Year on year, countries across the world continue to see an increase in life expectancy, largely due to improvements in modern medicine and disease eradication. However, with this increase in years there often comes an unfortunate rise in chronic morbidity, with quality of later life severely compromised by ill health. Increasingly evidence suggests that diet and lifestyle play a significant role in helping to ensure our later years are enjoyed in good health. The Task Force addressed the question of how to age healthily, looking at the impact of diet and other aspects of lifestyle, such as physical activity, on protecting different organ systems of the body from the effects of ageing.

The conference was attended by over 170 delegates, as well as several journalists and representatives from other NGOs such as Age Concern. The programme for the conference, and slides and podcasts from the speakers’ presentations, can be found at: www.nutrition.org.uk

The conference also marked a successful day for our work with the media and key messages from the day were published by a number of national newspapers including the Daily Express (front page and inside page report), the Daily Mail, the Daily Star, the Independent and the Telegraph. These were also featured in a range of TV and radio programmes.

BNF has put together a series of consumer friendly resources on healthy ageing, based on the scientific evidence reviewed by the experts of the Task Force. For top tips, recipes and the Live long & healthily chart see: www.nutrition.org.uk

The Task Force Report costs £49.99 and can be ordered from www.wiley.com

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Professor Derek Burke appointed as new Honorary President

Professor Derek Burke has been appointed Honorary President of the Foundation from 25th November 2008. Derek was Vice-Chancellor of UEA from 1987 to 1995 and before that Scientific Director of Allelix, a biotechnology company in Toronto and before that Professor of Biological Sciences at the University of Warwick. He was Chairman of the Advisory Committee on Novel Foods and Processes from 1988 to 1997; a member of the Committee on the Ethics of Genetic Modification and Food Use and a member of the Nuffield Council on Bioethics working party on genetically modified crops. He has been a member of the Science, Medical and Technology Committee of the Church of England’s Board for Social Responsibility. He was a specialist adviser to the House of Commons Select Committee on Science and Technology, and a member of the EU-US Consultative Forum on Biotechnology. He is a member of the Societal Issues Panel of the Engineering and Physical Sciences Research Council, and the Bioscience for Society Strategy Panel of the Biotechnology and Biological Sciences Research Council.

‘Food is always in the headlines these days and we worry about food security, obesity and the claims made on foods. The British Nutrition Foundation plays a key role in all of these areas and I am delighted to help in this invaluable work over the next five years’.

Nutrition Bulletin given a fresh new look!

The Foundation’s journal Nutrition Bulletin has had its current ‘look’ for almost 10 years and so we have decided to give it a face lift. We hope you like it! An editorial in the latest issue (March 2009) provides an update on other plans for the journal. The March issue of Nutrition Bulletin can be downloaded free of charge (www.interscience.wiley.com) and includes articles on the effectiveness of ready to eat breakfast cereals for weight loss; eggs and dietary cholesterol (which really captured the media’s attention when the journal was published on-line in mid-February); and the role of nutrition and lifestyle in healthy ageing. It also contains a new BNF Briefing Paper on culinary oils. To accompany the Briefing Paper we have also produced some new website material on Oils and Fats in the Diet. This includes a ‘Q&A’ that addresses many of the myths associated with choosing an oil to use in the home. For more information see: [www.nutrition.org.uk](http://www.nutrition.org.uk)

Lipgene – final event

The Lipgene project was an Integrated Project of the EU Sixth Framework Programme for Research and Technological Development. The 5-year project began in February 2004, and finished in January 2009. The project set out to try to better understand the development of the metabolic syndrome, including how dietary fat interacts with people’s genes to potentially influence the onset of the syndrome. Further, it developed procedures that can be used to modify the fatty acid profile of commonly consumed foods, namely poultry meat and milk, in a bid to improve the omega-3 intakes of the European population.

