

Annual Review 2016-2017



The British Nutrition Foundation

– Our Mission

Our core purpose is to make nutrition science accessible to all and we do this through the interpretation, translation and communication of often complex scientific information.

In all aspects of our work, we aim to generate and communicate clear, accurate, accessible information on nutrition, diet and lifestyle, which is impartial and relevant to the needs of diverse audiences, in particular the general public, the media, government, schools, health professionals, and food and beverage companies.

In 2017, the British Nutrition Foundation celebrates its fiftieth anniversary. It is a registered charity (Registered Charity 251681, Scotland SC040061).

- We do not lobby, endorse any products, engage in food advertising campaigns or allow commercial or political pressure to influence us when publishing or disseminating information.
- We have been certified by the Information Standard, a quality mark supported by NHS England, which identifies our website as a reliable and trustworthy source of information that is based on evidence and appropriate for its audience.
- Our Council and Trustees ensure that we deliver our charitable aims, are impartial, transparent and act with integrity. A majority of our Council are leading academics, supported by leaders in education, communication and the food chain.
- Our funding comes from: membership subscriptions; donations and project grants from food producers and manufacturers, retailers and food service companies; contracts with government departments; conferences, publications and training; EU projects; funding from grant providing bodies, trusts and other charities.
- We are proud of our long-established reputation for partnership working. What sets BNF apart is its ability to bring together those with an interest in food and nutrition from diverse sectors - academia, medicine, education, communication and the food chain.

Find out more, go to:
www.nutrition.org.uk/aboutbnf

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*Professor Christine Williams
Chairman of the Board of Trustees*



“...we need to do even more
to help reduce misinformation
about nutrition.”

Welcome to the BNF Annual Review 2016-2017

Our fiftieth anniversary year has been a significant opportunity for celebration – of which the staff of the Foundation have taken full advantage – through development of a series of events, educational activities, social-media activities and science publications.

These celebratory activities have been fully supported by our stakeholders – school children and teachers, academics and publishers, health professionals, members, and the general public. Against this background we might feel justified in taking a slightly comfortable view of our position – indeed we might consider the Foundation to represent a pretty sprightly, trim, active fifty-year-old and fit for at least another fifty years? However, anniversaries also offer opportunity for reflection and in this respect the Board of Trustees recognises that we cannot take our current state of health for granted.

From the work carried out as part of our external engagement project, we know that we need to do even more to help reduce misinformation about nutrition and reinforce clear public health messages around food and health. To do this we will strengthen our media engagement through investment in skills that we need to develop or to reinforce. The BNF cannot take on this major challenge alone and plan to partner with other organisations with whom we already collaborate and use our collective resource to greatest effect in delivering consistent, evidence-based nutrition messages and dietary advice.

Almost since its inception in 1967, one of the major challenges faced by the Foundation

has been a perception that because part of our income is from the food industry, we lack independence and are essentially a 'voice for the food industry'. The Governors of the Foundation consider we need to do more to counter these assertions, which are often not based on an informed understanding of what it is we do and how we do it. The Foundation is a charity, with income from members, research funders, government agencies, events, training and publications; we do not act on behalf of any of our corporate members, nor do we lobby. We are distinctive in the UK in bringing together representatives of business, academia, education and government in a coalition of knowledge, know-how and commitment to public health.

Our charitable status, strong governance and experienced staff allow us to take an independent position on the advice we provide on food, nutrition and population health. This is a fundamental principle of the Foundation's mission – which is to make clear, credible nutrition science accessible to all. This was the vision of the founder and first Director-General, Professor Alastair Frazer, who argued that post-war developments in food and agriculture, including cessation of food rationing and absence of a government food policy, alongside rapid developments in new technologies for farming and food processing, would radically affect how the food we eat is produced, processed, sold and consumed. It is clear that the food industry

has an important part to play in improving public health through steps such as reformulation, portion size restrictions and guidance to consumers. Industry as much as government, depends upon a strong evidence base and clear, consistent and balanced advice from nutrition scientists such as those working in the Foundation.


In celebrating this anniversary year we recognise that we have been immensely fortunate to have HRH The Princess Royal as our patron. As she walked into our April conference 'Nutrition in school aged children', she was already asking questions – about healthy breakfasts for children, conflicting nutrition messages in the media (!) and questions about our Healthy Eating Week in schools and workplaces – in which she had again been an active participant this year. We are hugely grateful to her for all her support for the Foundation.

And so, as we look forward to the next sprightly 50 years, we believe the Foundation remains even more important than in 1967, as we collectively strive to ensure evidence-based nutrition, and its translation into clear, consistent dietary messages for all our stakeholders, is not drowned by a cacophony of fads and fashions in food and nutrition advice.

Professor Christine Williams
Chairman of the Board of Trustees

BNF – making nutrition science accessible to all

The core purpose of the British Nutrition Foundation is to make nutrition science accessible to all and we do this through the interpretation, translation and communication of often complex scientific information.



“...we aim to generate and communicate clear, accurate, accessible information on nutrition.”



Working with others

We engage with a variety of stakeholders, helping us to disseminate evidence-based nutrition science information, support training and professional development, interact in policy and research, collaborate in national and European projects and support BNF's governance and operations. Our long-established reputation for partnership working is what sets BNF apart - bringing together those with an interest in food and nutrition from diverse sectors.

In all aspects of our work, we aim to generate and communicate clear, accurate, accessible information on nutrition, diet and lifestyle, which is impartial and relevant to the needs of diverse audiences, in particular the general public, the media, government, schools, health professionals, and food and beverage companies.

