

Annual Review 2017-2018



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.

The British Nutrition Foundation 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; overseas 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 have been especially pleased at the strides we are making in our work with school children and teachers.”



Welcome to the BNF Annual Review 2017-2018

Our fiftieth anniversary year reinforced BNF's mission of 'Making nutrition science accessible to all'. Achieving this has involved engaging with stakeholders across society, including the general public, school children and teachers, academics, the media, government and health professionals, as well as industries across the breadth of the food chain.

The past year has been a very special one for us. We have been delighted with the support we received from our Patron, HRH The Princess Royal, who attended and contributed actively to three of our events during this year: BNF Healthy Eating week, our special October conference and the BNF Annual day in November 2017.

We have been especially pleased at the strides we are making in our work with school children and teachers. Last April our meeting, *Talking about the next generation: Nutrition in school age children* held at the British Library, was very well attended by school teachers and health professionals. We were struck by evidence of increasing interest in nutrition training for school teachers.

As a consequence, one of the legacies from the fiftieth anniversary year has been the Foundation's launch of a free online training programme for teachers in 2018. So far, 294 schools have registered, with 910 teachers undertaking the training. This builds on the 4,632 schools registered for BNF Healthy Eating Week and over half a million BNF resources downloaded by schools from our website, www.foodafactoflife.org.uk. We have also been highlighting the decision made by the Department for Education to discontinue the A-level in Food Technology. The course has provided strong entrants to degree programmes across the UK, as well as building interest in careers in food and

nutrition science. Of equal importance has been the fact that the presence of an A-level in food and nutrition in a secondary school assures the supply of qualified teachers who can lead well-informed food and nutrition content throughout their school. BNF will continue its support for the development of a new A-level.

Our fiftieth anniversary activities and events have reinforced the importance to nutrition of engagement with other disciplines, as well as with businesses across the food sector. A special anniversary issue of *Nutrition Bulletin*, *Nutrition science past and future: Celebrating a multi-disciplined approach*, published in September, celebrated how our understanding of nutrition and the link between diet and health has been enriched by world-leading nutrition scientists from a number of disciplines: nutrition science methodology; epidemiology; biochemistry; behavioural science; epigenetics; biomedical science; and food science and technology. Equally successful was our October conference *Who is shaping the food choices of the future?* which explored future trends in agriculture, manufacturing and retailing, and the relationship between these trends and food choice. The meeting illustrated the need for a multi-sectorial approach, engaging nutrition scientists, agronomists, food industry members, government, retailers, sustainability specialists and others, in order to tackle diet

quality issues and improve public health. The distinctive content and success of this meeting could be no better tribute to our founder, Professor Alastair Frazer, who set up the Foundation fifty years ago and became its first Director General. In 1967, he anticipated that post war changes in food production, processing and retail, with also less involvement of government in food and nutrition policy than during war and post-war years, would require stronger links to be established across education, government and the food industry. In 2017-18 that need remains stronger than ever and, as this Annual Review testifies, the Foundation continues to apply that principle to all its charitable activities.

Professor Christine Williams
Chairman of the Board of Trustees

Our achievements in 2017-2018

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

- 1.48 million people visited our website **www.nutrition.org.uk** for evidence based nutrition information.
- Our education website was used on 223,276 occasions, with teachers downloading nearly 356,762 resources. In addition, teachers downloaded 156,382 resources via the Times Educational Supplement (TES) resource portal. In total, over half a million BNF resources were downloaded by schools.
- Pupils analysed 255,614 recipes and diets using *Explore Food*, our free nutritional analysis tool for schools.
- BNF Healthy Eating Week attracted registrations from 4,632 schools (representing two million children), and 1,420 workplaces/universities (representing 1.2 million employees).
- The journal *Nutrition Bulletin* was available in a total of 13,400 institutions worldwide. The number of downloads was 237,241, up 10% on the previous year.
- BNF was quoted nearly 900 times during the year in the media.
- We trained 483 teachers at events and a further 92 attended education webinars, 145 delegates attended our 50th anniversary conference and 344 health professionals attended our webinar.
- Our Twitter accounts had 1.75 million impressions, with a total of 13,145 followers.
- BNF videos were viewed on nearly 300,000 occasions, representing 9,740 hours of watched content.

