



# THE NUTRITION SOCIETY GAZETTE

Summer 2018



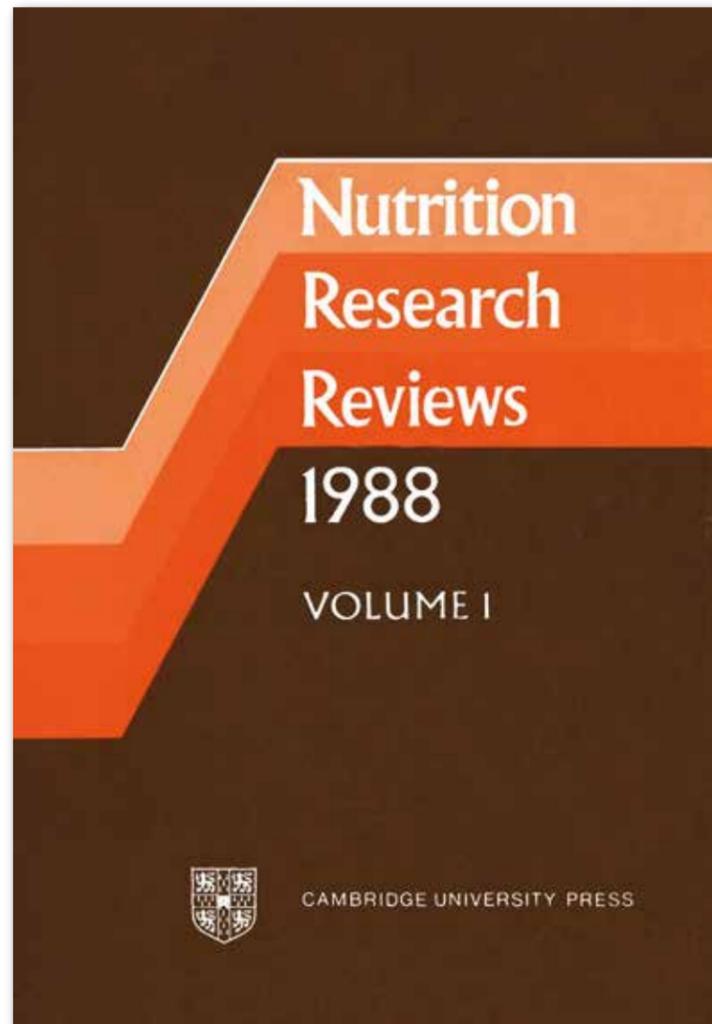
## Professor Philip Calder: Seize the day

- Honorary Fellow Profile: Professor Dr Jo Hautvast
- 30 years of Nutrition Research Reviews
- Animal Nutrition in the Nutrition Society: past present and future

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# Celebrating 30 years of Nutrition Research Reviews



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

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## FROM THE PRESIDENT

# Seize the day

Professor Philip Calder, President, The Nutrition Society



I wrote my previous report en route to Seoul to join the Korean Nutrition Society for its 50th Anniversary Conference. The Korean Society was, quite rightly, very proud of reaching this milestone and put on an excellent conference centring on their five decades of achievement in research, teaching and setting the Korean nutritional guidelines. I spoke as part of a Special Symposium also involving the Presidents of the American, Japanese and Chinese Societies which was a huge honour. I also met with the President of the Mongolian Nutrition Society and it was concerning to hear of the many challenges she faces with regard to national food and nutrition policy and nutrition teaching and research. We discussed ways that our Society can support the Mongolians and some of these have already been put into place. One thing was very clear to me throughout my time at the Korean meeting: our Society is held in the highest regard and is considered to be the international beacon for excellence and good practice among the societies devoted to nutritional science. This reputation is due to the fine work of our members over our (now) 77 year history and makes me very proud to serve as your President.

Our Winter Conference and reception held at the Royal Society of Medicine in early December was a great success I think. The topic of nutrition and cancer survivorship proved to be very attractive to delegates and provided an opportunity for the Society to highlight the very important NIHR Cancer and Nutrition Collaboration lead by Professor Alan Jackson. During the conference, I had the pleasure of chairing the 2nd International Nutrition Student Research

Championships with young researchers representing Belgium, France, Germany, Ireland and the UK sharing their research with an enthusiastic audience. The quality and scientific content of all five presentations was very high and the judging panel found it hard to separate the contestants, but in the end Nele Steenackers, University of Leuven, Belgium, proved to be a popular winner. I also had the pleasure of chairing the wonderful lecture by Leanne Hodson, University of Oxford, as winner of the Cuthbertson Medal.

Along with other members of the Society, I now look forward to the Summer Conference in Leeds which has a really excellent programme. Before then I will attend Nutrition 2018, the American Society of Nutrition's conference that will be held in Boston in early June. This will be a great opportunity to promote our journals, textbooks and conferences, and to meet with the ASN to discuss our mutual interests in nutritional science.

In my previous columns I have stressed my desire to strengthen the Society's relationship with "medical nutrition". Thus, I am very happy to report that the Society has had fruitful engagement with the Royal Society of Medicine, the Royal College of General Practitioners and the British Association for Parenteral and Enteral Nutrition (BAPEN). It is highly likely that the Society will host a joint conference with BAPEN and the British Society of Gastroenterology.

Members, particularly those in the UK, should be aware of the Medical Research Council/National Institute for Health Research review of nutrition research in UK that was commissioned by The Office for Strategic Coordination of

Health Research (OSCHR) and reported in mid-2017. The review sets out a future vision for nutrition research and suggests recommendations that will capitalise on UK strengths and tackle weaknesses in order to revitalise the UK research base in nutrition. The report emphasises the need for partnership with industry and calls for an agreed code of practice to facilitate open, transparent and effective partnerships. You can read more about the report at <https://onlinelibrary.wiley.com/doi/full/10.1111/mbu.12309>. To implement many of the report's recommendations, there is a need to ensure a competent research force and sufficient research capacity. This will require appropriate education and training at both undergraduate and postgraduate levels and through continued development beyond these formal academic routes. The Nutrition Society can play a central role in meeting these needs and, as President, I have been asked to join a group that will consider the best responses to these and some of the other recommendations of the report.