Our broad funding base, networks and governance structure are inherent strengths that ensure we work with a diverse range of groups and talented individuals within the food and nutrition world. As a result, we are ideally placed to understand the nutrition challenges faced and the opportunities and context for activities associated with delivering improved public health.

BNF has robust procedures in place to sustain the quality and clarity of its outputs. BNF's key publications are peer reviewed by technical committees and external experts drawn from the education, nutrition science and food chain communities.

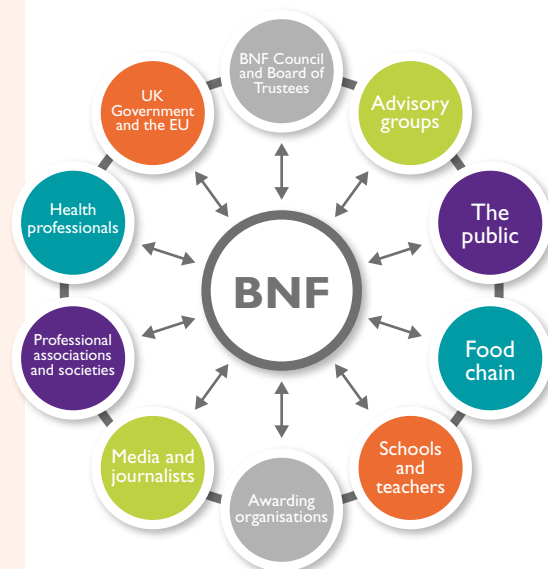
Our website content is governed by the Information Standard and a web panel exists to help ensure relevance to the intended audiences and clarity of the information.

In the spirit of openness and transparency, our corporate members and committee membership are listed on our website and in our annual reports.

The Foundation is part of a broad network and we attach substantial value to the collaborations and partnerships that we have forged, both in the UK and also across Europe and beyond, that enable us to extend our influence without moving our focus from the things we do well.

Our strengths lie in our:

- networks and strong links with the nutrition science community residing in universities and research institutes;
- networks within the wider education sector, especially schools;
- longstanding working relationships with government officials and with health professional sectors engaged in communicating nutrition advice;
- nutrition science communications;
- collaborations over many years with the food and agriculture sectors, across the food chain;
- broad funding base and a robust and open governance structure.



BNF actively engages with a variety of stakeholders

“A core strength of the Foundation is its governance structure...”



BNF Board of Trustees (March 2017)

How we ensure our integrity

A core strength of the Foundation is its governance structure, which comprises a Board of Trustees and a Council, on which serve senior/experienced individuals in the field of food and nutrition from many walks of life, known as Governors.

The composition is deliberately weighted towards the scientific 'academic' community based in universities and research institutes. All those who serve on BNF committees do so without remuneration, with the exception of travel expenses.

We are privileged to have a Royal Patron, Her Royal Highness The Princess Royal, who takes an active interest in the work of the Foundation and its events.

The Council, which directs the Foundation's strategy and direction, comprises 30 members: 16 Scientific Governors, six General Governors and eight Industrial Governors from the food sector; supported by four Honorary Officers (Honorary President, two Honorary Vice-Presidents and the Honorary Treasurer). The Council meets three times a year to review the work of the Foundation against its plans, providing constructive feedback, advising on impact measures and ensuring independence and accountability. Code of conduct and declaration of interests policies are in place.

The Board of Trustees has 12 members, all of whom are BNF Governors. It comprises the Chair of the Board of Trustees and a Vice-Chair; the immediate past Chair; the Honorary Treasurer; plus eight additional Trustees (four Scientific Governors, two

General Governors and two Industrial Governors from the food sector). It meets four times a year, overseeing financial stability, monitoring strategy implementation, advising on risk and ensuring compliance with the law. Code of conduct and declaration of interests policies are in place.

BNF has a number of Advisory Committees that advise on, reflect on and provide constructive feedback on the Foundation's work, resources and training activities. These include: the Scientific Advisory Committee; the Industrial Scientists Committee; the Editorial Advisory Board; and Education Working Groups.

To find out more, see page 28 or go to: www.nutrition.org.uk/aboutbnf



Our achievements in 2016-2017

To make nutrition science accessible to all, we undertake a variety of projects and initiatives across the audiences with whom we interact.

Key highlights from the past year

- Our Patron, HRH The Princess Royal, attended three events: the BNF Annual Day, 50th Anniversary Conference and BNF Healthy Eating Week launch.
- 1.2 million people visited our website www.nutrition.org.uk.
- BNF was quoted around 60 times per month in the media.
- Our Twitter accounts had 892,700 impressions, with 9,100 followers.
- We trained 517 teachers at events, 250 professionals

attended our 50th anniversary conference and 341 health professionals attended our webinars.

- *Nutrition Bulletin* is now available in 12,556 institutions around the world and downloads of papers is up 40% to 155,310.
- Our education website was used on 289,660 occasions, with teachers downloading nearly 400,000 resources.
- School pupils analysed 242,000 recipes and diets using our nutritional analysis tool.
- BNF Healthy Eating Week attracted registrations from 9,681 schools (representing 4.2 million children), 148 universities/colleges (432,200 students) and 333 workplaces (400,400 employees).