A summary of our achievement in 2017-18 can be found here:
<https://youtu.be/DBzI2pkllMo>

BNF 50th Anniversary 1967-2017

- BNF continued its 50th anniversary celebrations, publishing a special commemorative booklet focusing on the achievements of the Foundation since 1967.
- On BNF Annual Day, on 14 November 2017, we welcomed guests to celebrate the work of the Foundation. On the day, Prof Monty Losowsky was made BNF Governor Emeritus. Prof Losowsky, Mr Iain Ferguson, Dr Juliet Gray and Ms Gill Fine gave their own reflections about BNF over the years, as well as supportive words for the future.
- The October conference, *Who is shaping the food choices of the future?*, was attended by 145 delegates. Feedback indicated that 95% of delegates agreed or strongly agreed that they felt more informed, and 82% agreed or strongly agreed they will use what they learnt in their working role.
- A special issue of *Nutrition Bulletin* was published, *Nutrition science past and future: Celebrating a multi-disciplined approach*. It show-cased how our understanding of nutrition and the link between diet and health has been enriched by world-leading nutrition scientists from a number of disciplines.
- BNF launched free online training in food and nutrition for all UK primary school teachers.



Left: www.nutrition.org.uk
Below: www.nutrition.training

BNF Websites

- 1.48 million people visited our website www.nutrition.org.uk for evidence-based nutrition information, viewing over eight million pages. The top three pages in the year were: Fibre (406,074), Healthy Diet (274,958), and Carbohydrate (156,288).
- Our education website was used on 223,276 occasions, with teachers downloading 356,762 resources. In addition, teachers downloaded 156,382 resources via the TES resource portal. In total, over half a million BNF resources were downloaded by schools.
- Pupils analysed 255,614 recipes and diets using *Explore Food*, our free nutritional analysis tool for schools.
- The BNF online training portal, www.nutrition.training, received 20,578 visits.

1.48
MILLION PEOPLE
visited our website



Our achievements in 2017-2018

Conferences and events

- The 2017 BNF Annual Lecture was delivered by Professor Susan Jebb, Professor of Diet and Population Health, University of Oxford and winner of the BNF Prize in 2016.
- The 50th Anniversary conference, *Who is shaping the food choices of the future?*, was attended by 145 delegates.
- Jointly with the Royal Society of Medicine, BNF organised the *Starving for truth: Nutrition myths and controversies* event held in November. This one day conference (sold out in the main auditorium, with an overflow room provided) explored the complexities of nutrition research and explained why there seems to be controversy over some of the UK's evidence-based guidelines. Speakers discussed where there is robust

evidence for clear advice for prevention and management of diet- and health-related conditions and the event included a panel debate on *Why all the confusion – can we really blame the media?*, which was chaired by Professor Tom Sanders. Interviews with speakers were developed by BNF for the RSM website.

- The BNF Scottish Education Conference for secondary school food teachers was held in Edinburgh on the 10 March 2018. 100 delegates attended this professional development training day.
- BNF organised a workshop in collaboration with the non-for-profit HarvestPlus and Department for International Development (DFID) in May to explore the potential for use of biofortified crops and ingredients in the UK.
- BNF presented at or chaired a range of other external events, including AgriFood Training Partnership, IGD's reformulation workshops, British Science Festival, FDF conference, University of Leeds, Food Matters Live, Primary Care & Public Health, DRINC dissemination event, Westminster Food & Nutrition Forum, University of Southampton, University of Surrey, Goldsmiths University, Design and Technology Association, HCC Meat Promotion Wales and the Food Teachers Centre.



Professor Susan Jebb, Professor of Diet and Population Health, University of Oxford



Training

- Building on developments in 2016-2017, *Exploring nutrition and health*, an in-depth course for those who already have a basic knowledge of nutrition, was launched. Two courses were also certified by the Association for Nutrition. BNF continued to build bespoke courses for other organisations, supporting their workplace training and wellbeing initiatives.
- 830 health professionals registered for our *A sweet solution? Can low calorie sweeteners help us to reduce our sugars intake?* webinar in May. The recording of the webinar is available on the BNF website (in English, French, Spanish).
- Online training for all primary school teachers was launched in 2018. Courses for England, Northern Ireland, Scotland and Wales (also in Welsh, and in Gaelic in late 2018) were made available, supporting regional curriculum differences. To date, 294 schools have registered, with 910 teachers undertaking the training.
- 2,255 teachers registered for the BNF secondary school professional development programme. During the year, six education webinars were broadcast and recorded, monthly emails delivered and support information made available. Nine in 10 of the participants indicated that, as a result of the programme, their practice was better informed and up-to-date.

