



# THE NUTRITION SOCIETY GAZETTE

Winter 2018



## Philip Calder: The journey

- Honorary Fellow: Professor Christine Williams OBE
- New Initiative: Small member led meetings
- Governance – It is more exciting than it sounds

# Contents

- 2 Professor Philip Calder:  
The journey
- 4 Honorary Fellow Profile:  
Professor Christine  
Williams OBE
- 6 New Initiative: Nutrition  
Society Member-Led  
Small Meetings
- 7 Governance – it is more  
exciting than it sounds!
- 8 Summer Conference  
2018: Getting Energy  
Balance Right
- 10 The Nutrition Society  
Training Academy (NSTA)
- 10 Nutrition Society  
Students Futures
- 11 Cellular and Molecular  
Nutrition Theme Lead
- 12 Update from the  
Irish Section
- 12 Update from the  
Scottish Section
- 13 13th European  
Nutrition Conference
- 14 A centenary of  
female suffrage
- 15 Professor Arnold Bender  
1918 – 1999
- 16 The eNutrition  
Academy (eNA)
- 16 Events

## The Journey

### Professor Philip Calder, President, The Nutrition Society

The Nutrition Society has a thriving membership, publishes highly reputable and internationally recognised journals and textbooks, and organises and hosts a strong annual cycle of conferences and other events. The Society has excellent relationships and interactions with other learned societies in the UK, with other international nutrition societies, and with international bodies like FENS and IUNS. The Society has an established structure and processes and strong governance. Together, these give us an excellent reputation within the UK academic environment and within the global nutrition community. These features also provide the Society with a robust financial base. This enables us to support our activities and to modify and enhance these to the further benefit of our membership. For example, this year the Society has been able to support a Daphne Jackson Fellowship for the first time. Also, we have re-launched our training activities as the Nutrition Society Training Academy which will offer more regular, and more varied, training opportunities, including a regular webinar series (see [www.nutrition-society.org/events/training](http://www.nutrition-society.org/events/training)). These developments are

part of our five-year strategic plan, details of which can be found on our website ([www.nutrition-society.org/strategic-plan-2016-2021](http://www.nutrition-society.org/strategic-plan-2016-2021)). My role as your President is to oversee delivery of this plan, and much of what I do in this role fits with that aim. The Nutrition Society is in a good place right now, but it is on a journey to an even better place.

In June I chaired the first ever meeting between Trustees of the Nutrition Society and of the Association for Nutrition (AfN). The aim of the meeting was to identify improved ways that the two organisations can work together and be mutually supportive whilst maintaining their distinct roles within the discipline. Great progress was made in better formalising our relationship with the AfN and the Society looks forward to working more closely with them to the mutual benefit of our members and the AfN's registrants.

Also in June, I attended Nutrition 2018, the first "go it alone" conference of the American Society of Nutrition (ASN), which was held in Boston. This provided a great opportunity to promote our journals, textbooks and conferences, especially FENS2019, and our stand



[www.nutrition-society.org](http://www.nutrition-society.org)

The Nutrition Society is a Registered Charity whose aim is to advance the study of nutrition and its application to the maintenance of human and animal health. Registered Charity no: 27207, Company Limited by Guarantee, registered in Cardiff, no: 1274585

Registered Office: 10 Cambridge Court, 210 Shepherds Bush Road, London W6 7NJ

*Nutrition Society Gazette* © 2018 The Nutrition Society.

Editorial Board: Dr Carrie Ruxton, *Lead Consultant at Nutrition Communications*; Cassandra Ellis, *Nutrition Society staff member*.

Founders: Sir Joseph Barcroft, *Chairman of the Food Investigation Board*; Dr Harriette Chick, *Head of the Division of Nutrition, Lister Institute*; Professor J. C. Drummond, *Scientific Advisor to the Ministry of Food*; Dr John Hammond, *Animal Research Institute, Cambridge*; Dr L. J. Harris, *Director, Dunn Nutritional Laboratory, Cambridge*; Sir Frederick Hopkins, *Professor of Biochemistry, Cambridge*; Professor H. D. Kay, *Director, National Institute for Research in Dairying*; Sir Charles Martin, *lately Director, Lister Institute*; Sir Edward Mellanby, *Secretary, Medical Research Council*; Sir John Boyd Orr, *Director, Rowett Research Institute*; Professor R. A. Peters, *Professor of Biochemistry, Oxford*.



## ‘The Society has an established structure and processes and strong governance. Together, these give us an excellent reputation within the UK academic environment and within the global nutrition community.’

generated a lot of interest in our activities. The programme of Nutrition 2018 was clearly focussed on early career researchers with many training and skills enhancement opportunities. Attendance was high and, by all accounts, this first independent conference venture of the ASN was a great success. During the conference, I met with leaders of the ASN, IUUNS, FENS and several of the Asian nutrition societies. I also spoke in symposia hosted by FENS and by the Korean Nutrition Society (KNS). Nutrition 2019 will be in Baltimore and I am sure the ASN will be looking to build upon the success of the Boston conference.

My previous Gazette article was written in great anticipation of our Summer Conference in Leeds. This did not disappoint. The science was high level and the standard of the presentations was exceptional. I had the immense pleasure of chairing the superb Silver Medal Lecture by Dr J Bernadette Moore. The Society’s archive display was hugely appreciated by all who visited it and it was a real highlight. The social activities and networking opportunities were great and the food on offer during the breaks was simply wonderful. Many, many thanks to the Leeds team for organising such a successful Summer Conference which has, I think, set a new standard. See page 8 for an overview of the conference.

In August, FENS hosted its first week-long Summer School. This was held in

Belgrade and was around generating and interpreting evidence for the nutrition-health axis. The School was attended by 60 delegates, mostly graduate students and early career researchers, from 20 countries, including several outside of Europe. I gave a lecture about the importance of basic science in providing plausible mechanistic explanations for observations made through epidemiology and intervention trials. I was struck by the curiosity and positive attitude of the delegates, which augurs well for the coming generation of European nutrition scientists.