Refreshed website for 2017



BNF 50th Anniversary 1967 - 2017

- The British Nutrition Foundation was established as an independent organisation to stimulate research and education in the field of nutrition, in 1967, by Professor Alastair Frazer, who became the first Director General.
- To celebrate our 50th year, a celebratory logo was created, a booklet charting the achievements of the BNF over the years was published, and a series of activities planned and implemented. In addition, new website features were launched (including staff blogs and talks) and a high profile conference was hosted on nutrition in school age children.
- In the remainder of the year, we plan to host another high-profile conference, entitled *Who is shaping the food choices of the future?*, and publish a special issue of *Nutrition Bulletin*.





BNF Websites

- During the year, 1.2 million people visited www.nutrition.org.uk, viewing over 7.4 million pages. The website was refreshed to include our 50th Anniversary branding, as well as adding blogs and talks from BNF staff. A monthly Research Spotlight was added, giving an overview of a topical paper; and new videos were added to engage with wider audiences. We were also delighted that the website retained its Information Standard Certification, a quality mark supported by NHS England which identifies our website as a reliable, impartial and trustworthy source of information that is based on evidence and is appropriate for its audience.
- Our education website, www.foodfactoflife.org.uk, was used on 289,660 occasions, with teachers downloading nearly 400,000 resources. School pupils analysed 242,000 recipes and diets using our *Explore Food* nutritional analysis tool. A new interactive activity called the Eatwell Challenge was devised and published, and our Key Stage 3 Schemes of Work were fully updated, comprising 57 separate guidance documents.

Conferences and events

- The 2016 BNF Annual lecture was delivered by Professor Philp Calder, Professor of Nutritional Immunology at the University of Southampton and winner of the BNF Prize in 2016, at the BNF Annual Day on 22 November 2016. The lecture, *Omega 3: The good oil*, is available to view at: <http://bit.ly/2fMz7ii>
- The BNF 50th Anniversary conference, *Talking about the next generation: Nutrition in school aged children*, was hosted in April and had 254 registrations. We were delighted that our Patron, HRH The Princess Royal, attended. The conference comprised scientific presentations, followed by good practice case studies. Evaluation indicated that 9 in 10 delegates 'agreed' or 'strongly agreed' they felt more informed and that they would use what they had learnt in their working role.
- The BNF Scottish Education Conference for secondary school food teachers was held in Glasgow on the 18 March 2017. To mark the BNF's Anniversary, Mrs Frances Gallagher (pictured right), former BNF Trustee, welcomed the 150 delegates to the professional development training day.
- BNF also presented at a range of other external events, such as meetings of SENSE, the Association of Public Analysts, the Royal Society of Medicine, the World Cancer Research Fund, The Life Sciences Hub Wales and the Food Teachers Centre.



1.2
MILLION
people visited our website



Our achievements in 2016-2017

Mini case study Online training

In partnership with Marks & Spencer (M&S), BNF developed a bespoke online nutrition training course for 400 staff from their technical, product development and buying teams. The course was delivered via BNF's training portal, www.nutrition.training, and provided expert support around healthy eating, lifestyle factors and the application of nutrition. The course included a number of new infographic videos to help convey key messages. Participants were tested on completion and certificates provided to those successful (helping to recognise their achievement). BNF is now helping to monitor and track the uptake of the training with M&S.



Training

- Since the launch of the BNF online training platform in May 2016, eight courses have been uploaded for use by professionals and the general public. Courses include *Catering for Health*, *An introduction to healthy eating and nutrition*, and *Food labelling and health claims*. New courses are also under development. In addition, BNF developed five bespoke training courses for different organisations, supporting their workplace training and wellbeing initiatives.
- Three nutrition science webinars were delivered and accessed by over 1,000 health professionals (341 joined live, 750 on demand). The training was extremely well received, being rated as 'very good' or 'outstanding' by all attendees. Key Facts and Q&A sheets were also developed.
- 1,900 teachers registered for the BNF secondary school CPD programme. During the year, 11 education webinars were broadcast and recorded, monthly emails delivered and support information made available.
- 517 teachers were trained at 10 face-to-face events, comprising either workshops or half-day conferences. Teachers were provided with information and support to use back at school.



Nutrition Bulletin

- The journal *Nutrition Bulletin* was available in almost 12,600 institutions worldwide, representing an increase of 29% on the previous year.
- The number of downloads increased by 40% in 2016 to 155,310. The average number of downloads per Bulletin article in 2016 was 819, over double the average number for other Wiley nutrition and dietetics journals. 66% of the articles had Altmetric scores compared with 39% across all Wiley journals. (*Altmetric scores indicate the real-world impact of journal articles in relation to how much they have been featured in the media, social media and policy documents, for example.*)



The number of downloads increased by 40% in 2016 to 155,310.

- Two Virtual Issues, one on early years nutrition and a second on nutrition and physical activity, were published, as well as several topical papers. During the year, topics for Editorials included low energy sugar replacers, childhood obesity, and nutrition labels in the US. Reviews included the health effects of resistant starch, and the News and Views section included papers on the Eatwell Guide, complementary feeding – veg first approach, diet and gout, BNF Healthy Eating Week, nutrition science – past, present and future, food texture and satiety, and the Food Teacher Professional Portfolio. The *Facts Behind the Headlines* section featured a paper on potatoes and hypertension, a response to the National Obesity Forum report (advocating a high fat/low carbohydrate diet to reduce risk of obesity and diabetes), commercial vs home-made baby foods, probiotics, childcare and obesity risk, and turmeric.