Finally, I am very happy to report that the programme for FENS2019, the 13th European Nutrition Conference that the Society will host in Dublin in October 2019, is coming together nicely and I would like to thank the FENS2019 Science Committee for their efforts to date. Science Committee Co-chairs, Professor Alison Gallagher & Professor Stefaan De Henauw, have provided a full update on the programme developments on page 12. I encourage members to start considering their attendance at FENS2019. Members should be aware that in 2019 there will be no Summer Conference in order for the Society to focus on the FENS Congress. ■

# Professor Dr Jo Hautvast: a professional life in Nutrition Sciences and Training

**D**uring my medical training I specialized in tropical medicine. In 1967 I became the medical officer in charge of a 72 bed Catholic Mission hospital in Tanzania. In my spare time I visited schools and measured height, weight, haemoglobin etc in school-children. In a neighbouring ethnic group goiter was endemic. I visited regularly clinics in the region and we observed and studied malnourished children.

After three years we returned back to Nijmegen in order to explore the possibilities to be trained in nutrition sciences.

## First steps in nutrition sciences

I went looking around on how and where to get adequate training in nutritional sciences. I started with strengthening the contacts with nutrition scientists at the Royal Tropical Institute. I visited Wageningen Agricultural University because at this university a BSc and MSc degree programme in nutrition sciences started in 1969.

In 1971, I received a fellowship from a private foundation and I decided to apply to the Dunn Nutrition Laboratory, Cambridge, UK for a degree course in nutrition sciences.

In the mean time, Wageningen Agricultural University started looking for a successor for the nutrition scientist Professor den Hartog. In April 1972, to my great surprise, I was invited for an interview. After 10 days I was informed that the Board of the University had decided to offer me the Professorship and Chairmanship of the Department. In September 1972 my career started in Wageningen.

## My years at Wageningen Agricultural University

Let me start with mentioning a new Department of Human Nutrition with

a BSc, MSc and PhD programme in Nutrition Sciences. The first MSc degrees in human nutrition sciences were awarded in 1974. From the start of the Department, the main objective was to address issues of the nutrition and health of humans. Most of my colleagues in agricultural sciences were convinced that the food produced was healthy and further research and discussions were not needed. Around 1990 we became involved in starting up postgraduate science courses especially targeting PhD students from our faculty. This programme became well-known in Europe under the name VLAG (abbreviation of: food, nutrition and health sciences and agro-biotechnology) with its director Dr. Ir. Fré Pepping.

The position of the Department within the University changed around 1994. In that year the Board of our University declared that human nutrition should be considered as core business at the institution. With a big smile we accepted this position. Today Wageningen University promotes itself in its public relations very strongly on the themes – 'Healthy Nutrition and Environment' and the word agriculture has been deleted in the meantime.

## The European Nutrition Leadership Programme (ENLP)

Around 1990 we came to the conclusion that we had to start with a kind of leadership programme for PhD students in nutrition sciences in Europe. Our students should get training in specific skills which were relevant and needed for getting a position after obtaining a PhD degree. After consultations with colleagues at universities and in relevant industries the decision was taken to start in 1994 with an annual 8-day leadership programme (ENLP) in Luxembourg. Financial support was obtained from the European Union, food industries and universities. I was often asked why Luxembourg was chosen as the

ENLP meeting place. The answer was very simple. Luxembourg is for every participant a foreign country and there was no university, and thus a neutral location. In 2002, a very successful African Nutrition Leadership Programme (ANLP) started on the initiative of Professor Johann Jerling of North-West University, campus Potchefstroom in South-Africa in cooperation with the Department.

## Other relevant international activities

The first steps in nutrition research cooperation programmes in Europe started around 1982 with the EURONUT Concerted Action programme supported by the European Union. I was invited to chair this programme.

The IUNS (International Union of Nutrition Sciences) brought me into intensive contact with the international nutrition world and I served three terms as Secretary-General.

I served for a period of four years at a Committee of the Medical Research Council (MRC) in the UK. As part of this function we evaluated the Dunn Nutrition Laboratory. Today the Dunn is renamed as MRC Mitochondrial Biology Unit. A great loss for such a great nutrition institute – The Dunn.

## My career after Wageningen University

In 2000 I left the University and accepted a four year position as Director of the Wageningen Center for Food Sciences (WCFS), a leading technology institute, supported in 1997 by the Minister of Economic Affairs, food industry and academic institutions. The WCFS has earned recognition as a model of this approach.

I served with great enthusiasm a long period at the Nestle Foundation, which ended in 2010. We could support excellent research programmes. At present I am still a board member

of the Nutricia Research Foundation. Since 2014 the latter Foundation supports departments of nutrition sciences in English speaking countries in Africa and we have chosen the Centre of Excellence in Nutrition (CEN) at North-West University in South-Africa as a base, and as a hub for different activities. In 2017 a second hub started at the University of Ghana. The Foundation has received special funds from Danone for these activities which will last until 2021.

About 10 years ago the Department established a strong research cooperation with a large regional hospital situated a few kilometers outside Wageningen. Today this hospital is wellknown in the Netherlands as the leading nutrition sensitive hospital in our country.

## Work and Distinction

I feel proud to say that I was awarded an Honorary Doctorate as well receiving several Honorary Medals and Special Lectures of Universities and Honorary Fellowships from Nutrition Societies worldwide. On the top of this list is the Royal Distinction 'Knight in the Order of the Dutch Lion' (Ridder in de Orde van de Nederlandse Leeuw) that was awarded in 1996.

## Acknowledgements

During my career I came in contact with many colleagues. I enjoyed these contacts and cooperation very much. ■



Professor Dr Jo Hautvast presented with Fellowship Award by Professor Catherine Geissler

# Science has no borders

Mark Hollingsworth, Chief Executive Officer

In the two years since the decision by the UK to leave the EU, I have been privileged to have been invited to attend a wide variety of committees, working groups, symposia, workshops and debates in which the future of UK science has been discussed. Notwithstanding the many diverse views expressed in these sessions, I have been struck by one aspect upon which everyone has been agreed – science has no borders. I personally doubt that there has ever been a time in history where the need for international collaboration has been higher – and more importantly it has never been easier to travel across the world and build those relationships.