In September I attended the International Congress on Obesity and Metabolic Syndrome in Seoul, South Korea as a guest of the KNS, who were one of the co-hosts. I gave a Plenary Lecture and also spoke in the KNS Symposium. I was able to meet with the President of the KNS to discuss ways that we can work more closely with them and with the Korean Society of Food Science and Nutrition.

In October I travelled to Addis Ababa, Ethiopia, to participate in the 8th Africa Nutritional Epidemiology Conference. The Society has a good membership base in Africa and delegates clearly appreciate the role our Society plays in supporting them, the African Nutrition Society, and these conferences, as well as the strong discipline leadership that we show. Our journals and textbooks are highly valued amongst the African nutrition

community. In addition to a Plenary Lecture, I delivered a highly interactive workshop on Understanding Scientific Publishing that was really well received by attendees. I was really struck by the concerns expressed about the challenge many African researchers face with publishing in the Open Access era.

Our links with the medical nutrition community have really strengthened. We are co-hosting a Symposium at the annual British Association for Parenteral and Enteral Nutrition (BAPEN) conference in November and our 2019 Winter Conference will be hosted jointly by ourselves, BAPEN and the British Society of Gastroenterology. We are also continuing with fruitful interactions with the Royal Society of Medicine and the Royal College of General Practitioners.

Members will be delighted to hear that the programme for FENS2019 is really taking shape (see page 13 for more details). Details of plenary speakers and of scientific symposia are now available at [www.fens2019.org](http://www.fens2019.org). Also, the abstract call is now live with a deadline of 5 April 2019. Over the next weeks, further details of the programme will become available. Undoubtedly, FENS2019 will be the scientific and social highlight of 2019 for the nutrition science community. I strongly encourage all members to attend FENS2019 and contribute to its success.

I now look forward to the Winter Conference, the last of the Society’s annual cycle of events. This meeting has grown in content and importance and again this year it will feature both the International Student Competition, which is enlarged, and our Annual Reception. The content of the meeting, once again, looks exceptional and I am certain that it will prove to be a wonderful experience for all delegates. See you there... ■

# Professor Christine Williams OBE

Professor of Human Nutrition and Director of Food, Agriculture and Health, University of Reading

## What first attracted you to nutritional science?

It is hard to be certain – given how long ago (nearly fifty years!) it is since I first made the decision to study nutrition at undergraduate level. However I have a very potent recollection of my A level studies where I was fortunate to have a very challenging Biology teacher. She introduced me to the study of ‘human metabolism’ including the detailed biochemical actions of specific vitamins in maintaining human health. I am sure some of this must have been a major deviation from the syllabus, but it was a big stimulus for me. An even earlier memory (and possibly greater influence) is the fact that I did not like conversation first thing in the morning, but was not allowed to read the paper over breakfast. So I mostly read the cereal packets – including all the names of the vitamins and minerals in my breakfast – hence my deep satisfaction when I got the full background about ten years later.

## How did your early career develop?

My undergraduate degree (at what was then Queen Elizabeth College) was followed by a PhD at Guys Hospital Medical School. I wanted to do a PhD involving human subjects and was fortunate to be appointed to a project studying adipose tissue metabolism in human pregnancy. This involved studies to investigate the hormonal basis of insulin resistance in normal pregnancy and set the stage for the next 30 years or so for my work. I conducted a whole range of experimental studies involving whole body lipid metabolism in volunteers, cell studies on biopsies of adipose tissue, working with others using stable isotope measurements and measurements of lean tissue using potassium<sup>40</sup>. I had no idea at the time how challenging these were and I suspect was quite fearless, partly due to lack of awareness of their novelty. I also had a hands-off supervisor which

meant I pretty much taught myself lipid metabolism and the hormonal aspects of pregnancy over the next three years. I also made a number of important mistakes and omissions which I subsequently needed to correct! However, I loved the sense of independence – being able to design my own experiments, set time schedules, planning, and generally having a great time.

## Has there been a study or project that you have worked on that you would now consider to be a defining point in terms of your career, or nutritional science?

When I took up my first lectureship post at the University of Surrey (1984) there was (and still is) a strong emphasis on studies of type 2 diabetes and insulin resistance. Many of these involved measurement of postprandial glycaemia (and its hormonal regulation). From my PhD work I recognised how important insulin was in lipid metabolism and felt we should do more to understand the regulation of postprandial triglyceride metabolism – including effects of varying dietary fat (amount and type) and of the relationships between postprandial triglyceridemia and body fat mass and distribution. This became the major part of 15-20 years of research work and of building my research group at Surrey, and subsequently Reading when I was appointed to the Hugh Sinclair Chair in Nutrition in 1995.

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

My first experience was as a very naive member of Nutritional Aspects of the Development of Cancer COMA (Committee on Medical Aspects of Food and Nutrition Policy) panel in the early 1990s. Over the next two years I learnt a lot about epidemiology – taught to me by some excellent co-members and the secretariat. It was also my

first real exposure to the complexity of translating research findings into nutrition policy and a hard lesson in the controversies that can arise in implementing nutrition policy. Later I became a member of the first SACN (Scientific Advisory Committee on Nutrition) Committee established under the new FSA (Food Standard Agency), where SACN recommendations and the development of government nutrition policies were more explicitly separated. Although my early naivety has long been replaced by a greater understanding of the complex stakeholder environment in which food and health operates, I remain unconvinced that this degree of separation always works to the benefit of public health.

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

The key issues remain pretty much as they were in the 1970s – impacts of nutrition on chronic diseases but with the challenge of increasing obesity. Despite the abundance of food choice and the relative low cost of food, some groups remain at risk of inadequate intakes of key nutrients and this needs greater recognition than it receives at the present time.

