



THE NUTRITION SOCIETY GAZETTE

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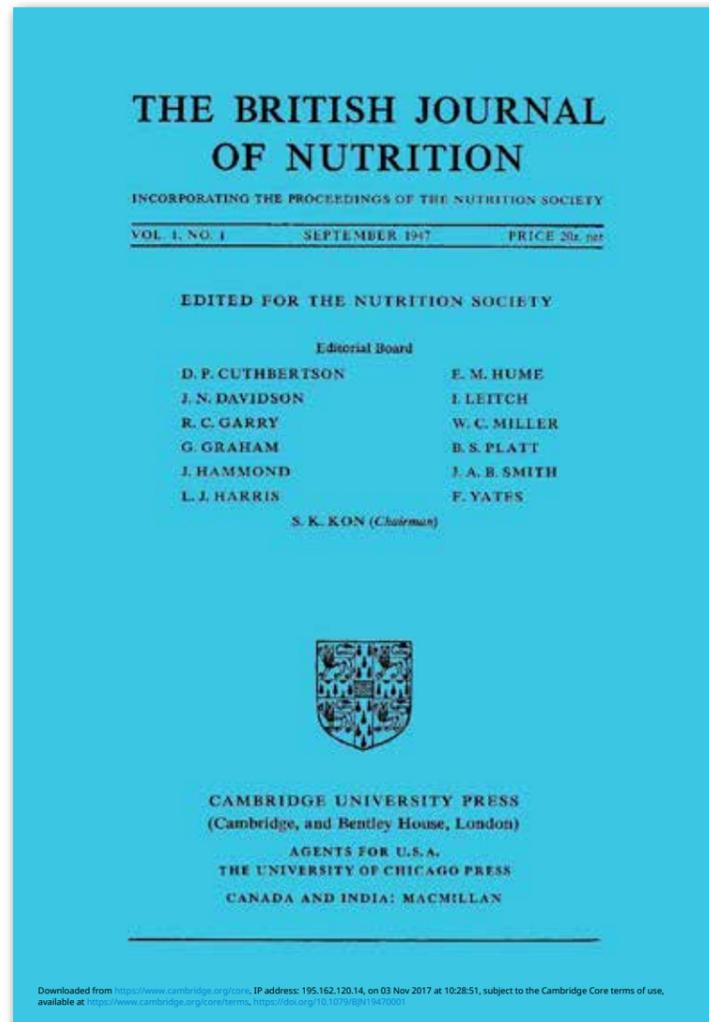
Professor Philip Calder, Flying high

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Celebrating 70 years of the British Journal of Nutrition



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FROM THE PRESIDENT

Flying high

Professor Philip Calder,
President, The Nutrition Society



I am writing my column at 38,999 feet above Russia, as I fly from London to Seoul to join the Korean Nutrition Society (KNS) at their Annual Congress. The KNS is in its 50th year, a great cause for celebration amongst the Koreans and their friends. The KNS has achieved much in its 50 years, especially around setting the Korean dietary recommendations, and also, like the Nutrition Society, in organising and hosting congresses and in publishing journals. During our Society's 75th anniversary last year, I recognised that these infrequent but important milestones are wonderful opportunities for looking back and for sharing memories but can also be great catalysts for looking to the future and planning. I am really looking forward to the next days with the Koreans sharing their memories and learning of their future aspirations. Members will be aware that we have a five-year strategy and will be happy to know that I have been working with the Trustees to ensure progress towards meeting the objectives laid down in the strategy and in gathering and documenting the evidence in support of this. I think the Society is doing very well in its progress towards successfully meeting its strategy.

The last four months have been very busy for the Society with regard to conferences. I am fortunate in having been able to attend all of the recent conferences, which have each proven to be great opportunities to meet with members. In June I attended the Irish Section Conference held at Queen's University Belfast. This was a wonderful meeting with a very interesting programme of invited speakers, several from outside of the core of nutrition. The atmosphere at the meeting was very positive and this was enhanced by the beautiful surroundings of the venue and, perhaps, the nice weather. The highlight for me was the truly excellent Postgraduate Symposium which featured four polished speakers presenting their own results from interesting, timely and important research projects. All-in-all this was a great three days in Belfast. The Summer Conference is the highlight of the Society's annual calendar and this year was no exception. A great programme in the wonderful setting of the Strand Campus

of King's College London assured a successful conference. I especially enjoyed the symposium on "Chrono-nutrition", the Postgraduate Symposium and the wonderful Silver Medal Lecture by David Sanders. While the Summer Conference is well embedded in the calendar, the Student Conference is new; this year's Conference, hosted by the University of Reading, was only the second. Delegates were a mix of undergraduate and postgraduate students; all were eager to share their research and their experiences, and to discuss future possibilities and opportunities. Again, this Conference was a really positive event and a great advertisement for the future of nutritional science in the UK. The success of the first two Student Conferences is great encouragement to the Society to continue to support this event.

In late-June, I attended the Parliamentary LINKS Day for the first time. This event is organised by the Royal Society of Biology on behalf of the science and technology community. The topic for this year was "UK Science and Global Opportunities". Interest in the event was high and the committee room in Westminster was packed with attendees from across the science community, with standing room only for many attendees. The event was opened by the Speaker of the House of Commons John Bercow MP ahead of keynote speeches from Jo Johnson MP, at that time the Minister for Universities, Science, Research and Innovation, and Sir John Kingman, Chair Designate of UK Research and Innovation. Panel discussions followed which focused on European and global opportunities for UK science. It was encouraging to hear from the politicians themselves of the strong governmental support for scientific research. This is really important to know at this time of vulnerability pre-BREXIT. You can read more about this event and the Society's involvement at <https://www.nutrition-society.org/blog/parliamentary-links-day-2017-first-involvement-nutrition-society>.

In October I attended the International Congress of Nutrition in Buenos Aires, the four-yearly event hosted by the International

Union of Nutritional Sciences (IUNS). The six day Congress was enormous, with around 3000 delegates and a vast number of sessions, often with as many as twelve symposia running in parallel. The Nutrition Society hosted a symposium that was well received and members were very prominent during the Congress. Andrew Prentice gave an excellent Opening Lecture, presenting some exciting new science and also raising a number of thought-provoking issues for consideration. Philip James delivered a wonderful lecture as recipient of the IUNS Lifetime achievement Award. Many other members presented during the Congress. During the Congress I was able to meet with representatives of many other national societies and to discuss our common interests and how we might work together on shared activities. What is evident from these discussions is that the Nutrition Society is held in extremely high regard by others, and that we are looked to for leadership in the discipline. This is a source of great pride to me as your President. I attended the IUNS General Assembly for the first time as a voting delegate, firstly to consider the election of IUNS Officers and Council Members and secondly to consider the venue for the Congress in 2025. The latter was a fascinating contest between Paris, Honolulu and Melbourne. In the end Paris was selected by a clear majority.

I am looking forward to the Winter Conference. The topic of "Diet, nutrition and the changing face of cancer survivorship" is a very important one and the programme of speakers looks excellent. Linked to the Winter Conference are the International Nutrition Student Research Championships and the Annual Reception, which will both take place on Monday 4 December. These are important showcase events for the Society and it is great that we will be hosting these in the distinguished setting of the Royal Society of Medicine.

