media outputs and platforms. With the aim to help users save time and learn in the convenience of their own working environment, T&E currently offer a webinar on the topic of Nutritional Genomics. Delegates have the chance to ask questions and submit feedback about the content. Previous delegates have expressed great satisfaction telling us that *'the detail and structure of content was very well organised'*; it was *'pitched at exactly right level'*; and the *'presentation was excellent'*.

All T&E workshops are evaluated on case-by case basis for delegate satisfaction and seek comment on their value for money, meeting of learning outcomes, applicability to nutrition, presentation style and length, appropriateness of scientific knowledge and the quality of practical sessions. Delegate comments are always reviewed and relevant amendments are made whilst also ensuring the upcoming

content is always scientifically up to date. One of the core workshops offered by T&E and one that has run for some period of time has evolved in this manner and delegate responses remain first-class. Attendees at the most recent Dietary Assessment Workshop held in Hammersmith, London, commented they *'liked the fact that the speakers provided top tips and practical examples for applying dietary assessment methods'* and that it was a *'Great workshop, led well by the keen and helpful speakers'*.

Certified by the Association for Nutrition and the Royal Society of Biology, T&E strive to maintain the outstanding quality of the workshops offered. We do not stand still on the development of new workshops and recently launched the Introduction to Food Policy workshop specifically designed for nutritionists working with industry. It's also ideal for those working in organisations wishing to understand how and when to develop policy for their business. Feedback was super and delegates *'enjoyed the interactive discussions'*, *'enjoyed the interaction and sharing of knowledge'* and *'...enjoyed the style of the presenters'*. ■

T&E workshops are developed specifically for you. To find out more visit our website: www.nutritionssociety.org/events/training or contact Hajnal Zdravics: E: training@nutritionssociety.org T: +(44)0207 605 6568

Delegate feedback from Scientific Writing for Publication workshop, 2017

MSc student: **'I learnt a lot about the publishing process, how to plan, research, write, present and submit. Very helpful, well explained!'**

Healthcare professional: **'Excellent day, excellent tutors and excellent organisation.'**

The Scientific Advisory Committee on Nutrition

Dr Anne Prentice, Chair of SACN and Honorary Fellow

In the UK, official advice to the Government on diet and health comes from the Scientific Advisory Committee on Nutrition (SACN). The Committee, which is made up of independent experts, provides dietary advice to government agencies and departments, such as Public Health England, the Department of Health and their equivalents in Wales, Scotland and Northern Ireland.

I became Chair of SACN in 2010, having served as a member since 2001. During that time I have also been a member of the Sub-group on Maternal and Child Nutrition (SMCN) and of several Working Groups established to review the evidence on specific topics.

The full Committee meets three times a year and meetings are attended by observers from departments with responsibility for nutrition policy in England, Scotland, Wales and Northern Ireland. Meetings are held in open session by default and members of the public are welcome to attend. If members of the Society would be interested in attending please email the SACN secretariat (SACN@phe.gov.uk); we would be pleased to see you there.

SACN members are appointed on the basis of their specific skills and knowledge. To ensure a broad range of expertise and experience, the Committee includes scientific experts as well as industry, lay and consumer representatives. Members hold positions for a fixed term and are appointed following a standard recruitment process. The SACN website¹ can be viewed if this is something in which you may be interested. Alternatively, you can contact me or the secretariat directly.

SACN's advice is based on thorough reviews of the most up-to-date and best quality scientific evidence. When considering the available scientific



Dr Anne Prentice receiving Fellowship certificate at Annual Drinks Reception, December 2016.

literature, the Committee follow SACN's *Framework for the Evaluation of Evidence*² to ensure a consistent approach is taken with all reviews.

SACN's reviews are subject to public consultation, whereby members of the public and other interested parties can comment on a report. The comments arising from this process are considered by the Committee and where appropriate, amendments are made before the final report is published.

SACN's advice is used to inform UK government policy and support official messaging on diet and health, such as Change4Life³, and healthy eating advice available on the NHS (National Health Service) Choices website⁴.

One of the Committee's recent and most impactful reports was the *Carbohydrates*

and *Health*⁵ report, which examines the latest evidence on the links between consumption of carbohydrates, sugars, starch and fibre and a range of health outcomes such as heart disease, type 2 diabetes, bowel health and tooth decay.