## In your opinion, how has the public perception of nutrition changed during the course of your career?

There appears to be a negative correlation between public interest in nutrition, food and health, and the perception of nutrition science by the media, the public and the funding agencies. Becoming ever ‘popular’ does not appear to have advanced the reputation of the science, nor of nutrition professionals. Regrettably more simplistic approaches, often based on poor science, appear to offer greater ‘hope’ and conviction than those based on soundly-based knowledge.



Professor Christine Williams with Professor Philip Calder

**What are your hopes for the continuing development of nutritional science?**

The rigour and depth of the science has improved significantly and the importance of nutrition to population health has never been so high on the agenda. Yet funding for nutrition research remains fragmented and insufficient – especially when compared with other areas of the life sciences. This deters strong science graduates from choosing nutrition as an area for research – adversely impacting on the strength of our university groups and departments. The media challenges and misperceptions referred to above, offer

increasing frustration for those committed to ensuring the highest standards of excellence in professional practice.

My hope is that through greater collaboration, our scientific and professional societies will work together more closely to provide strong, consistent leadership and greater confidence in dealing with the challenges facing us in the future.

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

The Nutrition Society has provided

outstanding training and networking opportunities for myself, my students and staff for over 35 years. I was privileged to act as President of the Society in 1998-2001 during a time of growth and change for the Society and supported by a great team of Officers and Honorary Officers. This was my first experience of ‘managing change’ – and at times proved a pretty scary ride but the experience influenced many of my subsequent ‘leadership’ challenges. Lastly, but not least, I have also made a number of collaborations and friendships for life – those times at the bar were not wasted! ■

# New Initiative: Nutrition Society Member-Led Small Meetings

Dr Bernard Corfe, Honorary Programme Officer

## GRANTS AND AWARDS

Each year, the Society uses journal revenue to support membership activities including awarding nutrition excellence, supporting members to attend conferences, and offering Summer Studentships to undergraduate students.

### Conference Grants

Paige Brooker,  
University of Queensland, Australia

Dr Rachel Gibson,  
Imperial College, London

Dr William Crowe,  
Ulster University, Northern Ireland

Marita Hennessy,  
National University of Ireland, Galway

Barbara Bray, Alo Solutions Ltd, UK

Elina Psara,  
Ulster University, Northern Ireland

Jane Mwamlima, Lilongwe University of  
Agriculture & Natural Resources, Malawi

Dr Mridula Chopra,  
University of Portsmouth, UK

Sophia Doyo Amenyaa,  
Ulster University, Northern Ireland

Helena Fisk,  
University of Southampton, UK

Andrea McGrattan,  
Queens University Belfast, Northern Ireland

Kirnjot Mehat, Kings College, London, UK

Dr Nuno Mendonca,  
University of Newcastle, UK

The Nutrition Society runs a recurring programme of successful, high profile conferences attracting many hundreds of delegates to conferences across a range of locations throughout the year. However, it is also recognised that not all members attend a conference each year. As part of our strategy to diversify our conference programme, we are now going to complement the larger national multi-day meeting with a series of smaller, focussed member-led conferences allowing delegates to take a deep-dive approach to a particular subject. This format has a number of potential advantages:

- Chance for a detailed focus, which may be attractive to some parts of membership,
- Responsive (e.g. to scientific developments), with shorter lead times to organise,
- Attractive to those working the field (for both science and networking),
- Provides an opportunity to early career researchers and academics both to speak and co-organise,
- Development programme of ideas for larger meetings or sessions within larger conferences,
- Opportunity to trial new collaborations with other societies / sponsors,
- Member-led, providing an opportunity for direct engagement with, and contribution to, Society activity.

The Science Committee has therefore agreed to offer this format as an option to members to support the development of their own meetings. Members wishing to take advantage of this scheme can complete a simple form and attach an indicative programme. The proposal will receive rapid and light-touch review, and once agreed the meeting will receive support from the Society for registration, marketing and publicity. The organisers are expected to provide a Gazette article and/or Proceedings paper as an outcome of the meeting.

The Society is particularly keen to be flexible, supportive of innovative ideas, novel areas, regional groupings, or even development of position statements, discussion of standards, where a Proceedings paper would be an apposite outcome. Please feel free to contact us to discuss in advance informally at [office@nutrition society.org](mailto:office@nutrition society.org) ■

## Summer Studentships

Danielle McCullagh,  
Ulster University

Liam Scott Oliver,  
Sheffield Hallam University

Alexandra Williams, University of Brighton

Cathrine Baungaard,  
Liverpool John Moores University

Aaron Simpson, Leeds Beckett University

Claire Seall, University of Bedfordshire

Luke Solomi, University of Plymouth

Lara Barnett, University of Chichester

Drusus Johnson-Bonson,  
University of Bath

Matthew Jaconelli,  
The University of Stirling

Lindsay Hodgson, Edge Hill University

Dermot Liddy, Ulster University

Pinelopi Alexandropoulou,  
University of Nottingham

Iman Khwaja,  
St Mary's University, Twickenham

Sebastien Shiva Chohan,  
St Mary's University, Twickenham

Congratulations to Aaron Simpson, Leeds Beckett University, for being awarded the best Summer Studentship project entitled 'The effects of galactose ingestion on postprandial metabolism: a driver of metabolic disease?'

# Governance – it is more exciting than it sounds!

Mark Hollingsworth, Chief Executive Officer

**D**uring my interview for the position of Chief Executive of the Nutrition Society in May 2014, I asked the interview panel what they felt was the biggest challenge facing the Society. The panel felt it was a situation that had evolved in which the same 20 or so members were continuously leading the Society. Although they were highly capable individuals filling all the key Honorary Officer positions, leading committees and advisory roles, this had led to a perception that the governance of the Society was in the hands of a selected few. This in turn acted as a deterrent to new members to volunteer their services. The lack of member candidates then naturally led the same 20 or so people to become re-elected into the vacancies. It was in effect a spiral which was difficult to break. I was greatly encouraged that the interview panel were clearly aware of the governance problems this presented (the need for succession planning) and were actively looking for resolutions.