- 575 teachers were trained at eight face-to-face events, comprising either workshops or half-day conferences, and through five webinars.

Nutrition Bulletin

- *Nutrition Bulletin* was available in 13,400 institutions around the world (including low-cost or free access to 7,669 institutions in the developing world). Downloads of papers were up 10% to 237,241.
- The 50th Anniversary edition had 14,372 downloads (September '17 to May '18).
- A *Virtual Issue* on dietary fats was published in January, in anticipation of SACN's saturated fat and health draft report. This collection of 13 papers by leading scientists explored the often complex relationships between different types of fat in the diet and health outcomes, such as cardiovascular disease, and overweight and obesity. The Editorial, *The Big Fat Debate*, was provided by Professor Anne-Marie Miniñane.



Task Force

- The manuscript for the report of the Task Force on *Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors*, chaired by Professor Keith Frayn, Oxford, was submitted to Wiley for publication. This important work will be launched at the beginning of 2019.



**13,400
INSTITUTIONS
AROUND THE WORLD**

Nutrition Bulletin was available in 13,400 institutions around the world

Our achievements in 2017-2018

BNF Healthy Eating Week

- BNF Healthy Eating Week attracted registrations from 4,632 schools (representing two million children), and 1,420 workplaces/universities (representing 1.2 million employees).
- Schools and workplaces received free resources to support the Week, including five printed posters, planning guides, videos, promotional ideas and activity ideas. In addition, schools had the opportunity to take part in three online cooking sessions. Special thanks go to AHDB, the Garfield Weston Foundation, KP Snacks and Waitrose for their support.
- A highlight of the week was the attendance of HRH The Princess Royal at our celebratory event at Three Ways School, Bath. Her Royal Highness was led on a tour of the school by Mrs Julie Dyer;



**4,632
SCHOOLS**

BNF Healthy Eating Week attracted registrations from 4,632 schools

HRH The Princess Royal attended the launch of BNF Healthy Eating Week at Three Ways School in Bath in June 2018





Executive Head Teacher, and accompanied by Professor Judy Buttriss, where she observed BNF Healthy Eating Week activities.

- The Week achieved media coverage of a combined print circulation of 1,486,427 and a combined online circulation of 106,568,046, reaching a total estimated audience of 327,778,388, taking into account opportunities to read.
- Many of the schools and organisations involved tweeted about their activities during the week, resulting in an average of 720,000 impressions per day.
- 93% of schools told us that they would continue to use the resources we provided for the Week, and 9 in 10 schools reported that they would sustain the activities introduced in the Week in the longer term, e.g. *encouraging 5 A DAY, drinking more, being active*.

Media engagement

- BNF was quoted nearly 900 times during the year, and we gave more TV and radio interviews compared to the previous year. An 'out of hours' service for the media was launched, and a series of proactive media activities were undertaken.
- BNF nutrition scientists and education staff took part in training to support our work with the media. This resulted in a number of team building activities, as well as a better understanding of the needs of journalists.

- Prof Judy Buttriss is on the Science Media Centre's expert list for nutrition-related enquiries and continues to write a monthly column in *Food Manufacture*.
- BNF continues to work with the monthly magazine *Healthy Food Guide* to provide copy and to help promote BNF messaging and activities. The January 2018 issue featured an article considering the role of insects as part of our food supply. After regularly submitting blogs on child nutrition for *Nursing in Practice* for some time (e.g. discussing portion sizes, iron deficiency anaemia), we are extending our work to provide more in-depth articles targeting all age groups.
- BNF continues to engage with stakeholders through its four Twitter accounts. In the year, the accounts had 1,759,849 impressions and had 13,145 followers. (Note: BNF Healthy Eating Week 2018 figures are not included here, as it took place outside the financial year.)
- Videos on YouTube and Vimeo were viewed about 300,000 occasions, representing a watch time of 584,429 minutes (or 9,740 hours) over the year.