With this in mind I was honoured to receive an invitation earlier this year from the Chinese Nutrition Society (CNS) to deliver a series of lectures to the Chinese Nutrition Leadership Programme (CNLP). I made the 10 hour flight to Beijing on Saturday 6th January, arriving on Sunday morning. I then transferred to an internal Air China flight south for a further four hours to the island of Sanya. Sanya, which only 30 years ago was only home to a small fishing village, is tropical in its climate, known as the Florida of China. Now, it easily resembles Dubai with high rise buildings, a large marina, extensive shops and restaurants. I eventually arrived at my hotel at 6.30 pm after a door-to-door journey of 24 hours, only to find a welcome dinner in my honour had been organised by the CNS for 7.30 pm! So began a week of splendid (and never ending), gracious hospitality!

This was the 6th CNLP, which takes place every two years. There were 40 delegates on the CNLP, selected from over 200 applicants. My notes show the delegates came from a wide range of backgrounds including industry, academia, the military, medical doctors, hospital dietitians, government policy, nurses, infant nutrition, food safety,

agriculture. The course began with good humour when the delegates had to select their own leadership team, with a number of ‘campaign’ style speeches from would-be leaders hoping to be selected.

Over the five-day course, many subjects were covered including scientific writing and publishing (in which the lecturer announced the number one journal to aspire to be published in must be BJN!), leadership in science, public health issues, the wisdom of Chinese sinology, team building, policy development, and research methodologies. The week culminated with a presentation from the Chinese Government Minister for Health in which he covered ‘decision making in government’. I was his guest for luncheon after his presentation.

I delivered four lectures on the subject of leadership, grouped into two main headings: Situational Leadership; Control through Empowerment. These covered some six hours in total and developed a number of interesting debates. It was interesting to learn that in China, a person is respected as a leader because of their position, not because

of any particular skill or achievement. The delegates also struggled with understanding the difference between ‘delegation’ and ‘empowerment’. By far the most interesting discussions we held concerned building high performance teams and the concept of values-based leadership.

I was greatly impressed with the CNLP and the CNS leadership. Professor YueXin Yang, the President of CNS, explained to me the importance of bringing international speakers to China who can discuss the values and cultural aspects of their home country to help open the minds of the younger generation of leaders. I really had not expected to find in China such an open and inquisitive culture.

I returned to the UK on Saturday afternoon having made a number of new international friendships and having continued the collaboration between the Society and the CNS. I felt, perhaps for the first time since becoming CEO of the Society in 2014, that I now shared that central binding concept that science truly knows no borders. ■



CNLP delegates

# 30 years of Nutrition Research Reviews

Professor Jayne Woodside, Editor-in-Chief

It is now 30 years since *Nutrition Research Reviews* was established as a journal by the Nutrition Society. In the first issue, the then Editor in Chief, Dr RH Smith from the Agricultural and Food Research Council Institute of Food Research, Reading Laboratory highlighted that “*Subjects and ideas in nutrition are expanding rapidly and it is becoming increasingly difficult and demanding for researchers to keep track of developments outside their own special fields.*” Nutrition Research Reviews was launched to “*try to help with this task and to provide an opportunity for invited authorities from the UK and overseas who are active in specific research areas to describe and interpret recent worldwide developments in their fields.*” One further comment in that first preface is still true today, “*The range of topics covered will be a wide one.*” Authors of reviews in the first issue will still be familiar: JR Arthur (Rowett Research Institute), SJ Fairweather-Tait (Institute for Food Research) and TAB Sanders (Kings College London).

Today, Nutrition Research Reviews continues to publish comprehensive and challenging review articles on key topics in nutritional science. Authors are encouraged to take a critical approach in appraising the literature, while also aiming to advance new concepts and hypotheses. In contrast to the earliest days, when reviews were all invited, Nutrition Research Reviews now publishes both solicited and unsolicited articles. The journal does not publish systematic reviews and meta-analyses, with these instead being considered by its sister journals British Journal of



Nutrition or Public Health Nutrition, but instead focuses on detailed narrative reviews. Like all Nutrition Society journals, Nutrition Research Reviews is a member of and subscribes to the principles of the Committee on Publication Ethics.

A key part of Nutrition Research Reviews’ history was the inclusion of the journal in MEDLINE, allowing abstracts to be searchable in Pubmed, at the end of 2008. That led to an almost immediate rise in Impact Factor, which has persisted to this day. Most recently, the Impact Factor for Nutrition Research Reviews has seen an increase of 20% between 2015 and 2016, from 4.05 in 2015 to 4.84 in 2016. Nutrition Research Reviews is currently ranked 8th out of 81 journals within the ‘Nutrition & Dietetics’ subject category in the SCI JCR. When ranked

by 5-year Impact Factor, the journal is 9th out of 81.

Articles published in Nutrition Research Reviews continue to have considerable impact. The ten most highly cited articles (Web of Science; June 2017) since the journal’s inception in 1988 include papers published as far back as 1998 and as recently as 2010, covering topics as diverse as factors affecting the utilization of poor quality forages by ruminants, glycaemic index methodology and plant polyphenols in cancer and heart disease. A similarly diverse pattern is observed when looking at the papers contributing to the 2016 impact factor. The impact of the journal is, however, defined by more than its impact factor. The depth and detail of reviews published on such a range of topics means downloading and reading these reviews will be highly informative for a recently

enrolled postgraduate student getting to grips with their particular research area, or for a final year undergraduate exploring topics for their research project, and such usage may never lead to a citation, but is still of great value and educational purpose.

To sustain and grow the journal, while maintaining its ethos, requires a committed Editorial Board, covering a broad range of expertise, and being international in spectrum. My thanks to the current members of the Editorial Board, many of whom have worked tirelessly for the journal over many years, and my hope is that, based on this dedication and proactive seeking of reviews, the journal will continue to publish topical reviews that will appeal and are of value to the readership. ■

# Animal Nutrition in The Nutrition Society: past, present and future

Dr John Brameld, Council Member for Animal Nutrition



I am coming to the end of my three year stint as The Nutrition Society Council Member for Animal Nutrition, so thought I might reflect on what I have tried to do and what the future might hold. My very first Nutrition Society conference was at the University of Aberdeen in 1996 at a symposium entitled "Regulation of nitrogen metabolism in farm animals". If I think back to then, there were a large number of "animal nutrition" members of the Society, whereas there are a lot less today. Why is that?

The answer is not obvious, but I suspect there are fewer researchers who consider themselves animal nutritionists and some of those who remain may have chosen to leave or simply not join the Nutrition Society, and perhaps have joined the

British Society of Animal Science (BSAS) or other societies instead. So why am I a member of The Nutrition Society?