Fast forward four years to now, and I am told there have been many positive changes to the Society since that moment in 2014. I would suggest that the early efforts of the Honorary Officers to break this spiral, and attract new members into leadership roles has been the most important. Indeed, looking at the current board of Honorary Officers, seven of the 11 Officers are now serving for the first time, bringing with it fresh perspectives, questioning approaches and new ideas, all of which are essential to any organisation which wishes to sustain itself and continue to grow.

Getting the balance right on the Honorary Officer Board through effective succession planning is a key indicator of the strength of an organisation's governance model. That balance between experience and knowledge on the one hand, and new Officers challenging existing orthodoxy, enables

'order' to emerge from occasional periods of 'chaos'. I use 'chaos' in the sense of change, rather than disorganisation.

As we enter 2019, there is exciting 'chaos' at the top of the Society. We have new Honorary Officers in Strategic Communications, Publications, and Science. There are reviews underway in Scientific Programmes and International Affairs. Moreover, the successful Training and Education programme, superbly led by Penny Hunking, has just emerged from a strategic review and is now going on to greater strengths as the Nutrition Society Training Academy. This demonstration of robustness to endure an element of 'chaos' to bring about new 'order' is one of the most exciting elements of our current governance model.

However, the Society's Honorary Officers are showing no signs of easing back. Notwithstanding the strength of the current governance model, they are about to enter a full governance review – to do so is the fifth objective of the current Strategic Plan. Governance is much bigger than just the Articles of Association and the Rules, it is about mindset, attitude, and creating a structure and a culture that allows for an element of chaos to exist under a general umbrella of order.

There are always opportunities for members to become involved in the activities and leadership of the Society. Those opportunities may not always align with where a member is at any particular point in their career, but if the member is patient the right opportunity will present itself in due course. Good succession planning enables that to take place. Everyone in the Society should be proud, I suggest, of the good governance that exists in the Society, and the many opportunities it is opening for its members. ■

## New members on the Board of Trustees

### President-Elect:

Professor Julie Lovegrove

### Honorary Science Officer:

Dr Frank Thies

### Honorary Officer for Membership:

Dr Dean Sewell

### Honorary Strategic Communications Officer:

Dr Carrie Ruxton

### Honorary Publications Officer (1 January 2019)

Professor Jayne Woodside

## New members on the Advisory Council

### Member for Academia:

Professor Bruce Griffin

### Member for Policy:

Dr Adrienne Cullum

### Member for Animal Nutrition:

Dr John Brameld (re-elected)

### Member for Industry:

Kate Halliwell (re-elected)

## Newly Appointed Theme Leaders

### Molecular & Cellular:

Dr Ruan Elliott

### Whole Body Metabolism:

Dr Wendy Hall

## Honorary Fellows

Professor Judith Buttriss,  
British Nutrition Foundation

Professor Mike Gibney,  
University College Dublin

Professor John Webster,  
University of Bristol

# Summer Conference 2018: Getting Energy Balance Right

**H**osted this year by *The University of Leeds*, the three-day conference provided a wide-ranging overview of the factors that influence energy balance across the lifespan. Scientific Organisers, Dr Christine Bosch and Dr J Bernadette Moore from *The University of Leeds*, welcomed over 400 delegates from 21 countries, making it a truly international event.

The main scientific programme covered a diverse spectrum of topics, ranging from the role of maternal dietary sugars in the early development of metabolic diseases, to nutritional modulation of the epigenome and its implication for future health, to behaviour change in childhood weight management. In addition to the six symposia, four plenary lectures and two award lectures, delegates enjoyed 129 Original Communications.

The local organisers organised a jam-packed schedule of networking and social events. Reflecting the conference



**Delegates  
represented  
21 countries**

topic, #HealthyMeeting was an ongoing theme. Care was taken to source healthy, locally produced menus, and delegates enthusiastically participated in the activity programme created especially for the conference. With morning runs, yoga, and a 203 step climb of the Town Hall clock tower, recently elected trustee Dr Carrie Ruxton acted as the Activity Champion, encouraging standing during the scientific sessions to support energy balance! Despite clashing with the world cup semi-final which was screened for



**405  
attendees**

the benefit of delegates, the conference dinner was a highlight; over-subscribed and with dancing continuing into the early hours.

In addition to networking during the breaks, delegates were able to visit a selection of archive materials with an interactive display charting the history and development of nutritional discourse around energy balance and obesity.

Invited speaker reviews and Original Communications will all be published in *Proceedings of the Nutrition Society*. Log into the members area for full access. ■



**“As a Society that is committed to the maintenance of human health, it’s timely that we put this into practice at our flagship summer meeting by encouraging physical activity and providing opportunities for delegates to reduce sedentary behaviour and enjoy healthy, local food. Most importantly, people had fun doing it and the walks, yoga sessions and guided runs certainly added to the value of the meeting. I hope this sets a trend for future Society conferences”.**

Dr Carrie Ruxton, Trustee for Strategic Communications



**#nsummer18**



**“We are delighted at the success of the recent Nutrition Society Summer Conference. It is often hard to demonstrate success, but the 570 tweets that engaged with the hashtag gives an indication of the enthusiasm shared between delegates at the event...it was a truly rounded conference which let the delegates learn in both theory and practice, whilst exploring a thriving city at the same time.”**

Dr. J Bernadette Moore, conference organiser, University of Leeds

**“The conference gave me the opportunity to network with a wide range of outstanding scientists and fellow researchers. The one event I cannot recommend enough is attending the conference dinner. During the dinner, I was able to network with some high-profile experts, some of which I am still in touch with today. Thank you to the organising team and to the Nutrition Society for hosting such an amazing event.”**

Nadege Ndzogoue Pouandeu, delegate, University of Huddersfield



## **Blaxter Award Winner**

Professor Keith N. Frayn,  
University of Oxford



## **Silver Medal Winner**

Dr J. Bernadette Moore,  
University of Leeds



Local helpers

# The Nutrition Society Training Academy (NSTA)

Penny Hunking, Honorary Training Academy Officer

Since the launch of the Nutrition Society Training Academy (NSTA) in June this year, it has been a busy time. With a range of exciting new offerings to help meet our goals to *‘Enhance and invest in the improvement of Nutrition Science’*, there is much on offer for you.