Task Force

- The final meeting was held on the report of the Task Force on *Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors*, chaired by Professor Keith Frayn, Oxford, was signed off. This important work will be published in 2018.

Mini case study School Visitor Programme

BNF worked with Warburtons on their School Visitor programme, which provides healthy eating and cooking sessions in primary schools. BNF updated resources, undertook quality assurance visits of work in schools and provided training for staff. The number of visits undertaken was monitored as well as evaluation of the experiences provided. In this year, the School Visitors delivered 1,200 workshops in schools to over 40,000 children.



Our achievements in 2016-2017

BNF Healthy Eating Week

- BNF Healthy Eating Week attracted registrations from 9,681 schools (representing 4.2 million children), 148 universities/colleges (432,227 students) and 333 workplaces (400,422 employees). They received resources to support the Week, including planning guides, videos, posters, a board game, promotional ideas and activity ideas. In addition, schools had the opportunity to take part in three online cooking sessions, as well as watch a webinar from a potato farmer. Special thanks to AHDB, Greggs, KP Snacks and The Walt Disney Company for their support.
- A highlight of the week was the attendance of HRH The Princess Royal at our celebratory event at Minerva Academy, London. Her Royal Highness

was led on a tour of the school by Head Teacher Sharon Daniel and Executive Director Sir Steve Lancashire, where she observed BNF Healthy Eating Week activities and a special assembly.

- We received massive media interest (TV, radio, newspapers and online) in a BNF survey of school children's knowledge, particularly the findings around food origins. The coverage amounted to a combined circulation of 1,016,073,227, reaching a total estimated audience of 2,884,071,677, taking into account opportunities to read.
- Many of the schools and organisations involved tweeted about their activities. Following the engagement of #BNFHEW17 and #healthyeatingweek on @Foodfactoflife and @BNFevents shows that we had over 3,000,000 impressions.

Media service

- BNF continues to be quoted around 60 times per month in the media. In total, we had over 650 mentions.
- We have also been developing rapid responses to a number of issues throughout the year, which are then posted online and through our social media. Articles have included saturated fat, wholegrain vs white bread, sucralose, and vitamin D and respiratory tract infections.



**9,681
SCHOOLS**

BNF Healthy Eating Week attracted registrations from 9,681 schools



- A number of proactive activities have been planned as well as statements issued and expert quotes provided.
- BNF has initiated an independent review of our media service, helping to identify our strengths and areas needing development. Recommendations from this review will be actioned in the next financial year.

Social media/YouTube

- We continue to engage with stakeholders through our four Twitter accounts. In the year, we had 892,736 impressions and now have 9,093 followers. *(Note: BNF Healthy Eating Week 2017 figures are not included here, as it took place outside the financial year.)*
- Our videos on YouTube were viewed on 334,922 occasions, representing a watch time of 751,623 minutes (or 1.43 years) over the year.

Newsletters

- The Foundation disseminated the *BNF News* newsletter to 3,765 subscribers twice during the year and the *BNF Education News* monthly to 22,420 subscribers.

Projects and collaborations

With retailers, manufacturers, ingredient companies and restaurant chains we have provided market analyses, recipe nutritional analyses, training, horizon scanning, advice on policy documents, copy for newsletters and websites, and portion size information. We have also written and published independent

reviews on various nutrition topics and hosted roundtable discussions.

Wider stakeholder engagement

BNF's expertise in nutrition and health matters has been deployed in a number of external engagement activities, for example with government, research funders and food businesses. With regard to government, BNF's Director General is a longstanding member of Defra's Family Food committee and over the past year has been a member of Public Health England's expert group concerned with updating the government's nutrient profiling model, used in decisions about advertising to children.

With regard to research funding, Professor Buttriss chairs a BBSRC steering group* and contributed to the work of the OSCHR review (see page 19). She is also a member of several advisory committees that feed directly into senior level strategy planning of some of our corporate members, and is a member of the Board for the EYN Partnership initiative (see page 14). Other external engagement activities include update meetings with government officials at Public Health England and the Department of Health, and with counterparts in key professional and scientific organisations such as British Dietetic Association, Institute of Food Science and Technology, Nutrition Society and the Association for Nutrition (of which she was a Trustee until December 2016).

Mini case study Nutrition Training to support CPD

BNF has been providing half-day training sessions to a leading retailer on topical nutrition issues. This helps to ensure that knowledge is up-to-date, particularly in areas that have led to debate in recent years (e.g. saturated fat). Short workshops to enhance critical appraisal skills have also been provided.



Projects and consultancy

* BBSRC's (Biotechnology & Biological Sciences Research Council) DRINC (Diet and Health Research Industry Club) Steering Committee

Our achievements in 2016-2017

Mini case study The Early Years Nutrition (EYN) Partnership

In the EYN Partnership, BNF is working with the Pre-school Learning Alliance and Danone Nutricia Early Life Nutrition, with funding from Danone Ecosysteme. The partnership aims to encourage provision of good nutrition for young children by providing nursery settings access to a wide range of support, resources and services including a dedicated nutrition professional, a Quality Mark and CACHE-endorsed training on nutrition and health in the early years. 90 nursery settings are signed up to the Partnership and evaluation is showing that involvement in EYNP has a positive impact on food provision and the food environment in nurseries.

Services for members

A proportion of BNF's income comes from provision of membership services.