Newsletters

- The Foundation disseminated the *BNF News* newsletter to 8,860 subscribers twice during the year and the *BNF Education News* monthly to 21,306 subscribers.



Our achievements in 2017-2018

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.

During the year, Professor Buttriss joined the UK Nutrition Research Partnership on Food and Health (UKNRP), set up to take forward recommendations of the so-called OSCHR review, conducted by the Office for Strategic Co-ordination of Nutrition and Health Research. She was invited to help scope the nutrition work stream for the Food and Drink Sector Council (FDSC). Professor Buttriss also co-hosted a workshop on food legislation in the context of BREXIT, held at BEIS (Department for Business, Energy & Industrial Strategy), in conjunction with the Nutrition Society, British Dietetic Association, Institute of Food Science and Technology and Association for Nutrition. She continued to chair

the Steering Group for BBSRC's Diet Research and Industry Club (DRINC), attending several dissemination events, and was a member of Public Health England's Expert Group reviewing nutrient profiling and Defra's Family Food Survey committee. Also during the year, senior staff met with Public Health England, Department for Education and the Department of Health and Social Care for update meetings.

BNF had a stand at the 2017 Nutrition Society Summer meeting and at the Need for Nutrition Education/Innovation Programme (NNEdPro) event in Cambridge in August 2017.

Services for members

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

- Corporate membership: BNF 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: BNF 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 as a result of project grants or as consultancy work. Project work included:

- Development of BNF guidance around portion size to complement the information provided about the constituents of a healthy diet depicted in the government's Eatwell Guide.
- Evaluation of Slimming World's weight loss programme and resources in relation to current dietary guidelines.
- Dissemination activities to support the BBSRC funded project carried out by King's College London and the Quadram Institute (Norwich), *Health impact of industrial interesterification of dietary fats*.
- Devising and running three practical workshops for secondary school teachers in Northern Ireland in conjunction with the Livestock and Meat Commission.
- Work with the Jamie Oliver Food Foundation to review the current food education landscape in England. A report was launched and BNF presented the findings via a BNF Talk (on www.nutrition.org.uk) and as an editorial in *Nutrition Bulletin*.

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.

“We have written and published independent reviews on various nutrition topics...”



BNF Awards

During the year, BNF administered various awards, 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 2017 was **Professor Ian Macdonald, Professor of Metabolic Physiology at the University of Nottingham, in the School of Life Sciences, Faculty of Medicine and Health Sciences.**

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 2017 were:

Dr Rebecca Jones, University of Bedfordshire
Dr Oonagh Markey, Loughborough University

BNF Drummond Early Career Scientist Award

The BNF Drummond Early Career Scientist Award recognises early career excellence in nutrition science. Applicants are judged on their contributions to nutrition science to date, their potential to become future leaders in the field, and the scientific merit and clarity of communication of their work.

Winner

Dr Caoileann Murphy,
University College Dublin

Runners-up

Dr Keri McCrickerd, Singapore Institute of Clinical Sciences
Dr Fiona Malcomson, Newcastle University
Dr Jing Guo, University of Reading