Finally, it is now less than two years until we host the Federation of European Nutrition Societies (FENS) Conference in Dublin. Members will be pleased to know that the themes for the Conference have been identified and that the main plenary speakers are already in place. The programme is beginning to be populated with symposia suggested by both the Scientific Committee and the FENS member societies. Activity around the programme will be intense over the next six to nine months and we plan that a complete programme of symposia and invited speakers will be available in October 2018. So watch out for that, and in the meantime make sure that the period 15 to 18 October 2019 is clearly marked "FENS Conference, Dublin" in your diary! ■

By serendipity into nutrition

Professor Catherine Geissler, Past President of The Nutrition Society, Secretary General of the International Union of Nutritional Sciences

Born and brought up in Edinburgh, by artist parents, art should have been my destiny but they advised me and my brothers not to take it up as a living, but as a hobby. I recently discovered my diary written when thirteen years old and found that I had already decided to opt for science. Later on I took advantage of serendipitous discoveries and opportunities within a broad interest in science, amongst many other things. After a fascinating careers lecture by a dental pathologist, dentistry seemed a good combination of medicine and the manual crafts which I also liked. So I enrolled in the Dental College at the University of Edinburgh. I soon realised however that dentistry was not likely to provide the interest suggested by the lecturer, but did complete the five year course.

By then I wanted to escape Edinburgh, which was at that time very straight-laced and proper, and to expand my horizons. Aided by a grant from the French government I spent a year in Paris, on a 'stage de perfectionnement'. I was housed in the Cité Universitaire in the College Franco-Britannique, which provided the mind expanding opportunity I was seeking, meeting graduate students from all over the world, in a wide range of subjects. I read Josue de Castro's 'The Geography of Hunger', which had a lasting impact as an introduction to world nutrition problems.

Towards the end of my time in Paris my father died suddenly and I returned to Edinburgh to keep my mother company and to practise dentistry for a year before heading for California, Berkeley.

California

As soon as I arrived in California I found a part-time lectureship in dental radiography at San Francisco State College, which left plenty of time for other activities in Berkeley. This was an exciting time of political turmoil, with many social movements including the Black Power movement, the anti-Vietnam war

movement and Flower Power, which engaged students and faculty alike. Through some of these activities I met a couple of Professors in the Berkeley Nutrition Department, Doris Calloway and Sheldon Margen, who told me about a research grant available to study the impact of fluoride in fish meal. The context was the current fear of worldwide protein deficiency leading to commercial production of protein concentrate from sources such as microorganisms, leaves, and small fish, the latter having a high fluoride content causing concern about its possible toxic effect on teeth and bones. I also completed a Master's degree in Nutrition.

Iran

I then married a French fellow student and agricultural economist who was due to carry out his national service in his profession in Iran. Jean Trémolières, a French professor of nutrition, had a cooperation programme with the Director of the Nutrition Institute in Tehran, Dr Hedayat. It was arranged that we should help in the Institute and also carry out research for our PhDs. Dr Hedayat was interested in studying the energy needs of the Iranian population so one of our first tasks was to measure the energy expenditure of various types of activities, including agricultural workers, carpet weavers and rural women. I was advised that lactation failure was a problem to study which eventually led to my PhD thesis entitled 'Lactation adequacy, nutritional status and pre- and post-natal serum hormone levels in Iranian women of low and middle socio-economic status'.

We were also consulted by a French hydrologist to provide nutritional information about the population of Balochistan, Pakistan, in several areas in which his hydrology company was investigating water sources, resulting in several consultancy reports and a publication describing how Balochistan had become a reservoir of under-nourished workers for the Emirates.

These experiences in Iran confirmed my interest in the problems of nutrition in developing countries and led to further consultancies over the years and to further research projects along with PhD and MSc students.

California

After a brief period in Paris following Iran, I returned to California to complete the requirements for my PhD, as well as an unfortunate divorce, and spent a post-doctoral year collaborating in a study on nitrogen balance in men with adequate and deficient energy intakes at three levels of work. After so long in California it was time to decide whether to stay in the US or return to Europe. I had introductions to people in various research institutes in the UK, including Queen Elizabeth College (QEC), then about to advertise a lectureship in Nutrition Planning. I was subsequently interviewed on my way to Iran for a further consultancy in Balochistan where I was offered the job.

London

Research: I began work at QEC in 1976, teaching mainly international nutrition, interventions and policy and, following my Iran experience in energy expenditure, I collaborated in research with a department colleague, Derek Miller, who was a leading authority on energy and obesity, and his team. At that time obesity was not high on the national research agenda and funding was poor. These studies included development of a low cost room calorimeter in which we compared methods of measuring daily energy expenditure, measured thermogenesis and other components of energy expenditure following consumption of caffeine, and thermogenic drugs as possible treatments of obesity. We also compared lean and matched post-obese subjects (the same size but with a propensity to obesity) in whom we found lower values in the daily metabolic rate, thermogenesis and basal metabolic rate of the post-obese compared to the lean.

Other studies showed that prolonged mild exercise increased energy expenditure more than aerobic exercise. Most of the results of our joint studies were however published after Derek's untimely death in October 1986.

After QEC merged with King's College London my research changed direction to iron metabolism which started by noticing a friend's habit of eating cornflakes with orange juice instead of milk. Wondering what difference this would make to iron absorption, I attended a seminar of the iron group in King's about a simple method to measure iron absorption which led to collaboration with Professor Bob Hider and his group. We went on to investigate methods of measuring absorption, and aspects of iron excess and deficiency including haemochromatosis, control of the related non-transferrin bound iron, as well as its production by the administration of ferrous sulphate in the treatment of anaemia, and the role of meat in iron adequacy. Other research related to the particular interests of other research students under my supervision including the effect of antioxidants on DNA damage and anorexia nervosa.

My early experience of work in Iran led to many other fascinating studies in developing countries, some as short term consultancies with the World Bank, FAO, WHO and other international agencies in Benin, Ethiopia, Ghana, Haiti, Iran, Malawi, Mozambique, Niger, Senegal, Syria, Yemen. This work was as part of teams either preparing or evaluating nutrition and health interventions. Other research was with graduate students studying various aspects of nutrition in Argentina, Indonesia, Iran, Kenya, Sierra Leone, and Yemen. I was also involved in a EU funded project in China, to study adaptation to low energy intakes. The Chinese selected the site in Hainan Island, where it turned out that energy intakes were not very low, but nevertheless provided an opportunity to train young researchers in various techniques of energy metabolism, following the decline of academic study in China during the Cultural Revolution. This experience led to a sabbatical year in Cornell 1989-1990 to work on analyses of the China Project, a vast nutritional epidemiology study between Cornell, Oxford and China, favoured by China's wide range of ecology and a relatively sedentary population.