- **Corporate membership:** provides quarterly updates via Emerging Issues and Emerging Research e-newsletters, 'hot off the press' nutrition and health email alerts, *Nutrition Bulletin* subscription, summaries of key reports, scientific reviews, face to face discussion forums and 'sounding board' meetings.
- **Student and recent graduate membership:** provides professional development support and quarterly e-newsletters, nutrition and health alerts, and access to support information.

Details about membership can be found on page 35.

Projects with others

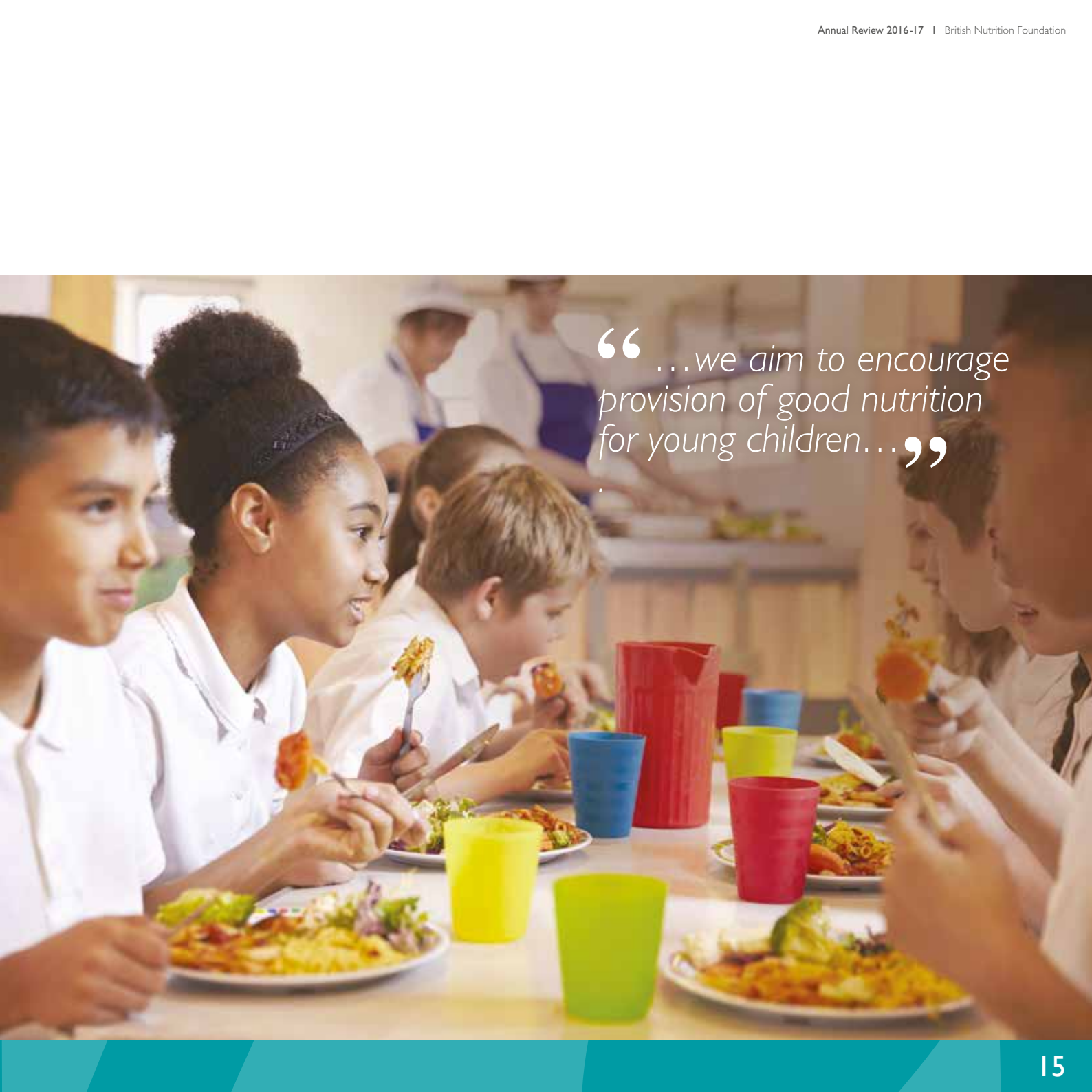
A substantial amount of the Foundation's contribution to nutrition science communication is through collaborations with others, either through project grants or as consultancy work. Project work included:

- **Public Health England:** BNF supported the research behind the January 2017 Change4Life campaign that promoted awareness of the new app to help parents

make healthier food choices for their families. BNF provided PHE with the nutritional analysis (including 'free sugars' data) on 200 children's breakfasts in the UK.

- **Quality Compliance Systems (QCS):** We continue to work with QCS, which supports over 23,000 care, medical and dental professionals. As well as providing regular blogs and articles, we also advise on relevant policies.
- **BACCHUS:** This EU project was finalised at the end of 2016, with a final consortium meeting and a Food Bioactives conference in Norwich in September.
- **Research collaboration:** We are working with Dr Sarah Berry on a BBSRC DRINC project, being carried out by King's College, London and Institute of Food Research on the health impact of industrial interesterification of dietary fats. BNF is supporting dissemination activities, which will include a roundtable event and consensus document, a Science Gallery interactive event, webinars and education resources.
- **Jamie Oliver Food Foundation:** BNF has been working with the Jamie Oliver Food Foundation to review the current food education landscape in England. The aim is to launch a report later in 2017.