First of all, if asked what I do, my normal response is "nutritional biochemistry". That is partially a reflection of my background (BSc Chemistry and Biochemistry, MSc Analytical Chemistry and PhD in reproductive biochemistry), but also the fact that my interests go across multiple species, including humans. My first "Animal Nutrition" job was as a postdoc with the late Professor Peter Buttery, investigating nutritional regulation of the growth hormone-insulin like growth factor (GH-IGF) endocrine axis in pigs. Since then I have been involved in research in a variety of animal species including pigs, sheep, chickens,

rats, mice and siberian hamsters, much of which has been relevant to both farm animal production and human health. My work is a mix of nutrition with endocrinology, physiology, biochemistry, cell biology and molecular biology, but I think that reflects the multidisciplinary nature of modern nutritional sciences. The real strength of the Nutrition Society is in bringing together researchers with a common interest of nutrition and nutrients, but at different levels and ways of investigating their impacts, be that at a population, whole body or cellular and molecular level. I am a strong believer that we can all learn from each other and that the Nutrition Society should be bringing together nutritionists from both human and animal fields in order that both can make progress. Indeed

one of the original aims of the Nutrition Society was "in enabling workers studying different aspects of the same problem in agricultural and medical institutions to meet and help each other with information and constructive criticism" (A.M Copping (1978) The history of the Nutrition Society. Proc. Nut. Soc.37: 105-139).

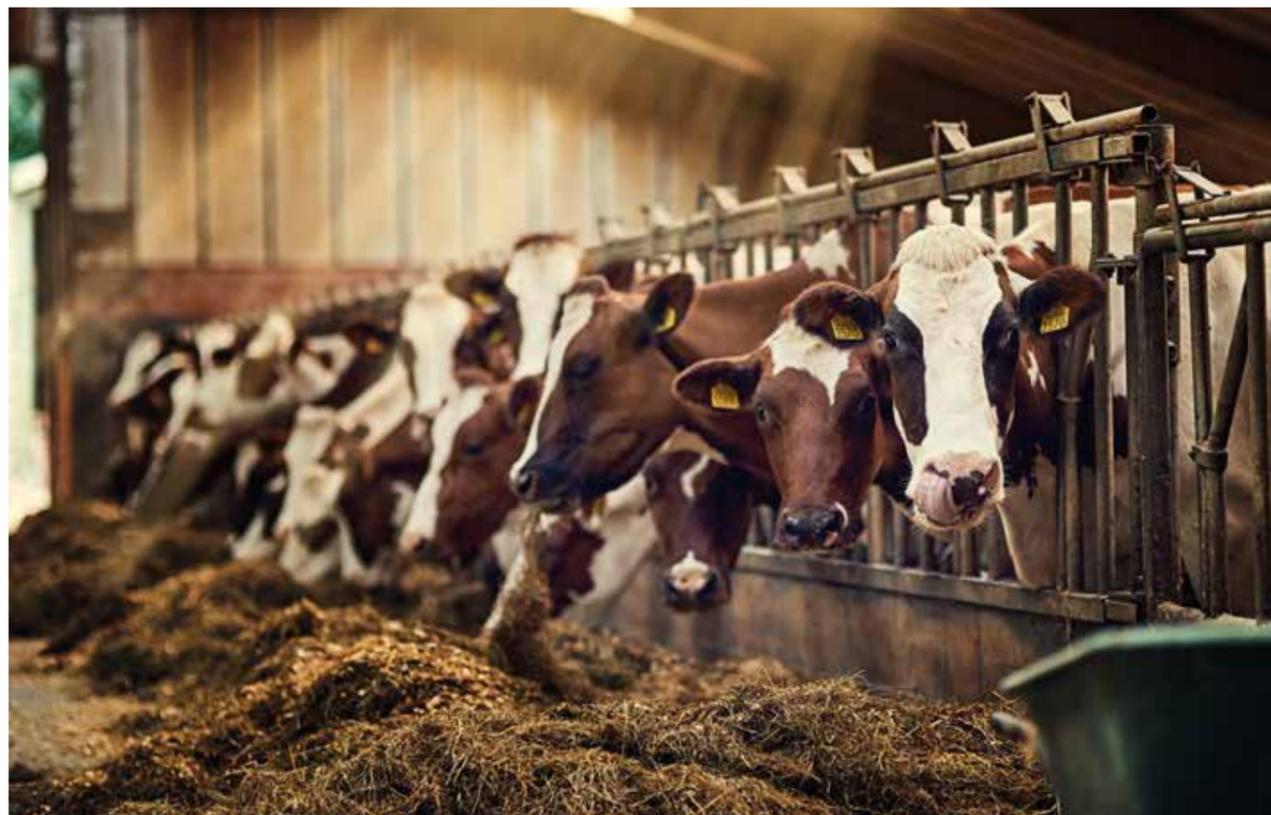
I teach both general (including human) and animal-specific areas of nutrition and there are numerous examples where the work in one field has impacted on the other. An example that comes to mind is protein quality and essential amino acids. Work in pigs and poultry carried out over 20+ years ago identified the key concept that animals require essential amino acids in specific ratios to each other, rather than just protein per se. This concept has only really come into mainstream human nutrition relatively recently in comparison. Current animal feed formulations are still based on this key principle and together with improvements in animal breeding, have resulted in increased rates of growth and more efficient use of nutrients, together with reduced dietary protein contents and therefore reduced waste and environmental pollution. Clear evidence that progress has been made. However, we now have a situation where animal feed manufacturers are competing with the human food industry for raw ingredients such as wheat, maize and soya. The new challenge for farm animal nutritionists is to maintain the current levels of growth and efficiency, but using less human edible ingredients, while at the same time keeping waste and associated environmental problems (e.g. nitrogen and methane) to a minimum. This is clearly going to be challenging, but without it we are unlikely to be able to sustain the nutrition and health of the increased world human population predicted for 2050.

Another area of animal nutrition is pet nutrition, which has a lot more in common with human nutrition and

health due to the increasing prevalence of obesity, particularly in cats and dogs, often as a consequence of overconsumption. The challenges and solutions are therefore likely to be the same as those for humans, so working together makes absolute sense. I therefore believe it is important to attract more animal nutritionists back to the Nutrition Society conferences to again allow all parties "to meet and help each other with information and constructive criticism".