Administration: On return from sabbatical to the UK and King's, I was appointed Head of the Department of Nutrition and Dietetics. Later Headship of the Division of Health Sciences led to hosting, on behalf of King's, a learning and teaching support network, the Higher Education Academy. This was set up by the government to balance the main focus of universities on research with more emphasis on teaching. Along with these positions went membership of many teaching and administrative committees. Some of the committee work was important and interesting and through King's College Council I even met my second husband, a Court of Appeal judge.

There was also the wider base of professional societies of which I became a member over the years, including the *American Society of Nutrition*, while a graduate student in Berkeley, and later on the Executive Committee of its *Society for International Nutrition Research*; then a member of the Nutrition Society of the UK and Ireland where I have held several offices - as member of Council, as Chair of the *International Nutrition Interest Group* and more recently, as President. During this latter period I was also elected Secretary General of the *International Union of Nutritional Sciences (IUNS)* the remit of which is to promote and disseminate nutrition research through its four yearly International Congresses and also through Task Forces on particular topics of current importance. All of these roles provide a vast amount of interest in both science and friendships.

Teaching: In addition to teaching undergraduates, masters students and PhD students that is the mainly enjoyable and interesting role of most academics, I have also worked with Hilary Powers in the publication of three editions of the *Human Nutrition* textbook for undergraduate and graduate nutrition students and practitioners, as well as a summary version for health practitioners and, with John Vaughan, two editions of an illustrated book on food plants. As Director of the national *Higher Education Academy* based at King's College London, our team have organised conferences on various aspects of teaching including teaching methods, support of part-time teachers, research ethics, and have produced newsletters for those teaching in Health Sciences throughout the UK.



Professor Catherine Geissler presented her Fellowship Award by Professor Philip Calder

The International Committee of the Nutrition Society, in collaboration with other societies, has set up the *eNutrition Academy (eNA)*, an online network in response to the need to support teachers with few resources, initially in Africa. My special involvement is as Chair of the eNA Executive Committee and co-chair of the IUNS Capacity Building task force through which we support the eNA amongst other activities.

Conclusion

I have been very fortunate in being able to experience such a wide range of interesting opportunities that Nutrition provides and having had the support and stimulus of so many colleagues and students. However in places where I have worked such as Syria, Sierra Leone and Yemen, it is shocking and disheartening to see the devastation that sets back all progress not just in nutrition. We have certainly progressed in science but unfortunately not in human relations, diplomacy, or conflict resolution, but that is the job of politicians. I look forward to continuing work with the Nutrition Society and with IUNS, where I have just been re-elected Secretary General for another four years! ■

Why does the Nutrition Society have a Strategic Plan?

Mark Hollingsworth, Chief Executive Officer

What is strategic planning?

Over the years I have developed a private collection of books in support of my professional interest. I suspect for many of you collections focus on biosciences, mine however is based on military and political history, with a few biographies of great industrialists. The main focus for my collection is my abiding interest in leadership and strategy. It is perhaps therefore not surprising one of the most exciting challenges for me, and most rewarding, has been my participation developing and managing the implementation of, the Society's current five year Strategic Plan.

But, why does our scientific Learned Society, with 76 successful years behind it, need a Strategic Plan? Three definitions can help us to understand why a strategic plan is an essential tool for any organisation.

- **Strategy:** Dr. Vladimir Kvint defines strategy as 'a system of finding, formulating, and developing a doctrine that will ensure long-term success if followed faithfully'.
- **Strategic Planning:** is the analytical process where finding, and joining, the dots takes place.
- **Strategic Plan:** is where the strategic direction is defined, objectives set, and resources allocated.

The Society's new Strategic Plan

I arrived in the summer of 2014 and the Honorary Officers (HOs) set me the task of developing a draft Strategic Plan. I decided to start with a blank canvas. Over the next 18 months I presented several draft plans to the HOs, which they carefully analysed and requested further work be undertaken. The draft plans were developed under two key principles:

1. Determine where the Society is

Some organisations see themselves how they want to be seen, not how they actually appear to others. For an accurate picture of the Society, I conducted external and internal audits to obtain a clearer understanding of the nutritional science and bioscience sectors, the policy and political environments, and the Society's competencies and strengths (real—not perceived).

2. Identify what is important

My focus then turned to where the Society should progress. This set the direction of the Society over the long term and clearly defined how the Society's 1941 original mission was relevant for today and the future. From this analysis, I was able to determine the priority issues—those issues so significant to the overall well-being of the Society that they require full and ongoing attention.

Finally, in April 2016, the HOs were satisfied we had a robust strategy and Strategic Plan ready. The Plan would be delivered over a five year timeline principally because many of the objectives in the plan would take time to mature and develop. The outcome is a Strategic Plan with five principle objectives, further broken down into 27 sub-objectives. A copy of the full plan can be found on the Society's website.

Where are we now?

Benjamin Franklin said 'if you fail to plan, you are planning to fail' – I would add to those words 'if you fail to track you are going to fail to reach your desired future state'. The progress of the Strategic Plan's implementation must be checked on a regular and scheduled basis. Too many Strategic Plans are written, launched with great ceremony, and then left on the shelf to gather dust. Our Plan is now on a centralised spreadsheet and it is my responsibility to keep the progress of the Plan up-to-date. Every

Monday the plan is reviewed and the evidence of progress entered against the appropriate objective. Then, at each HOs' meeting, the Plan is formally reviewed as a standing agenda item. The HOs spend considerable time interrogating the data, amending objectives, refining and setting new direction if required. All major directional decisions for the use of the Society's time, money and resources now emanate from the Plan - it truly is the glue that holds the Society's direction and growth together.

Summary

Returning to my collection of books, one of the most influential in shaping my thinking on strategy is 'Who Says Elephants Can't Dance?', an autobiographical account by Louis V. Gerstner Jr of his time at IBM in the 1990s. Gerstner arrived as CEO at the IT giant in 1992 (never having personally touched a computer), when IBM was only months away from bankruptcy. Gerstner saved and turned around IBM. I remember the book for one phrase in particular. 'I am deep into strategy. I do not have much time for vision statements - instead we need to be hard-nosed on strategy. Vision statements are inspirational only, they do not translate into outcomes'. Although this may read as a classic piece of American corporate hyperbole it demonstrates the key role leadership plays in strategy and strategic planning.

I suggest a strategic plan is an essential tool. We live in demanding times with non-profit organisations facing increasing scrutiny over their governance, ethics and leadership. Without a structure to guide the leadership of the Society it would be too easy to lose focus, with all the serious consequences that entails. Fortunately the Society is not months away from bankruptcy or facing a crisis, so its robust strategic plan, led by the focused Board of Honorary Officers, is playing the leading role in mapping out the strong future of the Society, ensuring that its longevity and success continues for many years to come. ■

Open Access Journals – Time for Learned Societies to Take Control

Professor Paul Trayhurn, Honorary Publications Officer

Open Access (OA) publishing has expanded dramatically since the concept began to gain traction some 15 years ago. This model for the dissemination of scientific information transfers the cost of publication from the consumer to the producer, with subscription charges being replaced by fees paid by authors. The initial development of OA was to a large extent a response to rapid and unsustainable increases in the prices charged by publishers for academic journals.