A photograph of several children in school uniforms sitting at a long table in a school canteen, eating a meal. The children are diverse in age and ethnicity. In the background, two adults in white uniforms and hats are working. The table is set with plates of food, including what looks like spaghetti and vegetables, and colorful plastic cups in red, blue, and yellow. The lighting is bright and natural, suggesting a daytime setting.

“...we aim to encourage provision of good nutrition for young children...”

BNF Awards

During the year, BNF administered various awards, most of which are funded through the Drummond Memorial Fund.



The BNF Prize

The BNF Prize is awarded annually to a person or group for their outstanding achievement in an area of nutrition. The BNF Prize is awarded by BNF's Council, based on a ballot of potential candidates nominated by the BNF Council.

The winner of the BNF Prize in 2016 was Professor Susan Jebb OBE, Professor of Diet and Population Health in the Nuffield Department of Primary Care Health Sciences at the University of Oxford.

BNF Drummond Pump-priming Awards

The Foundation supported the provision of two grants to help newly-appointed university lecturers and research fellows, in human nutrition, to undertake the pilot work needed to generate data that can be used as the basis of a more substantial grant application. The recipients of the grants in 2016 were:

Dr Laura O'Connor

Manchester Metropolitan University

Dr Carmen Piernas-Sanchez

University of Oxford

BNF Drummond Education Awards

The Foundation rewards excellent work in food and nutrition by students and their teachers throughout the UK. Annual awards are given to students at GCSE and National 5 levels, and at A-level and Advanced Higher.

GCSE/National 5 Awards

Assessment and Qualifications Authority

Student: Laura King

Teacher: Julie Healey

Withington Girls' School, Manchester

Council for the Curriculum,
Examinations and Assessment

Student: Sophie Coalter

Teacher: Heather Kettyle

Collegiate Grammar School, Enniskillen

Edexcel

Student: Isabel Johnson

Teacher: Anna Woodman

Lavington School, Wiltshire

Oxford, Cambridge and RSA
Examinations Group

Student: Amy Pollard

Teacher: Helen Boczkowski

Tormead School, Guildford

Scottish Qualifications Authority

Student: Jodie Shannon

Teacher: Jo Riddick

Moffat Academy, Moffat

Welsh Joint Education Committee

Student: Emmie Woods

Teachers: Katharine Vlastos

& Rachel Dalton-Woods

Cheadle Hulme School, Cheshire

A-level/Advanced High Awards

Assessment and Qualifications Authority

Student: Tatiana Lillington-Price

Teacher: Gilly Mahoney

South Wilts Grammar School for Girls,
Salisbury

Council for the Curriculum,
Examinations and Assessment

Student: Helen Orme

Teacher: Mary Jo McKenna & Julie Morton
Assumption Grammar School, Ballynahinch

Edexcel

Student: Rosanna Clarke-Burns

Teacher: Lorraine Hawkins

St Clement Danes School, Chorleywood

Oxford, Cambridge and RSA
Examinations Group

Student: Sophie Moseley

Teacher: Jo Vickers

Haberdashers' Monmouth School for Girls,
Monmouth

Scottish Qualifications Authority

Student: Alora Ramsay

Teacher: Mahri Dinning

Perth High School, Perth

Welsh Joint Education Committee

Student: Hannah Ford

Teacher: Rachel Rees

Bishop of Llandaff Church-in-Wales
High School, Cardiff



*Professor Judy Buttriss
Director General*



Looking ahead

As we celebrate a major anniversary for the Foundation, it is inevitable to also look forward. The biggest contributor to ill health is the combination of unhealthy diets, inactivity and overweight, with these lifestyle factors overlapping with metabolic risks such as high blood pressure and blood cholesterol, and this situation will be driving public health policy for the foreseeable future.

In these uncertain times, with Brexit on the horizon, the future is difficult to predict. What is certain, though, is that evidence-based nutrition science communication becomes ever more important, yet evidently increasingly difficult to achieve with the explosion of communications channels in the modern world. Although many of these sources offer well-meaning advice, conflicting recommendations and the absence of proper context can result in confusion.

This is an area in which BNF plans to remain actively involved, focussing on our vision of making nutrition science accessible to all. Over the past year we have been developing a new external engagement strategy with a particular focus on media engagement and wider strategic partnerships. This work is now feeding into a refreshed over-arching strategy for the Foundation for the period 2018-23.

During the past year we have contributed to a strategic review of nutrition research, which was conducted by the Medical Research Council in partnership with the National Institute for Health Research. The review was commissioned by the Office of Strategic Co-ordination for Health Research (OSCHR). A comprehensive report, *Review of Nutrition and Health Research*, has emerged from the process, the recommendations of which aim to capitalise on the strengths of UK research and the expertise and resources in both

the public and private sectors. To accelerate translation of emerging research, in order to improve public health and clinical practice, the report recommends closer working of the various disciplines of relevance to nutrition and the development of a transparent framework for engagement to encourage strong pre-competitive research collaborations between academia and the food and nutrition science industries. The report articulates the grand challenges in nutrition research for both public health and clinical care, not least establishing the interactions between nutrition and healthy ageing. In the context of the newly established strategic body, UK Research and Innovation, which brings together the various Research Councils, the findings of the review are set to focus the funding landscape over the next decade, the science that emerges, and the topics of focus for the Foundation.