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: Eleanor Watson

Teacher: Sara Mellors

Alcester Academy, Alcester

Council for the Curriculum,
Examinations and Assessment

Student: Alannah Atkinson

Teacher: Melanie Watson

Rainey Endowed School, Magherafelt

Edexcel

Student: Cara Hilton

Teacher: Emma James

Urmston Grammar School, Manchester

Oxford, Cambridge and RSA
Examinations Group

Student: Amelia Bowen

Teacher: Nicky Hayes

Weydon School, Surrey

Scottish Qualifications Authority

Student: Neve Kellacher

Teacher: Sine Greatorex

Holy Rood RC High School, Edinburgh

Welsh Joint Education Committee

Student: Kathryn Mell

Teacher: Judith Carr

Southend High School For Girls,
Southend-on-Sea

A-level/Advanced High Awards

Assessment and Qualifications Authority

Student: Hannah Edeson

Teacher: Anne Stanesby

Drifffield School, East Yorkshire

Council for the Curriculum,
Examinations and Assessment

Student: Kathleen Smartt

Teacher: Claire Thomson

Sullivan Upper School, Hollywood

Edexcel

Student: Katie Cicirko

Teacher: Heather Stanford

Woldgate School, York

Oxford, Cambridge and RSA
Examinations Group

Student: Tanveer Sangra

Teacher: Catryn McDonald

Derby High School, Derby

Scottish Qualifications Authority

Student: Rachel Cockburn

Larbert High School, Stenhousemuir

Welsh Joint Education Committee

Student: Eleanor Burt

Teacher: Sarah Souter

Exmouth Community College, Devon

Professor Judy Buttriss
Director General



Looking ahead

The number of people living into their 90s and beyond continues to rise. Nutrition and physical activity levels are likely to influence whether or not these extra years are spent in good health and independence is retained. The greatest impact is likely to occur when good habits are developed early on, rather than in response to a health crisis later in life.

The headlines continue to be dominated by concerns about childhood obesity and sugar, and the government's focus on child nutrition is set to intensify as severe obesity in ten to eleven year-olds reaches its highest level since records began and inequalities continue to widen. As the coming year rolls out, a series of consultations linked to Chapter Two of the government's Childhood Obesity Plan are expected to result in new rules restricting promotions and advertising. Of key importance will be the principles used to define which foods and drinks will be subject to restrictions, to ensure transparency and ease of implementation across the sector, whilst still encouraging reformulation of less healthy foods.

With so much focus on calorie reduction in the context of obesity, it is perhaps easy to forget that good nutrition is not just about calories – intakes of minerals, vitamins, protein, essential fatty acids and fibre really matter too. We overlook this at our peril in the context of ensuring that the extra years associated with increased lifespan are spent in good health. Such is the importance of healthy ageing that it features in the government's Industrial Strategy, *Building a Britain Fit for the Future*, published in November 2017. Linked to this, I have been helping to map out a nutrition work stream for the Food

and Drink Sector Council, which is a formal partnership with government to create a more productive and sustainable food and drink sector from farm to fork.

External engagement with stakeholders in nutrition continues to be a theme of our work and is illustrated by the project work we are undertaking. What sets BNF apart is an ability to bring together those with an interest in food and nutrition from diverse sectors – academia, education, communications and the food chain. We are proud of our long established reputation in effective partnership working.

Also during the year BNF joined the recently formed UK Nutrition Research Partnership on Nutrition and Health (UK NRP), set up to take forward recommendations of the OSCHR review published in July 2017. Core to this work is the need to find a way of appropriately valuing industry/academic collaboration in nutrition-related research. This has become a controversial and challenging issue but needs to be resolved in order for the full potential of nutrition research to be realized.

Other plans for the coming year include completion of a governance review and preparations to implement a new BNF strategy from June 2019. Activities already scheduled include a Members Forum on

fortification in October 2018; a series of events exploring the 'what, when and how of dieting'; webinars on gut health, pregnancy and pre/probiotics; launches of BNF's portion size work and the Task Force report, *Cardiovascular Disease: diet, nutrition and emerging risk factors*; and updated resources for the nutrition.org.uk website. For schools, free online training for UK primary school teachers will continue and there will be a review of our provision of training for teachers. New BNF resources will include an updated schools education website, working with AHDB; an updated guide for producing food education resources; and a publication characterising good practice in secondary school food and nutrition teaching, in response to our work with teacher trainers. Lastly, we shall continue our engagement with schools (and workplaces) through BNF Healthy Eating Week 2019, as well as engaging with the Department for Education, Awarding Organisations, professional teacher associations and the STEM network.

Professor Judy Buttriss
Director General



Objectives for 2018-2019

During 2018/19, the Foundation will continue with the delivery of the business plan and continue with the implementation of the media and stakeholder engagement strategy. A key focus will be the completion of the BNF strategy.

In particular we will:

- complete the branding exercise and sign-off a revised strategy for the Foundation;
- publish the Task Force on *Cardiovascular Disease: Diet, nutrition and emerging risk factors*;
- broadcast a series of webinars, supporting Health Professionals, teachers and those interested in nutrition;
- host BNF Healthy Eating Week 2019, encouraging more nurseries, schools and workplaces to participate;
- launch an updated *Food – a fact of life* website for schools, which includes a professional development programme for teachers;
- promote the free training course for primary school teachers and encourage further uptake.