There are a number of successful fully OA journals, the best known of which are perhaps *PloS One* and the *Frontiers series*. However, traditional journals now increasingly offer the option of OA for individual papers, and in the hybrid model, OA articles appear alongside those that are behind the traditional paywall. Fully OA journals are proliferating at a remarkable rate, the majority of which are produced by obscure commercial publishers. Many will be familiar with the daily deluge of email requests to submit an article to a new OA journal. These solicitations are often written in poor English (despite bearing a UK or US address) and frequently the journal is far from one's interests and expertise; nevertheless, the email begins with a statement of how much a recent article by the recipient was appreciated. The request for an article regularly suggests a deadline of a few days with expedited publication.

During one week in July, I counted the number of requests that I received from such journals and they totalled 43. In some cases, an invitation to join the Editorial Board accompanies the request for a manuscript, with an offer to reduce the publication fee for Board members. Junior scientists in particular should be aware of these practices and not be deceived by a flattering invitation

– publications in, and Editorial Board membership of, dubious journals will compromise, or may seriously damage, an individual's reputation.

These type of journals have been termed 'predatory' and, until very recently, Jeffrey Beall of the University of Colorado-Denver maintained an extensive blacklist of such journals. Among the dangers of predatory journals is that they undermine the concept of OA publishing – indeed, they may undermine the credibility of the scientific enterprise as a whole. A number of new OA journals, of course, have impeccable credentials, being published under the auspices of the Royal Society in the case of *Open Biology*, for example.

The Nutrition Society established its own OA journal – the *Journal of Nutritional Science* – in 2012. The aim was both to acknowledge the move towards OA and to provide a transfer route for the publication of articles submitted to the *British Journal of Nutrition (BJN)* which while scientifically sound did not quite meet the quality threshold for our flagship journal. This was at a time when the BJN was under considerable pressure in the face of a rapid increase in the number of submissions. *JNS*, while still receiving articles transferred from the BJN (as well as from *Public Health Nutrition* and *Nutrition Research Reviews*) now obtains most of its content through direct submissions.

The model that *JNS* offers has recently been mirrored by the American Society for Nutrition with publication from January 2017 of its OA journal – *Current Developments in Nutrition*. OA journals established, owned, and run by Learned Societies is something of a return to the origins of scientific publishing. The majority of long-established, discipline-based journals were set up by Learned Societies, including the *BJN*, the *Journal of Physiology* and the *Biochemical*



Journal – as well as the world's earliest and longest running scientific journal, the Royal Society's *Philosophical Transactions*.

Academic journals owned and run by commercial publishers are a relatively recent development, and it is argued that Learned Societies should exercise their moral authority and reclaim the guardianship of publishing (1). Indeed, back in 1957 David Martin of the Royal Society stated that "Scientific Societies should be the guardians of the quality of scientific publication of original work in learned journals" (1). Given the development of OA and of predatory journals, this is especially apposite – and with *JNS*, taking guardianship is exactly what the Society is doing.

Note: In October 2017 Professor Paul Trayhurn took over as Editor-in-Chief of *JNS* from Professor Graham Burdge; the Society is most grateful to Professor Burdge for his excellent work on the journal.

(1). Fyfe A. (2017). Take back peer review. *Times Higher Education*, 25 May, p 32. ■

When should the study of 'Whole Body Metabolism' become 'Public Health Nutrition'?

The problem of abstract misclassification

Professor Bruce Griffin, Whole Body Metabolism Theme Lead

The Nutrition Society's Research Themes of Public Health Nutrition (PHN), Cellular & Molecular Nutrition (CMN) and Whole Body Metabolism (WBM) were established in recognition of these specialist areas in human and animal nutrition, and as vehicles to engage its membership. Since the conception of Themes in 2010, PHN has always received a disproportionately greater number of abstracts than WBM and CMN. To a large extent, this reflects the greater proportion of our membership working in PHN, but many abstracts are misclassified as PHN when they clearly fall within the remit of WBM. In an attempt to redress this imbalance, we need to understand what makes the Themes distinct, and how they differ and inter-relate to one another. This will hopefully shed light on less well defined grey areas, where the problem of abstract misclassification may lie.

Our Themes are distinguished by their different experimental approaches; study designs, techniques and measurements, which define the research questions they can address and answer. The Society is '...dedicated to advancing the scientific study of nutrition and its application to the maintenance of human and animal health', and its research Themes should ultimately subscribe to this mission. However, not all outputs from WBM or CMN, will necessarily have immediate or direct implications for human health and PHN, but build pathways to impact that transform nutritional concepts and practice over many years. Nonetheless, the Themes are still highly integrated and feed naturally into one another with the aim of producing a whole that is greater than the sum of its parts. This can be viewed diagrammatically (see Figure) to illustrate areas of, thematic distinction (1-3), synergy (7), and grey areas of overlap (4-6).

Examples of research in areas 1-7.
WBM (1): this can be distinguished from CMN on the grounds that 'Whole body' metabolism is anatomically distinct from

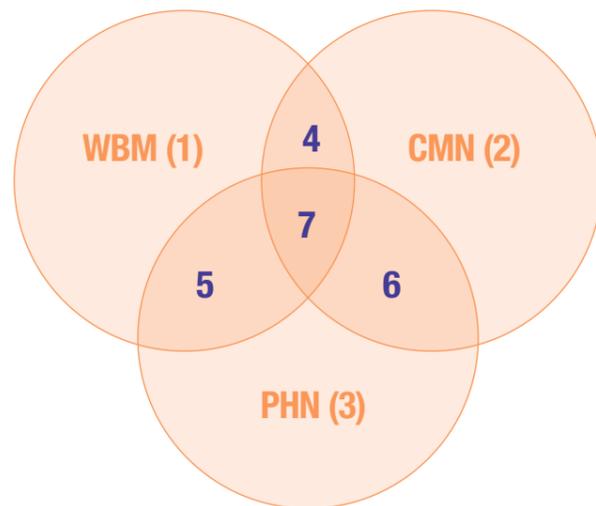
'Cellular' metabolism, and studied by experimental approaches that include measures of extracellular, physiological systems (e.g. vascular, respiratory, gastrointestinal, musculo-skeletal, fat depots). It may involve the quantitative imaging of these systems, isotopic trace-labelling of specific metabolic pathways or a multivariate description of metabolism (metabolomics). WBM/PHN (5): this will include aspects of WBM for which there is a direct association with human health and disease, a good example of which is serum biomarkers that are used extensively as surrogates of hard clinical endpoints in nutrition research. Associations between serum biomarkers, health and disease have been rigorously defined by reference ranges, clinical cut-offs and/or action limits, which provides immediate translation from WBM to PHN. CMN/PHN (6): The same applies to biomarkers of disease arising from cellular events, which could be a cellular protein or the change in expression of a gene (nutrigenomics) or from the influence of a genetic mutation or polymorphism on the response to diet (nutrigenetics). WBM/CMN (4): this could

include nutrient-gene interactions that affect a metabolic process and cellular events, such as gene expression. It can also involve the metabolic and cellular activities of the gut microbiota. If there is evidence that research outputs from areas 4-6 impact on health and risk of disease, this might be a case of perfect synergy (7).