Over the coming year, we shall be realising our ambition to launch free online training for primary school teachers throughout the UK and reviewing the content and management system of the *Food – a fact of life* website. Our programme to celebrate BNF's 50th anniversary continues with a conference on 12th October, *Who is shaping the food choices of the future?* and a Special Issue of *Nutrition Bulletin* that reflects back on achievements in nutrition science over the past 50 years. We shall be collaborating with the Royal Society of Medicine on an event in

November, *Starving for truth: Nutrition myths and controversies*, and with other charities on a social media campaign *Can You Trust It?* to coincide with International Charities Day in September. We shall also be planning the launch of our next Task Force report on diet and cardiovascular disease and continuing to update the content of www.nutrition.org.uk. More details on pages 21-23.

Professor Judy Buttriss
Director General

**FREE
ONLINE TRAINING**



**for primary school teachers
throughout the UK**



Objectives for 2017-2018

During 2017/18, the Foundation will continue with the delivery of the business plan, commence the implementation of the media and stakeholder engagement strategy, and complete the programme of celebrations associated with its 50th anniversary.

In particular, we shall:

- realise our ambition to launch free online training for primary school teachers throughout the UK;
- audit teacher training provision, networking with organisations involved and share our work/frameworks;
- host a Scottish teacher event in 2018;
- review the content and management system of the *Food – a fact of life* website;
- hold a BNF 50th Anniversary event, *Who is shaping the food choices of the future?*, on the 12 October;
- work with the Royal Society of Medicine on the *Starving for truth: Nutrition myths and controversies* event, scheduled for 6 November;
- attend the British Science Association (Presenting within the session: *Why do we like the foods we like?*), NNEdPro Summit 2017 and Food Matters Live events;
- review our internal working procedures and monitoring of media engagement;
- develop a social media campaign: *Can You Trust It?* to coincide with International Charities Day, working with WCRF, NOS, Allergy UK, Diabetes UK;
- plan for the special issue of *Nutrition Bulletin* in 2017 and a Task Force launch in 2018;
- publish a Virtual Issue of *Nutrition Bulletin* on saturated fat;
- update the *Nutrition Science* section on www.nutrition.org.uk, as well as improve the *Healthy Living* section.

BNF Activity

Objectives	Outcomes
Implement BNF's stakeholder engagement work, including media activities, to support a more visible profile for the Foundation and work.	Plan implemented for stakeholder engagement activities. Key metrics for success agreed and monitored Increased social media activity. Review of current service to journalists, including procedures, sign off and monitoring.
Undertake and complete a branding review.	Review completed. Planning undertaken based on recommendations.
Launch new digital and physical materials for the BNF website.	New BNF resources available from our websites, supporting work with different audiences, such as the public, health professionals and teachers.
Launch and promote a range of BNF online training courses.	New online training courses launched for a range of stakeholders. Sought appropriate accreditation for courses.
Provide a mix of high quality and topical online webinars and conferences.	A series of webinars broadcast for health professionals and teachers. Two high profile conferences hosted.

Communications and campaigns

Objectives	Outcomes
Deliver BNF Healthy Eating Week 2018 to more schools, colleges/universities and workplace environments.	10% more schools, colleges/universities and workplace environments opt to participate in the week.

Continued overleaf...



Objectives for 2017-2018

Develop a specific area on www.nutrition.org.uk website for the general public, and ensure Information Standard certification is maintained.

Visits to website increased by at least 10%. Information Standard certification retained.

Review current 'duty nutritionist' service to the media function, and work with journalists to help ensure accurate and evidence-based information in media stories.

'Duty' function procedures updated and implemented throughout BNF.

Work with partners at King's College, London.

Dissemination activities delivered to raise awareness of BBSRC DRINC project. Special issue of *Nutrition Bulletin* delivered. Virtual Issue on saturated fat launched.

Finalise second edition of the Report of the British Nutrition Foundation Task Force on Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors.

Task Force report published. Plans for launch conference developed.

Launch an online training course for all primary school teachers throughout the UK.

Online training course available. Teachers throughout the UK invited to participate

Operations

Objectives

Outcomes

Renew the Foundation's Five Year Strategy (2018-2023).

Refreshed strategy developed and shared with the BNF Council and Board of Trustees.

Review BNF's governance structure and assess whether there is need for a formal review.

A short paper developed outlining considerations of the current status-quo, with potential recommendations for the future.

Update all job descriptions for staff.

Job descriptions updated and disseminated to all employees.

Assure scientific integrity and reputation, and education credibility.

Strong internal sign-off procedures followed, supported with input from SAC/ISC, EAB and EWG committees. Information Standard Accreditation retained.

Embed BNF's culture and values through all we do.

Review and update of induction procedures, staff handbook, training, staff meetings, in-house displays and how BNF engages with external stakeholders.

Membership

Objectives

Outcomes

Initiate a member recruitment and retention initiative.

Membership Working Group set-up. Implementation plan devised; Membership package developed; and procedures written and operational.

Continue to provide a range of services for members.

Benefits and services delivered efficiently, with an annual evaluation.

Impact

Objectives

Outcomes

Showcase what we do – publish case studies of our work online.

Case studies published online each quarter to highlight our recent work and activity.

Monitor key metrics about the performance of the BNF, gathering intelligence on outputs, outcomes and impact.

Report on BNF impact via Annual Report and periodically online.