To reduce the risk of heart disease and colorectal cancer, SACN recommended that the consumption of fibre should be increased to 30g per day for adults, with proportionately lower fibre recommendations for children.

SACN also concluded that increases in sugar consumption lead to increases in energy intake, and that consuming sugary drinks result in weight gain and increases in body mass index (BMI) in children and adolescents. The Committee recommended that the intake of free sugars⁶ should not exceed 5% of total dietary energy and that the consumption of sugars-sweetened drinks should be reduced in both children and adults.

SACN's advice was accepted by UK government ministers on the day the report was published and immediately became government policy. This has led to a programme of work to reduce the amount of sugar in foods that contribute the most to children's intakes by 20% by 2020.

More recently SACN published its review of the evidence on *Vitamin D and Health*⁷. To ensure the majority of the UK population has enough vitamin D to protect musculoskeletal health, all year round, the Committee advised that everyone over the age of one year has a dietary intake of 10 micrograms per day of vitamin D. Again SACN's advice was accepted by government ministers and immediately became government policy.

SACN is in the process of reviewing the most recent evidence on saturated fats and a range of health outcomes; and on complementary feeding in the first year of life. It is hoped that draft versions

of these reports will be published for consultation in 2017. SACN is also in the process of developing position statements on folic acid and health, potassium and health and diet, cognitive impairment and dementias. It is hoped these will also be published in 2017.

These examples of the Committee's recent activities illustrate just how varied and influential the work of SACN can be. Our deliberations and recommendations are strictly evidence-based, and the work is necessarily painstaking, requiring much discussion and debate, and reports can take many months to complete. Nevertheless, because of the dedication of the expert committee members and excellent support from the SACN secretariat, I have always found my involvement with SACN to be hugely rewarding, both from a professional standpoint and on a personal level. Above all, it provides the best opportunity to see the fruits of nutritional research realised by providing balanced advice to policy-makers and practitioners with the aim of improving the health of the population. ■

¹ Available at: <https://www.gov.uk/government/groups/scientific-advisory-committee-on-nutrition>

² Available at: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/480493/SACN_Framework_for_the_Evaluation_of_Evidence.pdf

³ Available at: <https://www.nhs.uk/change4life-beta/be-food-smart#68L9qCCXvKGSSksr.97>

⁴ Available at: <http://www.nhs.uk/livewell/healthy-eating/Pages/Healthyeating.aspx>

⁵ Available at: <https://www.gov.uk/government/publications/sacn-carbohydrates-and-health-report>

⁶ 'Free sugars' comprises all monosaccharides* and disaccharides* added to foods by the manufacturer, cook or consumer, plus sugars naturally present in honey, syrups and unsweetened fruit juices. Under this definition lactose (the sugar in milk) when naturally present in milk and milk products and the sugars contained within the cellular structure of foods (particularly fruits and vegetables) are excluded.*Monosaccharides are single sugar units (glucose and fructose) and disaccharides are two single units joined together (sucrose).

⁷ Available at: <https://www.gov.uk/government/publications/sacn-vitamin-d-and-health-report>

Providing a quality mark for sound nutrition advice

As a regulator and charity, our central purpose is to protect and benefit the public. Ensuring the public have access to qualified and competent nutrition professionals who can generate and provide safe, evidence-based scientific advice is key to achieving this public protection goal.



The Register

UKVRN Registration, and the professional titles 'Registered Nutritionist' or 'Registered Associate Nutritionist' indicates to the public, colleagues and employers an individual has met the high standards required to hold this quality mark. UKVRN Registrants are educated to at least degree level in nutrition science, adhere to a common code of ethics, conduct and performance, keep their knowledge up to date and are accountable for their professional standards through fitness to practice procedures. Association for Nutrition (AfN) is the gatekeeper to UKVRN Registration, ensuring it is administered efficiently and to the highest standards; guaranteeing only those who meet and maintain the standards are admitted and retained on the UKVRN. This vital work protects the public by providing a publicly searchable register, and a professional title that is a quality mark for sound, safe and evidence-based nutrition advice.