An example of a nutrient with potential for representation in areas 4-7, would be dietary long chain n-3 polyunsaturated fatty acids. These fatty acids produce anti-arrhythmic effects on heart muscle, reduce vascular dysfunction and blood pressure, stimulate extra-cellular lipolysis (accelerate the postprandial clearance of dietary fat), up-regulate the gene transcription and translation of key metabolic proteins (4), reduce coronary atherosclerosis and prevent sudden cardiac death (7).

To consider our research Themes as a series of overlapping circles is contrived and artificial, but if it succeeds in rescuing just a handful of misclassified abstracts from PHN, it will have had measurable impact. ■

What falls into the grey areas (4-7) of the Nutrition Society's Themes?



Theme leading

Dr Bernard Corfe, Honorary Programme Officer



Bernard Corfe

I was delighted to be elected to the role of Honorary Programmes Officer at the Summer Conference this year. I have many thank-yous to say for this, but particularly to those who nudged me to apply, who nominated me, and especially to my predecessor, Alison Gallagher, whose hard work and fastidiousness make Programmes a portfolio in excellent health. I will look forward to continuing to develop the remit and scope of our programmes over the coming three years. The only downside is that I now have to move on from the role of Theme Leader for Cellular and Molecular Nutrition, which I have been doing, and have loved doing, for the last six years.

The Theme Leads' role is at a level in between the membership and the Trustees who serve that membership. The Nutrition Society assigned three Theme Leads to cover the scales at which nutrition research is undertaken: Public Health (led by Ailsa Welch), Whole Body Metabolism (led by Bruce Griffin) and Cellular and Molecular Nutrition. The Theme Leads (TLs) report to, and

sit on, the Science Committee which develops and reviews the forthcoming programme of Society conferences (we start planning for each conference around 18-24 months in advance). Conferences, meetings and the Society's scientific strategy, which form the lifeblood of the Society's activities, are developed by this committee; TLs thereby can represent their constituency within the Society by assuring there is enough relevant content within each conference, and thereby in the Society's global offer, to draw in interest from across the membership. A key part of the role, and one which I have found exciting and rewarding, is the chance to develop one's own conference. In practice, following from Bruce Griffin's lead, TLs each organise the Winter Conference in rotation, with a broadly medical and health theme, pursuing, developing and enriching subject areas. The high-profile of these conferences and the London location draws in the wider biomedical communities, and forms one of the centrepieces of the Society's wider programme strategy. TLs also have opportunities to represent the Society, through commenting on consultative papers, and being sponsored to attend and present at external conferences (for example all three current TLs have represented the Society at the annual MegaEvent Nutrition Conference in Sao Paulo, Brazil).

From a personal development perspective, the role of TL can and should be seen as a career progression: it is ideal for a mid career academic or fellow, seeking to develop and impact upon nutritional science, pursuing opportunities for

greater profile and impact beyond their host institution, and with ideas about how to draw upon their extant network capital further to enrich the activities of the Society. There is unquestionably a concomitant growth in personal profile as a result of this activity. For me personally, although these factors were all very strong drivers in deciding to apply for the role, I have enjoyed it far more than I ever thought I would. The Science Committee is a collegiate group with interesting and supportive meetings and the interactions with Ailsa and Bruce, my peer TLs, have been an absolute joy. I have had the opportunity to attend a greater cross-section of Society conferences than I would otherwise have done and have thereby grown in terms of my knowledge and understanding of nutritional science, as well as having the chance to promote and shape best practice in Cellular and Molecular Nutrition.

The Society will be seeking candidates for the position of CMN Theme Leader in late January. The process and the job description will be made available on the website. ■

Regulation of the Nutrition Profession

How will our relationship with our professional colleagues across Europe be affected post-Brexit?

A recent meeting of European nutrition regulators hosted by the Association of Nutritional Scientists Austria (VEO) attended by former AfN Registrar Professor Janet Cade and AfN Chief Executive Leonie Milliner examined this precise issue.

Leonie Milliner noted, "When discussing the mutual recognition of nutrition qualifications leading to professional registration in different European countries, it became immediately clear that colleagues from across the EU look to the UK to lead

this work. The admiration of nutrition regulators from countries as diverse as Norway, Portugal and Austria for the clarity of our professional standards and our rigorous procedures was startling."

Working with colleagues from equivalent organisations to the AfN, our aim is to establish common qualifications and competence requirements, underpinned by shared expectations for ethical behaviour and commitment to evidence-based nutrition science across the EU. Whilst it will take time to develop a system of mutual recognition, it will be a strong message of unity and a commitment to continue to work together for public good.

Our aim is to reach a position whereby UK Registered Nutritionists can automatically register as nutritionists in other EU countries without qualification barriers, and for this to be reciprocal. This would allow qualified and registered nutritionists, for example in Sweden or Denmark, who have equivalent qualifications and competences, to register here with the UKVRN, subject of course to normal visa restrictions.

We may not know exactly what will happen in the wider Brexit negotiations led by our government, but we have demonstrated that within nutrition, we have more in common with our colleagues in the EU than separate us. ■



13th European Nutrition Conference (FENS 2019)

Professor Alison Gallagher: Co-Chair, FENS 2019 Scientific Committee

Following a successful bid, The Nutrition Society has the privilege of hosting the Federation of European Nutrition Societies (FENS) 13th conference, themed 'Malnutrition in an obese world: European perspectives'. This is an opportunity that all of those involved look forward to and takes place at a time when the research and public interest within nutrition is ever stronger. Together with Professor Stefaan de Henauw, I co-chair the Science Committee which is tasked with developing the scientific programme for the conference and as such, I am delighted to update you on developments.

The conference itself will take place at the Convention Centre Dublin (CCD) in Dublin, Ireland on 15-18 October 2019. This award-winning venue will serve as a fitting back-drop for the scientific content on offer, whilst the vibrant city of Dublin will be a great place to visit outside of the scientific sessions.

The early developments of the conference have been fast-paced and with positive outcomes. The Society has been fortunate in acquiring representation from across Europe, USA, Canada and beyond on the FENS 2019 Executive, Local Organising and Science Committees. Despite the logistical restraints of such a geographically diverse group, the Scientific Committee were able to meet face-to-face in London in September. The meeting included a high level discussion and debate, and concluded in many finalised plans. By the time you read this article, I know that there will have been further significant developments on actions from that meeting. Also a number of the committee will have used the opportunity to meet during the recent International Congress of Nutrition in Argentina, to ensure that our plans are progressing well.

The Executive Committee has approved the proposed format of having five themes

across the three days. A key role of the Scientific Committee is to take these themes forward and populate the programme accordingly with each theme having a plenary/key-note lecture. An exciting development, and a new format for FENS, is that the Scientific Committee has decided that the fifth theme will focus on a 'hot topic' and as such this theme will be identified later than the others, ensuring that our delegates are provided with the most cutting-edge research, a key objective of the committee. Thus, to date the confirmed symposium themes supporting the broad conference theme are:

- Determinants and drivers across the life cycle;
- Assessments and novel technologies;
- Current metabolic perspectives;
- The food environment.