Operations

Objectives	Planned outcomes
The final stage of the review of BNF Governance is completed.	An independent report on BNF Governance is presented to Trustees. Trustees consider recommendations.
Work on BNF branding is signed-off and implemented.	The branding exercise for BNF is completed. The outcomes of the review are used to update and communicate the BNF brand.
The BNF Strategy for the next 3-5 years is signed-off and plans are put in place for its implementation.	The strategy is completed and signed-off by Trustees. A budget is developed, and a staff skills audit is undertaken, to support the implementation of the strategy from 1 June 2019.

Membership

Objectives	Planned outcomes
Corporate Membership procedures and services are reviewed and updated.	Procedures are reviewed, revised as needed and communicated to staff. Services provided to members reviewed and updated in light of BNF branding review.
A survey of Corporate Members is undertaken.	Corporate Member feedback helps to inform membership proposition. Results presented at Trustees meeting.
A Corporate Member forum is hosted.	A forum and networking event for Members is hosted, showcasing the work of BNF.
Individual membership (student/new graduate) is reviewed.	Members are surveyed to ascertain their reasons for membership. Membership packages reviewed in light of BNF strategy development.



Objectives for 2018-2019

BNF Branded Activity

Objectives	Planned outcomes
Implement BNF's stakeholder engagement work, including media activities, to support a more visible profile for the Foundation and its work.	Robust strategic partnerships developed, through which BNF contributes to improved public health and promotion of the delivery and use of evidence based nutrition science. Series of proactive media activities delivered on key outputs, e.g. portion size, CVD Task Force, BNF Healthy Eating Week.
Launch new digital and physical materials for the BNF website.	New BNF resources made available from our websites, supporting work with different audiences, such as consumers, health professionals and teachers.
Launch and promote a range of BNF online training courses.	New online training courses launched for a range of stakeholders.
Provide high quality and topical online webinars and conferences.	A series of webinars are broadcast, supporting health professionals, teachers and those interested in nutrition. Two high profile conferences are hosted.

External consultancy and project work

Objectives	Planned outcomes
Showcase what we do – publish case studies of our work online.	Case studies are published online to highlight our recent work and activity.
Continue to seek partnership working and collaboration with Corporate Members, government and other organisations.	Through external engagement activities, new partnerships/ collaborations are established that enable BNF to contribute to improved public health and promotion of the delivery and use of evidence based nutrition science.