The NSTA aims to deliver accessible training to all those with an interest in nutritional science. With that in mind we have, to date, hosted three webinars with 157 attendees to help ensure we do our best to achieve just that. The NSTA Committee pledge to meet YOUR training needs as nutritional scientists, and we hope this demonstrates that we are heading in the right direction. The NSTA will be expanding its delivery of webinars and blended learning, looking to offer concurrent training so that you can participate irrespective of interest or career stage. The NSTA has certainly hit the ground running, delivering the in-demand Statistics for Nutrition Research workshop, as well as two international workshops; Understanding Scientific Publishing, and Statistical Guide for Nutrition Research, at ANEC VIII. Over

## How the NSTA can benefit YOU

- For as little as £25, hear from leading experts in their respective fields. Walk away from your lunch break or post-work study session with new knowledge which will support your area of interest and deliver new information on a hot-topic.
- The NSTA offers group rates so you can participate in the webinar collectively. If a group of you are interested in participating in a webinar, get in touch using the email address below.
- If you miss a webinar the first time around, you have a second opportunity to ink it into your diary as the NSTA delivers simulated live webinars giving you another opportunity to attend.
- Participate in workshops on those topics where a practical element is involved. Dietary Assessment Methods and Advanced Statistics for Nutrition Research are already planned so look out for those.

80 delegates have benefited from the NSTA’s workshops so far.

No matter what stage you are at in your career, we trust that these offerings will benefit your career and personal development, and provide you with Continuous Professional Development (CPD). All NSTA training programmes seek endorsement by the Association for Nutrition (AfN) and a certificate

supporting your CPD is always provided. To see which of the NSTA’s programme is for you, view the full programme at: <https://www.nutritionssociety.org/events/training>

The Committee are always looking for your feedback and ideas, so contact Jade Mitchell at [training@nutritionssociety.org](mailto:training@nutritionssociety.org) with yours. The NSTA look forward to supporting you through a training event soon. ■

## MEMBERSHIP

### Nutrition Society Students Futures

Nadege Ndzogoue & Angelika Kristek, Chairs of the Student Section

As our first year as Chairs of the Student Section comes to an end, it is a good moment to summarise what we have accomplished and what we hope to achieve in the next year. Our personal reflection is that being a Student Section Chair is one of the most challenging and satisfying roles we have had the honour of holding. Being the link between students and the Society’s Advisory Council gives us the opportunity to express student needs and concerns and to ensure the students’ best interests are considered

in everyday Council business. And in all honesty, we have been fortunate to meet and work with distinguished professionals such as Professor Phillip Calder and Professor John Mathers, and to network with so many other great nutritionists so early in our careers.

Becoming Co-chairs of the Student Section, we first and foremost appreciated the work our predecessor, Dr Malwina Naghibi, who worked to make the voice of all students heard. This work was evident in the format and

# Cellular and Molecular Nutrition Theme Lead

Dr Ruan Elliott, University of Surrey

I am delighted and excited to be taking on the role of Theme Leader for Cellular and Molecular Nutrition from Dr Bernard Corfe who has now been elected as the Society's Honorary Programmes Officer. Bernard led the Cellular and Molecular Nutrition Theme from its inception in 2010 and I want to take this opportunity to thank him for his fantastic work and also for his help and guidance getting me started as a Theme Leader.

One of the main aspects of the Theme Leaders' responsibilities is to work as part of the Science Committee to develop, help organise and review the Society's conferences. At the Science Committee meetings I have attended so far, I have been particularly impressed by the detailed planning process that the Committee undertakes. The Committee develops plans for each meeting up to two years in advance and so has several conferences in development at any one time. It is this rolling process that ensures the smooth running of the Society's programme of conferences. Within the development of these meetings, the Theme Leaders are specifically

tasked with ensuring the appropriate representation of research within the remit of their theme. We also contribute to the review of the abstracts submitted for original communication presentation at each conference. We are currently in the process of updating and improving online submissions to streamline and refine the system for both submitters and reviewers.

Cellular and molecular techniques, such as gene editing and genomic technologies, have matured to the point where high quality data can be generated routinely and analysed in-depth. Vast data resources are now available to researchers and these continue to expand. New molecular approaches for targeted work continue to be developed and the skills base in cellular and molecular techniques within the nutrition research community has grown and been embedded in many different groups working across a range of different areas.

As a result, I believe we are well placed to use these tools to deliver many new and important mechanistic insights into the links between nutrition and health. On the other hand, it is clear that

many challenges and barriers remain. For example, significant progress and innovation are still required to realise the potential of molecular approaches to deliver validated, robust biomarkers of nutrient status and/or intake that are adopted widely for mainstream use. Therefore, my goals include making use of the Nutrition Society's conferences, journals and other avenues of communication as appropriate fora to highlight and celebrate examples of the most exciting and innovative research, and to promote active discussion and debate around the barriers to progress and identify ways to overcome them.

Theme Leaders also have the scope to work beyond the Society's established avenues of communication to promote work relevant to their Theme. This is an area to which I would like to give particular thought. I would very much welcome any help and guidance from members about how best to achieve these goals. If you are interested in getting involved in the Theme's activities, or have any thoughts about to take these plans forward, please do contact me at [office@nutritionociety.org](mailto:office@nutritionociety.org) ■

organisation of Nutrition Futures, the annual Student Conference. Nutrition Futures remains a key opportunity for us to engage with the studentship, providing them with content to advance all aspects of their early careers, and to listen to their views and opinions regarding matters important to them. This year, Nutrition Futures was hosted by Newcastle University and received excellent feedback from delegates who attended. We plan on acting on the feedback to deliver an even more enriching conference in September 2019.