Where possible we plan to have a number of cross-cutting research strands ensuring that multiple aspects of nutritional science are represented within the programme, including: genetic, molecular, cellular; metabolic, physiological; epidemiology and population; through to policy and its role in practice, risk assessment and behaviour change.



Convention Centre Dublin (CCD) in Dublin, Ireland

As well as hearing from leading researchers on the various themes, there will also be the opportunity to be updated on emerging research arising from the Original Communication sessions. With the prospect of upwards of 1000 poster communications and additional oral sessions, these will be an exciting part of the conference and will play a pivotal role in its success. The abstract submission deadline is likely to be March 2019. If you are interested in presenting your research at FENS2019, please sign up for email updates on the latest conference news and key dates at: www.fens2019.org.

Finally, within the programme we will also include an interactive debate based upon current hot topics that you can be assured will promote lots of thought-provoking discussion. In essence, we are aiming to develop a programme which will capture the imagination, show-case the very best in nutritional science and have something to interest everyone working within the field – no pressure then!

On behalf of the FENS 2019 Scientific Committee, I do hope that you are able to attend, enjoying all that the programme, social functions and the city of Dublin has to offer. The Scientific Committee looks forward to welcoming you there in 2019. ■

A career growing opportunity; Learning from an international conference

Dr Juliana Kiio, Kenyatta University, Kenya

I first became aware of the International Union of Nutritional Sciences International Congress of Nutrition (IUNS-ICN) at the Federation of African Nutrition Societies (FANUS) 3rd Conference in 2015 held in Tanzania. At the end of the conference, everybody's parting words were ... "let us see each other again in Argentina". I promised myself that I would be there with the others. I could meet the costs of registering for the conference, but could only imagine how costly the trip from Kenya to Argentina would be. However, I was determined to attend this important international Congress by any means.

After completion of my PhD studies in 2016, my academic supervisor encouraged me to present my findings at the IUNS-ICN because it enables dissemination of research at an international level. This was my dream too. As well as presenting, I was also motivated to attend the congress to understand where the rest of the world is in terms of current research gaps particularly in the areas of micronutrient deficiencies, food fortification, food security, and maternal and young child feeding, which are my personal areas of research interest. A main expectation of attending the congress was to network with other researchers.

My dream came true when my abstract was accepted for a poster presentation, but, the big question was where to get the funding. Being a member of the Nutrition Society, I learnt that they offer travel grants to early career nutritionists. When the Nutrition Society granted me the travel grant I was delighted and saw it as a big opportunity to grow within my profession as a researcher.

On attending the IUNS conference, I had the opportunity to listen to different presenters and was able to learn a lot about a variety of nutritional science outside my immediate research area.

Of much interest to me was the role of zinc transporter proteins in maintaining zinc homeostasis at the cellular levels, the reliability of body composition measurements in assessing nutrition status especially the isotopic techniques, functional foods, new food product development, and the use of technology to improve nutritional value of food products. The effect of environmental factors on stunting among young children was presented by several different speakers, and the reliability of using stunting as an indicator of development was a centre of discussions. Factors affecting food choices were also an area where I gained knowledge, particularly as it applies to developing countries. I also learnt a lot on how to make agriculture nutrition sensitive and the current progress.

From my presentation, I learned how to make the presentation concise whilst ensuring the findings and ideas could be easily understood by the audience.

Attendance of the conference was an eye opener for me considering the high level and quality of the research which was presented. I learnt much on new research methodologies and tools, and this will greatly enhance my future research experience. Finally, this was also an opportunity to network and I was able to establish new links with other researchers with the possibility of future research collaborations.

I feel privileged to have received the travel grant to attend this international conference from which I benefited greatly, and I believe has contributed to my career growth. Thank you to the Nutrition Society. ■



Dr Juliana Kiio with her poster at the IUNS-ICN

Student Conference 2017

The Student Conference, now in its second year, provides a unique opportunity for students of all levels to come together to learn and share ideas. This year's Student Conference held on 8 and 9 September at the University of Reading continued this concept with a focus on nutritional science and transferrable skills.

Over 100 delegates attended across the two days taking part in nine Oral Communication sessions, 36 lightning sessions (pithy three minute slots for students to summarise their research projects) and 10 Nutrition Society Summer Studentship presentations. This combined with CV workshops, career panel discussions and plenty of networking, made for an energetic, thought-provoking conference.

There was strong support from senior academics, with Nutrition Society President, Professor Philip Calder opening the conference. Professor Julie Lovegrove, Hugh Sinclair Chair in Human Nutrition, University of Reading, gave an edifying keynote lecture on fats and heart disease. Setting the scene, Professor Lovegrove discussed global levels of heart disease and the rapid increase in low and middle income countries, before considering the role of dietary fats in cardiovascular disease.

Our President took centre stage again to give the first plenary lecture on nutrition and ageing. After highlighting the growing interest in ageing due to increased life expectancy, Professor Calder discussed immunity through the lifecycle and the



Student Conference – Panel discussion, L-R Kate Halliwell (Chair), Dr Malwina Naghibi, Dr Stacey Lockyear, Dr Glenys Jones, Penny Hunking, Matt Lawson, Kathy Redfern, Anna Wheeler.

role of inflammation. Professor Bob Rastall, University of Reading, presented a nutrition science hot topic, the gut microbiome, considering composition changes through pre and probiotics as well as vitamins and polyphenols, highlighting the challenges of measuring benefits on host health.

Original Communications took place on the first day, covering a broad range of nutrition science topics; from the first nutrigenetic study in an Asian Sri Lankan population, to the most efficient method of making insect powder for human consumption, to analysing the efficiency of using the PaperWeight Armband in screening for malnutrition in older adults. Once the presentations were finished on day one, students could relax at the informal mixer held at ZeroDegrees in Reading. With Giant Jenga bringing together students from universities across the UK, conversations bounced between nutrition, blogging and reflections of the conference talks earlier that day.

The emphasis shifted on day two with greater focus on career development and transferrable skills. Honorary Training and Education Officer, Penny Hunking, opened the day with informative insights into being a Freelance Dietitian and Nutritionist. With a vast amount of experience, Penny had

lots of valuable advice for those thinking about freelance careers including, find a professional identity which is marketable, be bold and create work opportunities, keep your knowledge up to date through CPD and, networking is key.

Career panels played a key role in the developmental focus of the conference with representatives from across the nutrition community discussing a range of career options available to graduates. A second panel of experts gave tips on CV writing, interview preparation and how to sell yourself with key take home messages to: focus on your strengths; always ask for feedback; and be aware of the information you have on social media, a prospective employer could search for you. Supporting the sessions were five CV clinics held during the breaks giving students the opportunity to receive feedback on their current CV from Dr Danielle McCarthy, a Registered Nutritionist, and Anna Wheeler, Nutrition Freelance Consultant, both with over 15 years' experience working within the food industry.