What have I been doing over the last three years then? One of my main aims at the start was to develop better communication links between the Nutrition Society and other animal nutrition-related societies, such as BSAS, and to propose a joint meeting/conference of mutual interest. Following positive meetings with past and present Presidents of BSAS, as well as between the CEOs for both Societies, we now have an agreement in principle and we simply(?) need to sort out a suitable date, place and topic(s). Other things discussed include (i) joint membership, (ii) reduced registration fees at each other's conferences; and (iii) a joint textbook on Animal Nutrition. Look out for future progress on these fronts!

One of the main issues when I started on Council was being able to identify all the animal nutrition members to allow me to communicate directly with them. This is soon to be overcome with the new membership database that will allow better targeting of information to members, but also a mechanism for members to correspond directly with their representative on Council. I am therefore optimistic for the future and hope that we will soon reinvigorate communications across the disciplines, bringing both animal and human nutritionists back together to discuss topics of mutual interest and therefore once again learn from each other. ■



## The Research Excellence Framework

The Research Excellence Framework (REF) is the UK's system for assessing the quality of research in UK higher education institutions. The funding bodies' shared policy aim for research assessment is to secure the continuation of a world-class, dynamic and responsive research base across the full academic spectrum within UK higher education. The four UK higher education funding bodies have appointed members for the main and sub-panels and the Society is pleased to announce that several members have been selected for REF membership.

### In the Criteria phase membership

- **Dr David Mela**, Unilever, selected as a member of Main Panel: A.
- **Professor Anne-Marie Minihane**, University East Anglia, is a new member of the sub panel 6: Agriculture, veterinary and food science.

### In the Assessment phase panel membership

- **Professor Garry Williamson**, University of Leeds, selected as a member of the sub-panel 6: Agriculture, Veterinary and Food Science.
- **Professor Aedin Cassidy**, University of East Anglia is a new member of sub-panel 3: Allied Health Professions, Dentistry, Nursing and Pharmacy.

Congratulations to those appointed. ■

# The Queen's Anniversary Prize for Teaching & Research: Food for Thought!



Professor Susan Lanham-New, Professor Monique Raats and Professor Bruce Griffin

It is with great honour that Nutritional Sciences at Surrey has been announced as winner of The 2017/2018 Queen's Anniversary Prize for teaching & research in food and nutrition for health. Achieving this highly prestigious Award is the result of tremendous teamwork, over a period of five decades.

Surrey's research and teaching, led by the Department of Nutritional Sciences (Head, Professor Susan Lanham-New) and the Food, Consumer Behaviour and Health (FCBH) Research Centre (Director, Professor Monique Raats), has not only brought about major changes in government policy but – just as importantly – helped to transform consumer perception, encouraging us all to make healthier choices about what we eat.

For over 50 years, the Department of Nutritional Sciences has been working to understand how food and nutrition can affect health, and to embed this knowledge in our teaching. Our pioneering research work has delivered evidence to enable government bodies, industry, health professionals and individuals to improve diet and thereby reduce the incidence of preventable diseases. Over 3,500 graduates have been trained at undergraduate (UG) and postgraduate (PG) level. The first students on the BSc (Hons.) Degree in Nutrition graduated in 1968 and were unique in that they had not only acquired an expert science knowledge base and expertise in research but were qualified to work as Dietitians in the NHS.

Our reputation in nutritional sciences research was considerably strengthened with the appointment of Professor D. Joe. Millward DSc. in 1992, who (to this day) has a world-leading reputation in nutrition research and has been instrumental in devising the energy and protein requirements world-wide. He was recognized by the Nutrition

Society last year with Honorary Fellow status. Dr. Jacki Bishop was Programme Director for all the nutrition related Degrees for over a decade and remains as the longest serving member of the Department (n >40 years). Other key research names include Professor Bruce Griffin who has led world-leading nutritional sciences research into dietary fat and cardiovascular disease.

Sue, Monique and Bruce all comment: "This is the first time The Queen's Anniversary Prize has been given in the field of nutritional sciences, so the University's success has really raised the profile of the whole discipline. It has given us a fantastic boost here at Surrey, but has also filtered through to many other organisations."

Alongside this research, Surrey has trained around 1,800 Dietitians via its highly respected undergraduate (UG) degree course and many Registered Nutritionists through its UG and Masters courses. The University is currently ranked number one in the UK for nutrition by both The Times and The Sunday Times Good University Guide 2018 and the Complete University Guide 2018.

Many alumni have gone on to become leaders in the field of nutrition across the NHS, public bodies and industry, while others are now training the next generation of nutritional experts, including seven of our current academic staff at Surrey. In fact, with three alumni leading diet and nutrition courses at other UK universities, Surrey graduates head up 44 per cent of degree programmes in nutrition in England!

Asked what is behind Surrey's far-reaching impact across both research and teaching, they all say: "We think it's the community we've created here and the collaborative nature of the campus. Staff are very committed to students, and students really feel that

they always have a home with us, even after they graduate – we are always delighted to see them and hear about their achievements."

Having won the The Queen's Anniversary Prize – the highest honour in Higher Education – Nutritional Sciences at Surrey doesn't plan to rest on its laurels. "Our next big drive is to try and raise funds for a Food Innovation Centre from which we could offer healthy eating demonstrations for the general population. We would like to put more force behind our public engagement work and bring in local schools, working particularly with children from low income families."

They add: "We live in a world where half the population dies because it doesn't eat enough and the other half dies because it eats too much. In the 21st century we still have people who go hungry while so much food is wasted. Addressing that imbalance is what will continue to spur us on."

We hope that the fact this Award has been given to Nutritional Sciences will spur on other Departments and Centres in Nutritional Sciences to submit their fantastic work and by doing so, raise the profile of our discipline globally. ■



Professor Susan Lanham-New receives award from HRH Duchess of Cornwall on behalf of the University of Surrey

# Enhancing and investing in the improvement of nutrition science

Penny Hunking, Honorary Training Academy Officer

Responding to member needs, the highly successful Training and Education programme launched in 2011, has been updated to better reflect and support the training needs of today. I am proud to announce the launch of 'The Nutrition Society Training Academy' which aims to enhance and invest in the improvement of nutrition science. This brand-new initiative will still provide high-quality niche training in targeted areas, but the delivery methods are changing to better align with the needs of today's membership.