We the co-chairs, in collaboration with the Society Membership Committee, and members of the Student Section, have also been busy throughout this year working on developing a clear structure for the Student Section as a whole. We are committed to building links with nutrition students across all UK universities, so we can have a platform to better receive their views, and express key issues to the Council. To facilitate this, we are currently developing functional roles within the Student Section. Joining the Section provides

a great opportunity to get involved while you are studying, and to make a difference to the future of nutrition students as well as a chance to build your professional network and develop key transferable skills. ■

If you would like to join the Student Section, become a local student representative or you know a student who would be interested, please email [nsstudentsection@gmail.com](mailto:nsstudentsection@gmail.com).

# Update from the Irish Section

Professor Lorraine Brennan,  
Secretary, Irish Section

As 2018 comes to an end, it is a good time to reflect on what has been a busy year for the Irish Section of the Nutrition Society. Our two main events in the calendar year are the Irish Postgraduate conference and the Irish Section meeting. Queens University Belfast hosted the Postgraduate conference and overall it was an extremely successful event with a good mixture of scientific and career development talks. A common remark from attendees was the high quality of the scientific talks. Ulster University hosted a very successful Irish section conference in June with 180 delegates from around the world. A highlight of the event was the excellent Postgraduate competition. I would like to take the opportunity to thank Dr Pamela Magee and Dr Mary McCann for all their work in ensuring the event was a success.

In 2018, we worked with the Irish Nutrition and Dietetic Institute (INDI) to provide a joint voice in the area of evidence based nutrition. Our first event as part of this initiative was an evening symposium in April. The event was a resounding success and we look forward to developing further joint events. As Secretary of the Irish Section, I was delighted to attend the 60th anniversary of the INDI. Attending such events and speaking with our dietitian colleagues reinforces the need for us to work together. Over the coming months we will endeavour to continue our dialogues in an effort to provide a strong voice for evidence-based nutrition in Ireland.

Preparations are well underway for the 2019 Irish Postgraduate meeting which will be hosted by Ulster University in February. I encourage postgraduate students to submit abstracts before 18 January. Several Irish Section members are involved in the organisation of FENS 2019. Hopefully I will meet many of you at these events.

Finally, I would like to welcome our new student member, Orlagh Feehan, to the Irish Section Committee. I look forward to working with Orlagh over the coming years and express my sincere thanks to all the members of the Irish Section committee for their hard work over the past year. ■

# Update from the Scottish Section

Dr Spiridoula Athanasiadou,  
Secretary, Scottish Section

The Scottish Section Committee is organising the 2019 Spring Conference, which will take place at Abertay University, Dundee, on the 1-2 of April 2019. The topic is *“Inter-individual variation in nutrient response: from research to recommendations”*.

Nutrition plays a fundamental role in maintaining health and preventing disease. However, it is now clear that the inter-individual variation in response to nutrients has hindered implementation of much of the research conducted. This is likely due to differences between individuals in food intake regulation, and also the absorption, distribution, metabolism and excretion of nutrients. Identifying the main factors that affect the nutritional response to diverse populations will contribute towards developing new and innovative methodologies that optimise the delivery of health benefits in these populations.

The conference will bring together experts who are striving to understand inter-individual variation in response to nutrition and impacts on health, as well as developing new ways of conducting research in nutrition and designing appropriate dietary interventions to maintain health and prevent disease in diverse populations. The Scientific Programme Organisers are Dr Karen Barton, from Abertay University and Dr Jo Cecil from University of St Andrews.

Please visit our website for further information (<https://www.nutritionandsociety.org/events/conferences>).

As with all Society conferences, AfN and BDA endorsement will be applied for. The deadline for abstract submissions is the 29 January 2019. We look forward to welcoming you to Dundee.

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 (<http://www.nutritionandsociety.org/membership/sections/scottish-section>). The committee will have two vacancies for next year, so now is the time to come forward if you are interested in participating. Nominations will open around Christmas; an email announcement will be circulated closer to the time. The Scottish Section of Nutrition Society exists to provide a forum for nutrition education and research in Scotland and arrange research meetings easily accessible to Scottish members. ■

# 13th European Nutrition Conference

Professor Alison Gallagher  
& Professor Stefaan De Henauw



It is quite remarkable to think that the Nutrition Society will host the 13th Federation of European Nutrition Societies (FENS) conference in under 45 weeks' time; time certainly passes quickly in the Society when you have the largest nutritional science conference in Europe to organise!

The last 12 months have been a particularly busy time for the FENS Science Committee, with the task of developing the scientific programme. In the last edition of the Gazette, we confirmed four of the five plenary

completing the plenary lectures. The Science Committee's aim is for delegates to leave with knowledge on ground-breaking research; we hope you will agree that this lecture will do just that.

The Science Committee was also tasked with populating 12 symposia, addressing in turn, a specific theme and strand of the conference topic, 'Malnutrition in an obese world: European perspectives'. This has been a particularly poignant process as Co-Chairs of the Committee, in recognising the array of expertise of the Committee. Resultantly, we

confident that the programme will be full of exciting sessions, each with speakers at the forefront of nutritional science. You should also know that the call for abstracts is now open, with the close of submission scheduled for 12 April 2019. Further information can be found at [www.fens2019.org/scientific-area](http://www.fens2019.org/scientific-area). This is a fantastic opportunity for you to be a part of the science delivered over the four days.