The Society is most grateful to the Student Section Chair, Dr Malwina Naghibi, the Student Section, and the local organisers, led by Dr Vimal Karani, for their tireless efforts in making the second Student Conference a success. ■

The Society is always looking for new students to join the Student Section. If you would like to find out more about the role of the Student Section please visit the website: www.nutrition society.org/about/committees/student-body-council If you are interested in joining, please email membership@nutrition society.org with your expression of interest.

2017 Summer Studentship: Michelle Young

University of Roehampton
Dr Sue Reeves (Supervisor)

Each year, The Nutrition Society offers a number of Summer Studentships to undergraduate members interested in a career in nutritional science. The Studentships provide students with the opportunity to undertake a period of research in a university, research institute or industrial setting over the summer months. All winners are supported by an academic supervisor. Michelle Young, University of Roehampton, supported by Dr Sue Reeves, was one of the 2017 Summer Studentship winners. Michelle's project entitled *'The nutritional value of children's meals in restaurant chains in the UK'* analysed the nutritional content of children's menus at full service and fast food restaurants in 22 restaurants across the UK. We asked Michelle why she applied for the research grant and what she learned from the experience.

What inspired you to apply for the Nutrition Society Summer Studentship?

This project was driven by experience of eating out with my son. In general, I have been unimpressed by the poor choice of vegetables available on children's menus, and the large portion sizes. The poor choice inspired me to carry out a rigorous investigation into the nutrient content of children's meals. I was aware of the Society Studentship but understood that it focused on laboratory based research projects until my supervisor, Dr Sue Reeves, approached me and suggested I apply. My undergraduate study has instigated a career change so I am keen to get as much practical experience as possible. This project provided an ideal platform for me to gain relevant experience over the summer.

Were there any challenges you had to overcome during the project?

I was over-optimistic about how smoothly the project would run, particularly the

timeframes. Some phases of the project took longer than expected, especially the data analysis. Throughout the project I needed to manage large data sets to create the meal combinations. I expected this to be the most challenging aspect of the project, but once I worked out the methodology, I could replicate this across the data.

Prior to starting the project, I thought I would relish working independently on a large project, however I missed discussing aspects of my work and sharing ideas with fellow students. That was a surprise for me and taught me a lot about the value of collaboration, and also about how I prefer to work.

What did this project teach you about research and being a researcher?

Writing the final report really forced me to condense my writing style and be precise. It was arduous, but an excellent opportunity to learn how to edit my own work. Collecting the data and creating the dataset were tasks I could complete independently, however for the data analysis I really benefitted from my supervisor's input and her suggestions on the direction of the analysis.

You presented your study at the Society's student conference, was this a valuable experience?

I enjoyed presenting at the Student Conference and sharing my findings. The other students seemed interested in my study and asked questions which was rewarding. It was also interesting to learn which aspects of the study others pick up on, as these differed to what I thought the most important findings were.

How do you feel this opportunity will enhance your study and future career?

I have learned a lot from this project. Writing the abstract and presenting at the Student Conference was excellent practice for learning how to be clear and concise when presenting results. I think this will serve me well both academically and professionally. The studentship reminded me that, whilst I very much enjoy research, collaboration is very valuable, and enjoyable. This project confirmed my interest in public health nutrition and highlighted how the environment can influence positive food choices. I am definitely spurred on to try to make a difference in this area. ■



Michelle Young presenting at the Student Conference

Update from the Irish Section

Professor Lorraine Brennan, Secretary, Irish Section

Looking back on 2017, the Irish Section has had a successful and exciting year. The Postgraduate Conference in February, hosted by Dublin Institute of Technology (DIT), was a success. As usual the standard of the presentations was excellent and it was a pleasure to see so many questions for the speakers from fellow postgraduate students.

The Irish Section Summer Conference was held in Riddell Hall, Queen's University Belfast (QUB) from 19-21 June. Dr Michelle McKinley and Professor Jayne Woodside did a superb job in putting together a very exciting programme for 'What governs what we eat?'. The conference was very well attended with 175 delegates, 90 abstracts and an excellent series of speakers. I very much enjoyed the range of talks and of course the opportunities to catch up with fellow members of The Nutrition Society. The social events are always a highlight of the Irish Section conferences and this year the Gala Dinner was held in the beautiful surroundings of Riddell Hall. As always, fun was had by all and the dancing continued into the early hours!

The Irish Section was delighted to be in a position to sponsor travel for eight members to attend the International Union of Nutritional Sciences (IUNS) International Congress of Nutrition (ICN) in October in Buenos Aires, Argentina. Furthermore, I was delighted that two of our members received the title of "Fellow of the International Union of Nutritional Sciences (FIUNS)" during the 2017 ICN. The IUNS Council awards the title of FIUNS to individuals who have rendered outstanding service to the cause of nutrition so it was fantastic news that both Professor Helen Roche and Professor Helene McNulty received the FIUNS title. A sincere and warm congratulations to both of them for a truly well-deserved honour.

A major concern for members of the Irish Section is the lack of regulation surrounding the use of the term nutritionist in Ireland. Dr Clare Corish and myself are in talks with the Irish Nutrition and Dietetic Institute to provide a joint voice on this topic. We are very much aware of the concerns of our members and are exploring avenues to address these concerns.

Finally, as we draw close to the end of the year, preparations are underway for the 2018 conferences. The QUB team will host the postgraduate conference in February, and Dr Pamela Magee and Dr Mary McCann (Ulster University) are busy preparing for the Irish Section Summer Conference 2018. I look forward to seeing you all at these events in 2018. ■

Update from the Scottish Section

Dr Spiridoula Athanasiadou, Secretary, Scottish Section

Since the last Gazette, the members of the Scottish Section have been busy putting together the programme for the 2018 Spring Conference. The conference will be on "Nutrient-nutrient interactions" and will be held at the Royal College of Physicians and Surgeons in Glasgow, on the 26-27 of March 2018. The aim of the conference is to present the latest cutting-edge research on interactions between nutrients and the consequences of these interactions on health and disease. Specifically, it will address how the competition between nutrients may affect bioavailability of dietary compounds, report on possible mechanisms of nutrient-nutrient interactions and demonstrate their role in protection from disease. The scientific programme will provide up-to-date opinion and research from international experts across the field of nutrition, with the topic areas divided into three main sessions over two days.

The Scientific Programme Organisers are Dr Emillie Combet and Dr Stuart Gray from the University of Glasgow. The programme has now been finalised and the speakers confirmed; please visit the Society website for further information (<https://www.nutrition-society.org/events/conferences>). As with all Society conferences, the Spring Conference is Association for Nutrition and British Dietetic Association endorsed. The deadline for original communications will be 4 February 2018. We will be looking forward to welcoming you to Glasgow.

We have started thinking about the 2019 Spring Conference which will be held in Abertay University Dundee, with a likely theme on "Individual differences in nutritional responses". Dr Karen Barton from Abertay University and Dr Jo Cecil from St Andrews University are the Scientific Programme Organisers and will be glad to hear your suggestions. We will be able to provide more detail as the programme develops.