Training

Nutrition is underpinned by a well-defined but continually advancing knowledge base. Central to AfN's role is providing a benchmark against which high quality, evidence-based training can be identified. AfN Accredited Degree Programmes ensure those entering the profession are appropriately qualified and skilled. AfN Endorsement for continual professional development (CPD) activities enable Registrants to invest in their professional development with confidence. Provision which meets our standards are awarded a uniquely numbered logo, an instantly recognisable quality mark, so that the public and potential students/attendees can be assured of the scientific integrity and reliability of the programmes offered.

To support the work of nutrition professionals, we also provide a quality assurance scheme for courses taught to the wider community – AfN Course Certification. This provides a quality mark for training aimed at those working in areas such as pharmacy, community care, health promotion, catering and gyms. This enables individuals to acquire evidence-based knowledge of the basics of nutrition science and be aware of their scope of practice, to support and disseminate messages developed by qualified nutrition professionals. ■

A simple message

For reliable, evidence-based nutrition – look for a quality assurance mark!

- Ensure individuals are Registered Nutritionists, Registered Dietitians or Registered Associate Nutritionists.
- Look for an AfN quality assurance logo for education and training activities.

Winter Conference 2017

Diet, nutrition and the changing face of cancer survivorship



It is estimated that by 2020, half of people living in the UK will be diagnosed with cancer in their lifetime (MacMillan, 2014). However, survivor rates have doubled in the UK in the past 40 years meaning cancer is no longer a terminal diagnosis (CRUK, 2014). Increasing numbers of people are surviving, but with ever more chronic conditions, sound nutritional advice is necessary.

This improved prognosis brings new challenges and it is important to understand the interaction between diagnosis, treatment and survivorship, and nutrition. Whilst it is estimated that one third of common cancers are modifiable through improved lifestyle factors, further research is required to determine whether dietary recommendations for cancer prevention can be extended to cancer survival.

First and foremost, patients need to know how to manage their diet and optimise their lifestyle throughout multiple points in the cancer pathway. This may be due to the severe side-effects of chemotherapy, including problems swallowing or with appetite loss, or following successful treatment, how to change diet and lifestyle to reduce the chance of recurrence of tumours. Equally, it is vital that clinicians

respond to the needs of patients providing support and guidance, and not just generic healthy living advice.

In order to maximise patient support, there is a growing need to recognise the role of nutrition in chemotherapy, understand the potentially distinct dietary strategies for prevention of cancer recurrence and develop the management of the co-morbidities associated with cancer survivorship.

Recognising the new challenges to patients, practitioners and researchers, Theme Leaders Professor Ailsa Welch and Dr Bernard Corfe, have created a programme for the 2017 Winter Conference which focuses on the mechanistic, human and public health implications of survivorship. The conference is poised to draw together international expertise at a timely point in the evolution of cancer management and survivorship strategies.

Professor Ailsa Welch, Public Health Nutrition Theme Leader, says *'this conference comes at an important time. Evidence is building about how diet and lifestyle can help cancer survivors but we have much more to learn. I am very pleased that we are able to hold this conference on such an important topic'*. ■

Save the Date: 10-12 July 2018

The Summer Conference in 2018 will be hosted by the University of Leeds. The focus of the conference will be 'Getting the energy balance right' with local organiser Dr Christine Bosch taking the lifecycle approach whilst discussing the environment, lifestyle factors, sustainability and disease risk. Symposia will cover:

- Whole body metabolism
- Molecular epidemiology
- Dietary factors in energy metabolism
- Molecular mechanisms contributing to energy regulations
- Public health considerations of maintaining energy balance

Further details will be available on the Society's website soon.



Events Calendar 2017

7-8 September: Student Conference, University of Reading

14 September: Advanced Statistics for Nutrition Research Workshop, London

26 September: Nutritional genomics: Essential basics for nutrition and health professionals (webinar)

All OC and early bird deadlines for conferences and workshops, plus details of how to apply for the Cuthbertson Award can be found on our website.

4 October: Dietary Assessment Methods Workshop, London

8 October: Cuthbertson Award application deadline. Find out more at www.nutrition society.org/grants-and-awards/cuthbertson-award

31 October: Introduction to Food Policy Workshop, London

5-6 December: Winter Conference: Diet, nutrition and the changing face of cancer survivorship, Royal Society of Medicine, London