As a busy 2018 closes for the FENS Science Committee, and with the unwavering support of

Parental nutrition, epigenetic and metabolic disease susceptibility

Emotional eating: pathways underpinning obesity

The role of "big data" in nutrition research

Metabolic 'Obesity': definitions, measurement and dietary determinants

Novel approaches to measure dietary assessment

Role of brown adipose tissue in energetics and metabolic homeostasis

Molecular mechanisms underpinning sarcopenic obesity

Chrononutrition: the evidence for why 'you are when you eat'

Does biofortification of crops work as a way of improving micronutrient status in poor populations?

Ultra-processed food – potential health impacts

Innovative tools and targets to control obesity and related metabolic disorders

Malnutrition, obesity and climate change: Is there a link?

lecture speakers, (which can be viewed at: <http://www.fens2019.org/plenary-speakers/>) and that a 'breaking development' topic was to be announced closer to the conference. We are delighted to announce that this final plenary lecture has now been confirmed, 'Epigenetic reprogramming regulating adipose tissue plasticity and function', presented by Professor Christian Wolfrom, ETH Zurich University,

are delighted to announce the 12 core symposia. Further programme information can be found at: <http://www.fens2019.org/programme/>

In addition to these pillars of the programme, 22 sponsored sessions and 17 industry sessions have been approved to date. In short, the programme has developed considerably in recent months! At the time of reading, we are

the Executive Committee throughout, it is now a time in which the Local Organising Committee will be at the forefront of preparations for delivering FENS 2019. We hope that many of you are there in Dublin 15-19 October 2019 to witness the collective efforts of these committee's coming together in presenting to you, FENS 2019! ■

# A centenary of female suffrage

It is 100 years since The Representation of the People Act, in which all men and some women in the UK were given the vote. In commemoration, The Nutrition Society profiled seven women in the Parliamentary Trust Vote 100 publication, *Voice & Vote*.

At the Society's founding meeting in 1941, all 28 attendees were men. Today, 75% of the Society's membership are women. These are seven of the women that have made a significant contribution to that change.

## Dr Isabella Leitch



The James Lind Library by CC License

Former suffragette, Dr Isabella Leitch worked at the Rowett Institute, Aberdeen, in 1942 with Nutrition Society founder, Sir John Boyd Orr going on to become

one of the Founding Members of the Society's Scottish Section. A nutritional physiologist, she founded and edited *Nutrition Abstracts and Reviews*. She is remembered for her determination to establish the highest standards in scientific quality of research reviews.

## Dame Harriette Chick



© The National Portrait Gallery, London, by Academic License

Microbiologist and nutrition scientist, Dame Harriette Chick (Nutrition Society President 1956-1959), is famous for her research on protein and vitamins,

notably her Vienna rickets studies during the first half of the twentieth century. A former suffragist, her work helped demonstrate the roles of sunlight and cod liver oil in preventing rickets, successfully identifying the phenomenon as a vitamin deficiency disease.

## Dorothy Hollingsworth OBE



British Nutrition Foundation

Dorothy Hollingsworth (Nutrition Society Honorary Secretary 1962-1965) worked for the Ministry of Food in the earlier stages of her career

during the latter part of World War II, alongside Sir Jack Drummond. During her civil service career (1941-1970) she helped to establish the National Food Surveys. By 1970, Ms Hollingsworth had become the first female Director General of the British Nutrition Foundation ([www.nutrition.org.uk](http://www.nutrition.org.uk))

## Dr Elsie Widdowson CH, CBE, FRS



British Nutrition Foundation

Dr Elsie Widdowson (Nutrition Society President 1977-1980) carried out significant work testing food rations during WWII. Dr

Widdowson's *The Composition of Foods*, first published in 1940 and written in collaboration with Dr Robert McCance, continues to be the basis of nutritional databases globally.

## Professor Christine Williams OBE



The Nutrition Society Archives

Christine Williams (Nutrition Society President 1998-2001) led the Society into the new millennium. She is Professor of Human Nutrition at the University of

Reading and was awarded an OBE in 2013 for her services to higher education and nutritional sciences. In December 2017, Professor Williams became an Honorary Fellow of the Nutrition Society.

## Dr Ann Prentice OBE



The Nutrition Society Archives

Dr Ann Prentice (Nutrition Society President 2004-2007) is Chair of the Scientific Advisory Committee on Nutrition (SACN), which provides

advice on diet and health to the UK government. In December 2017, Dr Prentice became Honorary Professor of Global Nutrition and Health at the University of Cambridge, and an Honorary Fellow of the Nutrition Society.

## Professor Catherine Geissler



The Nutrition Society Archives

Professor Catherine Geissler (Nutrition Society President 2013-2016) is Secretary General of the International Union of Nutritional

Sciences, and as Co-Chair of its Capacity Building Task Force, she continues to raise the profile and professionalism of nutritional science.

The Nutrition Society celebrates seven of the many remarkable women who have made important contributions at the cutting edge of nutritional science. The Society looks forward to encouraging the development of others who strive to follow these outstanding examples. ■

Sheila Mercieca, Archives, Library and Records Manager

# Professor Arnold Bender 1918 – 1999



It was somewhat of a shock in August to realise that, had he lived, my father would have been 100. Arnold graduated in Biochemistry from the University of Liverpool (his home town, and the first teaching department of Biochemistry in Britain), then spent the war years in London at British Drug Houses, where he worked on the crystallisation of vitamin A. After the war he moved to Sheffield, taking his PhD in Hans Krebs' department, on the effects of ionising radiation on endocrine glands – it was here that they pioneered the teaching of nutrition to medical students. It was also in Sheffield that I (at 2 years old) was introduced to laboratory life, apparently being allowed to trail Krebs around and pull the tail of his lab coat while asking to be shown things. I was introduced to Krebs again in 1980, when the Biochemical Society organised a symposium to celebrate his 80th birthday – he commented that I had changed since he last saw me in 1947.