We are always looking to engage with our membership; we do not currently have vacancies on the committee, but if you are keen to join in the future, or you have ideas for future symposia topics, please get in touch at office@nutrition-society.org. The Scottish Section of the Society exists to provide a forum for nutrition education and research in Scotland, and arranges research meetings easily accessible to Scottish members. ■

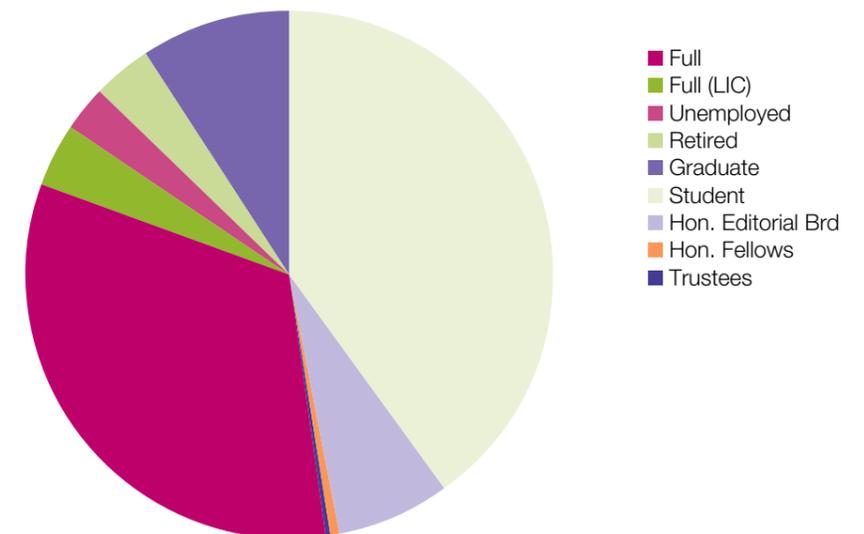
Membership update

As you may be aware, in 2016 the Society took membership services back in house with the aim of getting to know our members better and providing a more personal and efficient service, especially for anyone contacting the membership team in the office. We have now had the opportunity to meet or speak with many of you, either at conferences, via the membership helpline, or through email, and we hope you feel that there is a more efficient, individual, and friendly approach.

Based on your feedback, we have changed the membership from a calendar year to a rolling year, representing better value for new joiners, and more flexibility for those renewing. This has resulted in a better spread of the busy periods around renewals and has enabled members to join at any time of the year, although autumn remains our busiest time with new students starting at universities across the country, and some existing students recognising the value of being a member. This year, for the first time, we have revitalised the Nutrition Society Ambassadors in each university providing them with dedicated information and PowerPoint presentations to publicise the Society during Freshers Week. Also, this year we have introduced a discounted rate for any university bringing in large numbers of students. The first university to benefit from this was Kingston University bringing in 60 new student members across all three years of their degree programmes. Similarly, we welcomed 14 students from the Nutrition and Health Department of the United Arab Emirates University.

We are proud to see our membership outside of the UK stabilise and we now have 551 members across 85 countries (not including the UK and Ireland) including Burundi, Peru, Southern Sudan and

Membership breakdown as at 30/10/2017



Brunei. We are honoured that people from other countries choose to join this Society and we welcome the different perspectives and experience they bring. All of our members are looking for the same thing – (i) the prestige of belonging to a long established and well-regarded Nutrition Society; (ii) access to the very best current nutritional science via scientific journals and conferences and (iii) opportunities to network and collaborate with peers and world renowned scientists.

All of our membership activity is supported by the website and the database, and it is our intention to continue developing both of these to further improve and enhance the membership experience. One goal we are working towards is a more personalised way of communicating with members leading to you only receiving information about things you

are interested in, rather than the blanket approach we have had to use previously. Additionally, we are working hard to ensure we comply with the new data protection regulations (GDPR) coming into force next May. We will keep you updated on progress with this as the launch date approaches.

How can you help us improve our service to you?

- You can log into your membership account on the website and ensure your details and preferred professional interests are up to date via the 'my membership' button and 'edit my profile' tab.
- Tell us what we can do to help you and how we might improve the membership offering – just email membership@nutrition-society.org ■

Getting energy balance right

Dr Christine Bosch and
Dr Bernadette Moore

Currently the world is facing an incredibly costly epidemic of obesity. Almost two thirds of UK adults are either overweight or obese and estimated costs to the UK economy are £27 billion/year. Fundamentally obesity is a disorder of energy balance, yet several decades of research has demonstrated that maintaining energy balance is much more complex than the 'Calories in, Calories out' equation that was once touted.

This year's Summer Conference, which will be held 10-12 July 2018 at the University of Leeds, in beautiful Yorkshire, will consider all aspects of the complexity of energy balance regulation. As the local conference organisers, we have organised a multidisciplinary programme examining the myriad of influencing factors on energy balance, and addressing varying needs across the lifespan. The effects of lifestyle factors, diet, physical activity, epigenetics and the gut microbiome will be addressed.

Opening the conference, Professor Michael Goran, University of Southern California, USA, will address the hotly debated topic of the role of dietary

sugars in disrupting energy balance as a risk factor for obesity and metabolic syndrome. Other plenary speakers will include Professor Helen Truby, Monash University, Australia, presenting on appetite, behaviour and the challenge of compensation in weight management.

Symposia will address topics in detail such as: whole body metabolism, molecular mechanisms, and the public health implications and clinical considerations in the management of energy balance. Furthermore, the sustainability of food production and dietary recommendations will also be examined. There will be ample time for networking around parallel sessions, refreshment breaks and the drinks reception. The gala dinner will be held in the historic and beautiful Leeds Town Hall.

The abstract submission deadline will be 8 April 2018. Visit the website for guidelines on preparing your abstract and registration fees.

www.nutrition society.org/events/summer-conference-2018-getting-energy-balance-right ■

Save the Date: 4-5 December 2018

The Winter Conference in 2018 is being organised on 'Optimal diet and lifestyle strategies for the management of cardio-metabolic risk'.

Cardio-metabolic risk makes a significant contribution to cardiovascular mortality in free-living populations, through its expression in central obesity and type-2 diabetes. While cardio-metabolic risk has a multifactorial aetiology, the chronic overconsumption of food energy is a major determinant, and therapeutic target, of two of its central features; excess visceral and ectopic fat. These expanded fat depots and their associated metabolic dysfunction, may also originate and be influenced by qualitative changes in macronutrients, specific foods, dietary pattern, and related lifestyle factors.

The aim of this conference is to address the latest evidence, and any consensus, in support of the role of these dietary and lifestyle factors, as therapeutic modalities for the management of cardio-metabolic risk factors.

Further details will be available on the website soon.



Events Calendar 2018

25 January: Nutritional genomics: Essential basics for nutrition and health professionals (webinar)

15 - 16 February: Irish Section Postgraduate Conference: The Stormont Hotel, Belfast, Northern Ireland

26-27 March: Spring Conference: Nutrient-nutrient interaction, The Royal College of Physicians and Surgeons, Glasgow

22 March: Statistics for Nutrition Research workshop, London

14 May: Interpreting and Using Systematic Reviews workshop, London

20-22 June: Irish Section Conference: Targeting approaches for tackling nutrition issues, Ulster University

10-12 July: Summer Conference: Getting energy balance right, University of Leeds

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