A one-day event was held in Dublin in December 2008, where researchers who had been working on the project discussed their findings. The presentations from this conference can be found at: [www.ucd.ie/lipgene](http://www.ucd.ie/lipgene)
BNF Annual Day

The BNF Annual Day took place on 26th November 2008 at the Royal College of Physicians, London. The event was attended by the Foundation’s Patron, HRH The Princess Royal, the Mayor of Camden and over 150 delegates.

The 2008 BNF Annual Lecture Probiotics: Better Health from ‘Good’ Bacteria? was given by Professor John Cummings, Emeritus Professor of Experimental Gastroenterology at Ninewells hospital and medical school, Dundee, Scotland. Professor Cummings was the winner of the BNF Prize in 2007, which is given to mark an exceptional contribution to the field of food, nutrition and health. His lecture looked back at the history of probiotics to help develop understanding of present scientific thinking in the area and the position of pro- and pre-biotic products in the food and nutrition market. A report of the lecture will be available in the June issue of Nutrition Bulletin. The winner of the 2008 BNF Prize is Professor Ricardo Uauy of the London School of Tropical Medicine. The award was accepted on his behalf by his colleague, Professor Alan Dangour.

Each year the Foundation presents awards to the students in the six awarding bodies who scored the highest mark in their practical coursework in GCSE/Standard Grade and A-level/Advanced Higher Food Technology or Home Economics. This year’s winners and their teachers received their Awards at the BNF Annual Day, from HRH The Princess Royal. Congratulations to all winners!

GCSE/Standard Grade awards
AQA  Rebecca Wyatt, Ranelagh School, Bracknell
CCEA  Anita Boyd, Portadown College, Co Armagh
EDEXCEL  Matthew Foulkes, Urmston Grammar School, Manchester
OCR  Lucy Francis, George Abbot School, Guildford
SQA  Emma Waddell, Inverkeithing High School, Fife
WJEC  Sama Ria, The Ellen Wilkinson School for Girls, Acton

A-level/Advanced Higher awards
AQA  Charlotte Gorman, Beaconsfield High School, Beaconsfield
CCEA  Kathryn Mitchell, Sullivan Upper School, Co Down
EDEXCEL  Zachi Brewster, Wallington High School for Girls, Wallington
OCR  Rachel Ard, St Paul’s Catholic School, Leicester
SQA  Clare Reid, Linlithgow Academy, West Lothian
WJEC  Charlotte Caswell, Ysgol Dyffryn Taf, Whitland

BNF conference on satiation and satiety

On Thursday 18th June 2009, the Foundation is holding a one-day conference entitled Satiation, satiety and their effects on eating behaviour, to coincide with the publication of a BNF Briefing Paper on satiation and satiety which will be published in the June issue of Nutrition Bulletin. Satiation and satiety are internal mechanisms to control the amount of energy we consume. The conference will explore a broad range of issues in this area including physiological mechanisms of satiation and satiety, the effect of food composition, external factors that can affect sensitivity to internal satiety signals and the possibility of developing diets and products with a greater effect on satiety. We hope that this activity will contribute to our understanding of the complex area of appetite control and its role in energy intake and weight control. For more information see: www.nutrition.org.uk

National Nutrition Education Conference

Advanced diary date! The Foundation will be hosting a one-day nutrition education conference on Saturday 20th June 2009 in London. The conference will be of particular interest to food technology and home economics teachers in secondary schools. With changes at Key Stage 3, revised GCSE specifications and the FSA competences all having a greater emphasis on nutrition, this is an ideal opportunity to update your own professional knowledge, as well as learn about new teaching resources. Programme details are available at: www.nutrition.org.uk

Food – a fact of life

Recently a new pre-school section has been added to the Food – a fact of life website, with 10 sessions based around different food occasions being created. During each session, the children are involved in a practical cooking activity, developed to help them learn more about the meals they eat and how to create simple, healthy dishes. Each session comes with a letter home which tells parents and carers what their children have been learning and provides a follow up activity for them to do together. There is a comprehensive guide to explain more about the resources.