Academic salaries in 1947 were very poor, and the family moved to London where Arnold took up a post leading a research team at Crookes Laboratories. Here he worked with Derek Miller, developing the Net Protein Utilisation method of measuring protein quality. In 1953 he moved to become Head of Research at Bovril, pursuing mainly blue skies research, and continuing his work on protein quality measurement – activities mostly unrelated to the company's products. In 1961 he moved again to become Head of Research and Development at Farleys, where he claimed to be possibly the only nutritionist to have formulated and brought to market a commercially

successful and nutritionally sound infant weaning food.

The pure research he had been doing at Crookes and Bovril never materialised during his time at Farleys and, in 1964, he took a considerable cut in salary to return to academic life as a senior lecturer in Yudkin's Department of Nutrition at Queen Elizabeth College (QEC). We all saw an immense difference. Instead of coming home exhausted and dispirited, he bounced home each evening, full of the delights of teaching, especially the international students taking the post-graduate Diploma in Nutrition (which later became an MSc). Our home became a meeting place for these scholars, with frequent buffet dinners and garden parties. Students of many nationalities were astounded that my mother could make meatballs "just like their mothers". At QEC, Arnold was free to conduct pure research and, following the main interest of the department, he worked on the metabolic effects of sugar and fructose. It was also at QEC that he renewed his friendship with Derek Miller. I spent my second year university vacation working as a (very junior) technician in his lab, learning more useful techniques than the Biochemistry Department at Birmingham offered.

Arnold was appointed to a personal Chair in 1971, the same year as I completed my PhD at the Middlesex Hospital Medical School – we sent a joint "change of title" note to friends and family. He was appointed to the established Chair of Nutrition and Dietetics, and Head of Department in 1978. His experience in the food industry led to close collaboration

between the hitherto separate Departments of Nutrition and Food Science, and eventually a joint department. He retired in 1983, but remained active in scientific and professional affairs, scholarship and writing until shortly before his death. Over the years he made a significant contribution to the professions of Nutrition and Food Science, not only in his teaching and writing, but also as an editor of professional journals, and a tireless and dedicated committee member of, *inter alia*, the Nutrition Society, The Institute of Food Science and Technology, and The Royal Society of Health and Hygiene.

Apart from my summer vacation job, we never worked together in the lab, although we cowrote several books and reviews – and I was not always the one to back down if we had a (minor) disagreement. Possibly the proudest moment of my life was when, in 1996 part way through writing "Nutrition: A Reference Handbook", he said that my name should go on the cover as first author. Arnold's interest was in protein quality, fat soluble vitamins and metabolic effects of sucrose; my PhD was on amino acid metabolism and neurochemistry, and I went on to work on tryptophan metabolism and water-soluble vitamins, so we had separate but related interests. From my early teens I accompanied him to Nutrition Society meetings, and it still surprises me when Society members know me in my own right, rather than as the young lad accompanying his father. ■

David A Bender, Emeritus Professor of Nutritional Biochemistry, University College London.

# The eNutrition Academy (eNA)

The eNutrition Academy (eNA) is an independent charity supported by The Nutrition Society and a number of other nutrition societies across the world. The eNA recognises the need to support the next generation of nutrition scientists on the African continent and around the world.

The eNA team is delighted to announce that three new courses were launched as part of the African Nutrition Epidemiological Conference (ANEC) held in Addis Ababa, Ethiopia, in October 2018. These courses were created by leading nutritionists on the continent and explored diverse nutrition fields from biochemical assessment to fatty acids, to obesity. Students will be able to explore nutrition from the micro-level to the impact of food consumption on the general public.

In *Understanding Lab Data*, Dr Patricia K. Brown, Kwame Nkrumah University of Sciences and Technology, Ghana, challenges learners to explore nutritional assessment in more detail. This course looks specifically at the biochemical component of nutritional assessment

and focuses on laboratory tests relating to diabetes, renal function, and cardiovascular function.

In *Lipids and Cardiovascular Health*, Dr Jacob Setorgio, University of the Cape Coast, Ghana, explores fatty acids and their structure. In *Obesity and Nutritional Interventions*, Dr Setorgio goes on to explore obesity and nutritional interventions on the African continent. He challenges students to learn the differences between being overweight and being obese, the methods in determining obesity, and behaviour and dietary changes. On behalf of the trustees of the eNA, we would like to thank the course developers, reviewers and volunteers to the eNA. Without their drive and determination to support capacity development on the continent the eNA would not be possible. The eNA welcomes feedback from learners, it is only through continuous feedback can we provide appropriate content. In addition, if you would like to invest in or support the eNA, we would love to hear from you. Most importantly, are you working in the nutrition field in Africa or globally? Would you like to support capacity

development, whether as a course developer or as a reviewer? We want to hear from you. Your expertise and knowledge are critical to aid the development of the eNA and the future of nutritional science in Africa and across the globe. ■

For more information about the eNA please go to [www.enutritionacademy.org](http://www.enutritionacademy.org)

## Save the Date: 1-2 April 2019

**The Scottish Section Spring Conference** is being organised on 'Inter-individual differences in the nutrition response: from research to recommendations' and will be held at Abertay University, Dundee.

Further details are available on the website.



## Events Calendar 2019

**10 January:** NSTA webinar, Carbohydrate quality and health

**31 January:** NSTA webinar, Vitamin D – the sunshine superstar or media hype?

**12 February:** NSTA webinar, Nutrition and the aging immune system

**13-15 February:** Irish Section Postgraduate Conference 2019, Portrush, Ireland

**14 March:** NSTA workshop, Statistics for Nutrition Research, London

**1-2 April: Spring Conference** Inter-individual differences in the nutrition response: from research to recommendations, Dundee, Scotland

**2 May:** NSTA workshop, Advanced Statistics for Nutrition Research, London

**15-18 October:** European Nutrition Conference, FENS 2019, Dublin

All registration fees and early bird deadlines can be found at: [www.nutrition society.org/events](http://www.nutrition society.org/events)