The recently rebranded Nutrition Society Training Academy arrives at a timely moment to revolutionise the programme previously offered, with a newly developed strategic direction and a key objective of being more accessible to delegates. I am delighted to be able to provide you with an insight as to what the future holds for the Training Academy, and for YOU.

Following a detailed analysis of the previous face-to face workshops, the Training

Academy has established a new delivery model for the future of the Society's training programme. Once relaunched, the modes of delivery will consist of:

- **Webinars**
- **Blended learning**
- **Online resources**
- **Face-to-face workshops, central or regionalised locations**

In line with key statements in the Society's current Strategic Plan, the Training Academy will support early career researchers and those working within Nutritional Science, as demonstrated in figure 1.

The Training Academy has formed a new Committee whose members are currently working hard to develop and deliver a superb range of training options to the membership. Numerous exciting topics are being discussed and I look forward to updating you on these in due course. For now, you will be interested to hear that the Training Academy aims to build programmes within the Skills Gap model around writing skills,

science communications and scientific publishing. For those engaging with the Ongoing Learning model, hot topics, dietary assessment methods, statistics for nutrition research, food policy, nutrigenomics and more are in the pipeline. As always, the thoughts of the membership are a priority. If you do have any immediate feedback or suggestions, please contact Jade Mitchell:

[training@nutrition society.org](mailto:training@nutrition society.org)

It is certainly an exciting time for the training sector of the Society and the membership, and I very much hope you find the Training Academy's redevelopment exciting and interesting. The Training Academy looks forward to welcoming you to participate in a training event soon, where enhancing and investing in the improvement of nutrition science will always be at the core of programme delivery. ■

For updated information on the Nutrition Society Training Academy, please visit our website: [www.nutrition society.org/events/training](http://www.nutrition society.org/events/training)

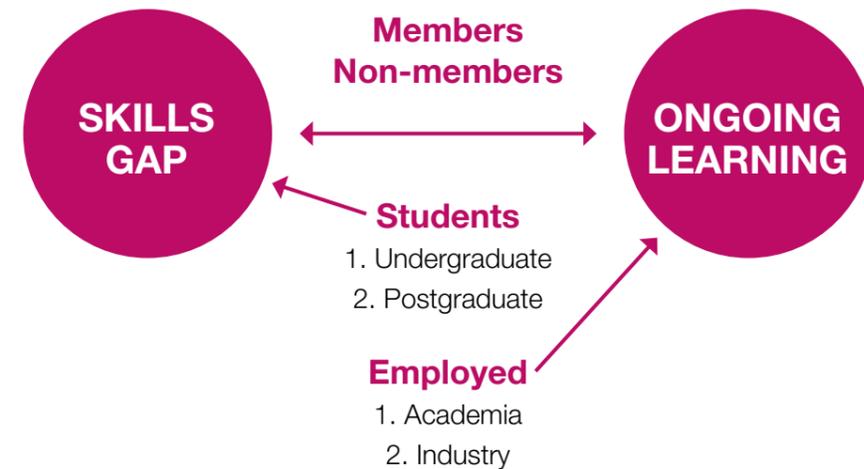


Figure (1). Nutrition Society Training Academy target audiences and highlighted education sectors for each

# 13th European Nutrition Conference

Professor Alison Gallagher  
& Professor Stefaan De Henauw



## Optimal diet and lifestyle strategies for the management of Cardio-Metabolic Risk

Professor Bruce Griffin – Principal Organiser of the Scientific Programme

The Nutrition Society will host the Federation of European Nutrition Societies (FENS) 13th European Nutrition Conference on 'Malnutrition in an obese world: European perspectives' at the Convention Centre Dublin, Ireland, 15-18 October 2019. The successful bid to host the conference seems rather distant now and with some 15 months left to develop and deliver a strong programme of nutritional science, the Nutrition Society, together with the FENS Executive, Local Organising and Scientific Committees remain excited and driven to deliver an excellent science-packed conference, which we hope this update demonstrates.

You may recall from the Winter edition of the Gazette that five themes were approved by the FENS Executive Committee. Each theme will have a plenary speaker and the Science Committee are delighted to inform you that we now have in place four of our five plenary speakers, all of whom are internationally-recognised researchers

in their field. To ensure plenty of cutting-edge nutritional science is included within the conference, we are holding back on the final 'hot topic' theme until we are closer to the conference date. The FENS Scientific Committee continues planning the remaining scientific sessions which will feature under each of these themes. To date, over 45 symposium suggestions for inclusion have been discussed at our monthly meetings, with suggestions coming forward both from committee members and national societies. Each theme proposed will feature under four cross-cutting strands: genetic, molecular & cellular; metabolism & physiology; epidemiology & population; policy, practice, risk assessment and behaviour, producing a diverse programme. The Scientific Committee very much welcomes proposals for symposia/sessions during the conference from both industry and non-commercial groups – this is a fantastic opportunity to become fully involved in the conference. The deadline for applications is 30 September 2018. Further information

can be found at [www.fens2019.org/call-for-sponsored-sessions](http://www.fens2019.org/call-for-sponsored-sessions) and the Science Committee looks forward to approving your thought provoking proposals as these come forward.

This is also a timely opportunity to inform you that the abstract submission page will officially open 26 September 2018, with a final submission date of 12 April 2019. We very much hope you will submit an abstract/s and present your research work as part of FENS 2019! Further information can be found at [www.fens2019.org/scientific-area](http://www.fens2019.org/scientific-area).

Outside of the scientific programme, the Local Organising Committee are working to ensure that the Convention Centre Dublin, and the social functions exceed expectation. Following approval from the Executive Committee, the Local Organising Committee have complemented the daily programme with several networking opportunities. Fitting to the city, the conference dinner will take place at Taylors Three Rock, Rathfarnham, Dublin, Ireland's largest thatched pub. By the end of the night we hope to see you participating in the Irish dancing on offer! There will also be opportunities to tour various city landmarks including the Whiskey Museum, world-famous Guinness Storehouse and the Book of Kells held in Trinity College Dublin's Library. With FENS2019 being held in the vibrant city of Dublin there can be little doubt that an enjoyable time will be had by all!