Annual Accounts 2016-2017

Statement of Financial Activities for the financial year ended 31 May 2017

	Unrestricted Fund £	Restricted Fund £	Total 2017 £	Total 2016 £
Income				
<i>Income from:</i>				
Voluntary income	764,916	-	764,916	754,745
Investment income	15,262	-	15,262	12,730
Charitable activities	677,544	-	677,544	715,799
Total Income	1,457,722	-	1,457,722	1,483,274
Expenditure				
<i>Expenditure on:</i>				
Raising funds	118,854	-	118,854	108,490
Charitable activities	1,342,621	-	1,342,621	1,345,686
Total expenditure	1,461,475	-	1,461,475	1,454,176
Unrealised gains/(losses) on investments	69,683	-	69,683	(19,905)
Realised gains/(losses) on investments	1,070	-	1,070	(1,123)
Net income	67,000	-	67,000	8,070
Other gains/(losses) on foreign exchange	23,602	-	23,602	8,227
Net movement in funds	90,602	-	90,602	16,297
Funds as at 1st June 2016	1,228,878	6,320	1,235,198	1,218,901
Funds as at 31st May 2017	1,319,480	6,320	1,325,800	1,235,198

Annual Accounts 2016-2017

Balance Sheet for the year ended 31 May 2017

	2017 £	2017 £	2016 £	2016 £
Fixed Assets				
Intangible Assets		50,878		59,914
Tangible Assets		528		2,502
Investments		579,226		497,778
		630,632		560,194
Current Assets				
Debtors	137,195		158,600	
Cash at bank and in hand	814,809		792,806	
	952,004		951,406	
Creditors: Amounts falling due within one year				
	256,836		276,402	
Net Current Assets		695,168		675,004
Total Net Assets		1,325,800		1,235,198
Funds				
Restricted funds		6,320		6,320
Unrestricted funds				
Designated funds		416,664		496,442
General funds		902,816		732,436
		1,325,800		1,235,198

A full set of accounts and notes to the accounts are provided on our website (www.nutrition.org.uk) or can be obtained on request from:
The Company Accountant, The British Nutrition Foundation, New Derwent House, 69-73 Theobalds Road, London WC1X 8TA.

Annual Accounts 2016-2017

Statement of Cash Flows for the year ended 31 May 2017

	2017 £	2016 £
Cash flow from operating activities		
Net cash provided by/(used in) operating activities	10,786	157,144
Cash flow from investing activities		
Bank interest received	792	8,252
Investment income	14,470	12,705
Acquisition of fixed asset investments	(62,734)	(56,610)
Proceeds from disposal of fixed asset investments	27,106	7,985
Profit on Forex	23,602	-
Purchase of intangible assets	(16,402)	(59,914)
Purchase of tangible fixed assets	(550)	-
Net cash provided by/(used in) investing activities	(13,716)	(87,582)
Change in cash and cash equivalents	(2,930)	69,562
Cash and cash equivalents at the beginning of the year	854,755	785,193
Cash and cash equivalents at the end of the year	851,825	854,755
(i) Reconciliation of net income to net cash flow from operating activities		
Net income	90,602	16,297
Adjustments for:		
Depreciation charge	2,524	4,642
Amortisation charge	25,438	-
Bank interest paid/(received)	(792)	(8,252)
Investment income	(14,470)	(12,705)
(Profit)/loss on Forex differences	(23,602)	-
(Profit) on sale of investments	(1,070)	21,028
Revaluation of investments	(69,683)	-

Annual Accounts 2016-2017

Statement of Cash Flows as at 31 May 2017 *continued*

Decrease/(increase) in debtors	21,405	124,375
Increase/(decrease) in creditors	(19,566)	11,759
Net cash provided by operating activities	10,786	157,144

(ii) Analysis of Cash and cash equivalents

	At 31 May 2017 £	At 1 June 2016 £
Cash at bank and in hand	814,809	792,806
Cash held in investments	37,016	61,949
	851,825	854,755

Financial support for BNF activities

During the year, the following Corporate Members provided financial support for specific BNF branded activities:

Agriculture and Horticulture
Development Board Dairy,
and Beef & Lamb
Healthy Eating Week 2017
Alpro
Portion size project
Asda Stores Ltd
Portion size project
Associated British Foods
Portion size project
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Food Curriculum Fund

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Portion size project

Mars UK Ltd
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nabim
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Webinar for Health
Professionals
Warburtons
Food Curriculum Fund
Wm Morrison
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Food Curriculum Fund

During the year, the following organisations provided financial support for BNF branded activity:

All Saints Educational Trust
Food Teachers Professional Portfolio
Seafish
Webinar for Health Professionals
The Walt Disney Company
Healthy Eating Week 2017

*Projects funded by the European Commission;
BACCHUS EU project
number 312090*

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BNF Members

at 31 May 2017

To support achievement of BNF's charitable aims and objectives, the Foundation's Articles of Association allow corporate and individual membership.

Corporate membership is open to organisations, companies and corporations from a range of backgrounds, such as banking, insurance, the food chain, health care, fitness, IT and media. All applications for corporate membership are scrutinised by the Foundation's Trustees. Successful applicants sign-up to our governance policy, charitable aims and core values. Corporate members are encouraged to acknowledge their support of our work, and thus their contribution and commitment to important Corporate Social Responsibility issues concerning nutrition, health, education and wellbeing.

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*Sustaining Corporate Member

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BNF offers associate membership for students and recent graduates in nutrition related subjects. Associate membership focuses on professional development and includes optional access to *Nutrition Bulletin* at a subsidised rate. During 2016-2017, the Foundation had 118 members in these categories.

The Staff

at 31 May 2017



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Professor Judy Buttriss
Director General

Ms Sara Stanner
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Mr Roy Ballam
Managing Director and Head
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