In addition, a new secondary school area has been created, with the first of four new modules of information being online. This first module, Energy and Nutrients, supports secondary school students learning about energy, nutrients, fibre, alcohol, water, dietary needs and digestion. A variety of worksheets for students, PowerPoint presentations, fact sheets and food cards, as well as an exciting collection of online interactive tutorials, are available. Future modules will include Diet and Health, Cooking (including food science), and Food and Farming To access these free resources, go to: www.foodafactoflife.org.uk
**Nutrition news update**

**Review of FSA’s advice on fish consumption**

The FSA is currently reviewing its dietary advice to consumers on fish consumption to take nutrition, food safety but also wider sustainability issues into account. Current advice is to eat at least two portions (2 x 140g) of fish a week, one of which should be oily fish. The review is not re-evaluating the scientific evidence on nutrition and safety as these have already been thoroughly examined by the Scientific Advisory Committee on Nutrition (SACN) and the Committee on Toxicity (COT). The aim of the review is to produce integrated dietary advice that takes into account environmental, economic and social (including nutrition and food safety) aspects of sustainability, such as concerns about dwindling fish supplies.

**Change4life**

Change4life is a new social movement, launched in January 2009 by the Department of Health, which aims to improve children’s diets and activity levels, thereby reducing their risk of suffering health problems in later life. The goal of the programme is to help every family in England eat well, move more and live longer; in order to help reduce the numbers of children who grow up to be obese adults.

www.nhs.uk/change4life includes may tips on how people can change for life, including ‘cut back fat’, ‘me size meals’, and ‘60 active minutes’.

**FSA Sat Fat campaign**

February 2009 saw the launch of the FSA’s campaign to highlight the need for a reduction in the amount of saturated fat we eat (www.food.gov.uk/news/newsarchive/2009/feb/satfatcamp). Information on this topic can also be found on BNF’s website at: [www.nutrition.org.uk](http://www.nutrition.org.uk)

**Staff News**

BNF is pleased to welcome two new members of staff:

**Ms Georgine Leung, Nutrition Scientist**

Georgine Leung joined the Education Group as Nutrition Scientist last September. After obtaining her BSc (Hons) in Food and Nutritional Sciences at the Chinese University of Hong Kong in 2006, Georgine took on a research assistant role with her alma mater, which involved coordinating Hong Kong’s first Food Consumption Survey, various epidemiological studies as well as assisting with teaching duties. Georgine completed her MSc in Public Health Nutrition at Queen Margaret University Edinburgh last summer, and is delighted to be part of BNF to help develop up-to-date food and nutrition educational resources for schools and promote healthy eating messages within the community.

**Ms Michelle Rowcliffe, Education Officer**

Michelle Rowcliffe graduated from Curtin University in Perth, Western Australia with a Bachelor of Food and Nutrition Science and a post graduate diploma in Health Promotion. She worked for three years on community health promotion projects in Western Australia before training in Home Economics at Edith Cowan University. Michelle then taught for three and a half years both in Australia and the North East of Scotland before joining the British Nutrition Foundation as an Education Officer, supporting BNF in the area of resources for secondary schools.

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**Dates for the diary**

- **5th June 2009**
  2009 BNF Member Company Education and Nutrition Update Day, Savoy Place, London

- **18th June 2009**
  BNF Conference, Satiation, Satiety and their effects on eating behaviour.
  Institute of Physics, London

- **20th June 2009**
  NNEC London Conference
  for teachers, Kingsway Hall Hotel, London

- **8-10th September 2009**
  3rd International EuroFIR Congress European Food Composition Data for Better Diet, Nutrition and Food Quality,
  University of Vienna, Austria
  Register online at [www.eurofirnet/vienna](http://www.eurofirnet/vienna)

- **1st October 2009**
  BNF conference on Probiotics and Health
  Society of Chemical Industry, London

For further details visit: [www.nutrition.org.uk](http://www.nutrition.org.uk)