Registration for the conference, social functions and accommodation will open 7 November 2018. Sign up now for updates at [www.fens2019.org](http://www.fens2019.org) to ensure you take advantage of the early registration discount and that you are kept updated on the latest programme developments. On behalf of the Nutrition Society and the committees, we look forward to welcoming you to Dublin in 2019. ■

Cardio-Metabolic Risk (CMR) describes a heterogeneous collection of risk factors for cardiovascular disease (CVD), including dyslipidaemia, dysglycaemia, moderate hypertension and vascular dysfunction, which arise chiefly from the storage of excess visceral adipose tissue and ectopic fat in key metabolic tissues like the liver. CMR is a major underlying cause of early, subclinical CVD risk in populations, primarily because of its intimate association with central obesity, and contribution of diet and physical inactivity to this condition. Fortunately, these dietary and behavioural origins of CMR, make it highly amenable to therapeutic lifestyle changes for the primary prevention of CVD.

An overall objective of the Winter Conference at the Royal Society of Medicine, is to explore the impact of diet and lifestyle factors on the development of CMR, and to provide insight into how the modification of these factors can be

used in practice as effective strategies to reduce CMR, and lower CVD risk. The programme of this two-day conference begins with a plenary overview of the relevance of CMR to clinical practice and public health by Professor Jean-Pierre Després (Laval University, Canada). The symposia then focus on the role of the amount and quality of dietary fats on CMR, and how changing the quality of dietary fats can exert differential effects on key metabolic tissues, including the liver, adipose tissue and skeletal muscle. The first day concludes with a keynote lecture; 'The optimal diet – So many pieces to the pie!' delivered by Professor Eric Rimm (Harvard Medical School, USA), one of the most eminent researchers in the field of human nutrition and CVD. Day two turns the spotlight onto the role of dietary carbohydrates; the critical importance of dietary fibre and controversy over free sugars, and emerging evidence for the potentially beneficial effects of resistant starches. The final symposium broadens

the remit to address the impact of lifestyle factors, including the significance of whole dietary patterns, meal timing, and whether our dietary guidelines are relevant to people on cholesterol-lowering and other drug therapies. The conference will also include a session of original communications on each day, to showcase new and innovative research in nutritional science from the UK and around the world.

The scientific programme has been designed to inform and be of interest to a wide audience of clinicians, health practitioners, dietitians, academics, postgraduate students, members of the food industry and commercial sectors, and the media. We look forward to welcoming you to a conference that will offer new insights into the most common, but modifiable source of increased CVD risk, and how to translate evidence-based research on CMR into diet and lifestyle strategies to avoid its adverse consequences to cardiovascular health. ■

**Theme one:** Determinants and drivers across the life cycle of malnutrition in an obese world- European perspectives.

**Drivers across the lifecycle of malnutrition in an obese world: European perspectives**  
Dr João Breda, World Health Organisation, Russia

**Theme two:** Assessments and technologies in terms of tackling malnutrition in our obese world.

**Personalised dietary management of obesity based on biomarkers of glucose metabolism and microbiota**  
Professor Arne Astrup, University of Copenhagen, Denmark

**Theme five:** Hot topics TBC

**Theme three:** Current metabolic perspectives on malnutrition in obesity.

**Current metabolomic perspectives on malnutrition in obesity**  
Professor Ellen Blaak, Maastricht University, Netherlands

**Theme four:** The food environment: lessons learned, and insights for the future.

**Food Environment: insights on lessons learned and future challenges**  
Professor Lauren Lissner, University of Gothenburg, Sweden



The Royal Society of Medicine

## Update from the Irish Section

Professor Lorraine Brennan,  
Secretary, Irish Section

This year has been a busy one in the Irish Section. Our annual Postgraduate Conference in February was hosted by Queens University Belfast and was extremely successful with a good mixture of scientific and career development talks. The quality of the scientific talks was excellent and the demand for presentation slots exceeded our expectations.

As mentioned in the last report the Irish section is working with the Irish Nutrition and Dietetic Institute (INDI) to provide a joint voice in the area of evidence based nutrition. As part of this initiative we held a joint evening symposium with the INDI on April 23rd. The event was a major success with 230 delegates registered and a series of excellent talks. The event included a talk by Professor Mairead Kiely (UCC) on vitamin D requirements throughout the life cycle and the importance of food in meeting these requirements. Professor Helen Roche (UCD) spoke about personalised nutrition and the need to define signatures that will help assign suitable dietary advice to individuals. Ms Laura Hayden, a dietician in St Marys Hospital, spoke about a Food First approach to meet nutritional requirements. She detailed the programme that led to a reduction in use of nutritional supplements and significant costs savings. Dr Caoileann Murphy, a research dietician in UCD, described the importance of protein intake in sarcopenia. Following the success of this event, the Irish Section Committee will continue to work with the INDI to provide a strong voice for evidence based nutrition in Ireland.

During the past year, our Irish Section Committee has held a number of events aimed at increasing awareness of the benefits of becoming a Nutrition Society member. Again, these have been very successful and I would like to thank all those involved in hosting such events. The main event in our calendar is the Irish Section Summer Conference 2018, hosted by Ulster University in Coleraine. Dr Pamela Magee and Dr Mary McCann did a fantastic job in organising a very exciting programme. I enjoyed very much the conference and all the interactions with the societies members.

Finally, I would like to sincerely thank Laura Kehoe for all her work as student representative on the Irish Section Committee. She has been a pleasure to work with and I thank her for the great enthusiasm she brought to the role. We look forward to welcoming a new student member to the committee this summer. ■

## Update from the Scottish Section

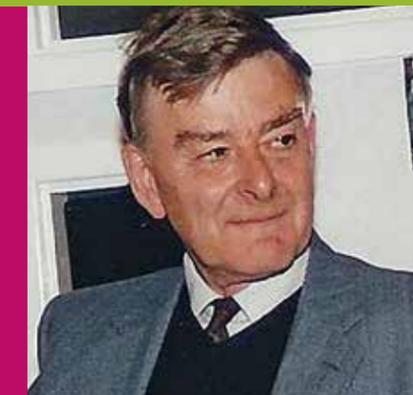
Dr Spiridoula Athanasiadou,  
Secretary, Scottish Section

The Scottish Section Committee have put together, organised and run the 2018 Spring Conference. The conference was on "Nutrient-Nutrient interactions" and was held at the Royal College of Physicians and Surgeons in Glasgow, 26-27 of March 2018. It was very well attended, with over 100 delegates from academia and industry, deliberating on how the competition between nutrients may affect bioavailability of dietary compounds; invited speakers from Europe and beyond reported the latest research on possible mechanisms of nutrient-nutrient interactions and their role in maintaining health. The feedback received was positive for the overall organisation and the quality of the scientific programme. Special thanks go to Drs Emilie Combet and Stuart Gray from the University of Glasgow for their contribution to the programme development and to the speakers and the conference organisers for putting together a great conference! We have already started organising the 2019 Spring Conference, which will take place at Abertay University, in March 2019. The topic is "Inter-individual variation in nutrient response". 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 conference will explore the role of intrinsic and extrinsic factors influencing inter-individual variation in nutrient response. The provisional programme of this conference will be made available soon on our website.

We are always looking to engage with our membership: if you are keen to join the committee or you have ideas for future symposia topics get in touch ([www.nutrition society.org/membership/sections/scottish-section](http://www.nutrition society.org/membership/sections/scottish-section)). The committee is currently complete with 10 regular members, two co-opted members and two co-opted student members. We will have vacancies for next year, so now is the time to come forward if you are interested in participating. 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 members based in Scotland. ■

## Obituary

Chris Bates (18 April 1938 – 7 January 2018)



Chris Bates was one of the foremost world experts in the science of micronutrients. During his long career he conducted basic studies that charted the complex ways micronutrients work, performing studies with children and adults, mostly in the UK and Africa. He developed methods for measuring micronutrient status which are used by doctors, researchers and governments around the world. Possibly his most important and long-standing involvement was with the UK's National Diet and Nutrition Surveys where he was responsible for the analysis and interpretation of micronutrient status for the UK government from the early 1990's until he retired, and he continued as an active adviser for the surveys right up until his death.

Chris was born in Seven Kings, Ilford, Essex and attended a local primary school. He was an Old Blue having attended Christ's Hospital School from 1949-56 where he studied for O and A levels. He went up to Oxford in 1957 where he received his undergraduate and doctoral research training. He earned a BA in Natural Science (biochemistry) (Magdalen, 1957-61) and then a MRC scholarship for his Doctorate in the Department of Biochemistry, headed at the time by Sir Hans Krebs on the metabolism of amino sugars. Chris recently wrote that 'this was an exciting era for biochemistry, when

many newly-recognised pathways were being explored, and some very similar approaches and technologies were being applied to the rapidly-evolving field of nutrition. It included the unravelling of functions of nutritionally-essential 'micronutrients', alias the dozen or so vitamins and trace elements that had previously identified by Sir Frederick Gowland Hopkins as 'accessory food factors'. He met and married his wife Catey during this time. Chris received postdoctoral funding from the Rockefeller Foundation and the US National Institutes of Health to work at Yale University School of Medicine on the development of new cancer chemotherapy drugs. He returned to England in 1966 and took up a position at the MRC Dunn Nutritional Laboratory in Cambridge working firstly with Dr Charles Levine on collagen and vitamin C. Chris' research later expanded into the other water soluble vitamins and further into micronutrients. He remained with the MRC throughout his career, firstly at The Dunn, then at Human Nutrition Research, and finally at The Elsie Widdowson Laboratory. Over the years many PhD students, post docs, and visiting researchers from all over the world had the privilege of working with, and being mentored by, him.

Chris' name in the nutrition field became a byword for his extraordinary, encyclopaedic knowledge of vitamin biology, and his wisdom and ability

to provide a rapid, detailed and balanced scientific response, often over several closely written pages and seemingly almost before the question had been posed.

Chris was much more than a micronutrient expert for those of us who studied and worked closely with him. He was a kind and most generous gentle-man, who hid his light under a bushel, always thinking of others and never expecting praise, never making anyone feel stupid and always answered and asked questions in informative and constructive ways. He was known for his understated, but very humorous, dry wit and had no time for the ill-informed claims, often made in the media, of the seemingly magical powers of vitamins and other dietary supplements. Everyone will miss Chris' wisdom and company but he will always be cherished in memory and through his writings.

Chris loved walking, holidays in the Lake District, classical music, flute playing, reading and collecting books, his village local history group, writing and researching while living life to the full enjoying seeing his grandchildren grow up. He is survived by Catey, daughter Gemma, son-in-law Mark, and grandchildren Oliver and Imogen. ■

Dr Gail Goldberg and Professor Ann Prentice

# GDPR

What is it, what is the Society doing about it, and how can you help?

Like all organisations, the Nutrition Society is working towards full compliance with the new General Data Protection Regulations (GDPR) which came into force in May. The regulations, set out by the European Commission, are a new set of rules governing the privacy and security of personal data. This new regulation has been designed to give power back to the public over how their data is processed and used, and will make major changes to all of Europe's privacy laws and will replace the outdated Data Protection Directive from 1995.

The legislation was principally designed to protect consumers from all the spam they receive due to companies selling on their data. However, it was never designed for membership organisations and trying to work out what the Society needs to do, and will not be able to do, in the future has been no easy task. The Society therefore engaged one of the UK's leading GDPR specialists to help ensure it maintains the highest standards of compliance in the protection of member and other personal data.

Data has become a valuable commodity and although the Society does not collect any high-risk data from members, such as health information etc., it is still taking its responsibilities very seriously and will never sell members' data. Indeed, other than, for example, member research purposes or sending out the Gazette, the Society never passes personal data from members on to anyone.

However, the Society do need members input if it is going to continue to keep members' information up to date. Members are therefore reminded to help in the management and stewardship of their personal data by ensuring they maintain accurate personal contact details in their member profile. To do this go to the homepage on the website and login to your membership profile by clicking on the 'My Membership' button. ■

If you have any questions about GDPR please contact [membership@nutrition society.org](mailto:membership@nutrition society.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.

Nutrition plays a fundamental role in maintaining health and preventing disease. However, it is now clear that the effects of nutrition differ in individuals of different ethnicities, genetics and gender. 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 underlying inter-individual differences, will contribute in developing new and innovative methodologies to account for such variability to optimize the beneficial health effects of nutrition.

Further details will be available on the website soon.



## Events Calendar 2018

**10-11 September:** Nutrition Futures 2018 (formerly the Student Conference), The Assembly Rooms, Newcastle

**6 October:** Cuthbertson Award application deadline. Find out more: [www.nutrition society.org/grants-and-awards/cuthbertson-award](http://www.nutrition society.org/grants-and-awards/cuthbertson-award)

**4-5 December:** Winter Conference: Optimal diet and lifestyle strategies for the management of cardio-metabolic risk, Royal Society of Medicine, London

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