Communications and campaigns

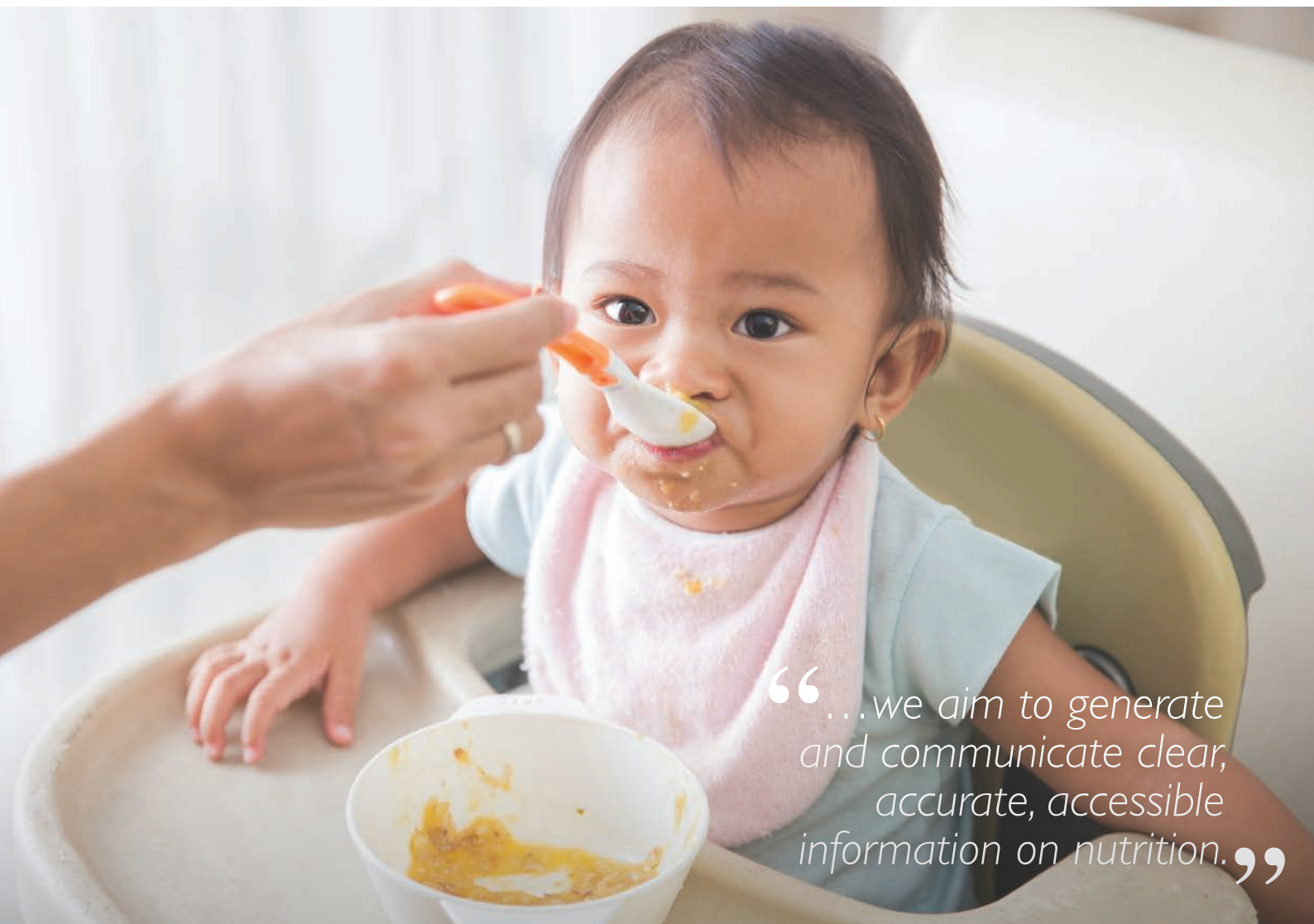
Objectives	Planned outcomes
Host BNF Healthy Eating Week 2019.	Schools, workplaces and universities register to participate in the week. Evaluation indicates that the support provided from BNF is useful and supports health and wellbeing activities.
The Information Standard certification is maintained on www.nutrition.org.uk	Certification is retained by BNF.
Continue media engagement activities.	Activities (e.g. media briefings) held to enhance relationships with key journalists.
Launch the Task Force Report.	The Task Force on CVD: <i>Diet, nutrition and emerging risk factors</i> is published by Wiley. An event is hosted to launch the new report and a range of dissemination activities (via health professional and popular media) are undertaken to raise awareness of the key messages.
Work in partnership with the AHDB to refresh the <i>Food – a fact of life</i> education programme.	A new website is available for schools. Resources are updated, including those to support whole school food issues. A professional development programme for teachers is launched.

Impact

Objectives	Planned outcomes
Monitor key metrics about the performance of the BNF, gathering intelligence on outputs, outcomes and impact.	Details on BNF activities are recorded in the Annual Report and periodically online.

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 generate and disseminate evidence-based nutrition science information, support training and professional development, interact in policy and research, collaborate in national and overseas 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 and nutrition science.

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



“We are privileged to have a Royal Patron, Her Royal Highness The Princess Royal...”

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 guides 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



16 SCIENTIFIC GOVERNORS
6 GENERAL GOVERNORS
8 INDUSTRIAL GOVERNORS

The Council comprises 30 governors



Annual Accounts 2017-2018

Statement of Financial Activities for the financial year ended 31 May 2018

	Unrestricted Fund £	Restricted Fund £	Total 2018 £	Total 2017 £
Income				
<i>Income from:</i>				
Voluntary income	837,834	-	837,834	764,916
Investment income	16,343	-	16,343	15,262
Charitable activities	593,178	75,000	668,178	677,544
Total Income	1,447,355	75,000	1,522,355	1,457,722
Expenditure				
<i>Expenditure on:</i>				
Raising funds	129,473	-	129,473	118,854
Charitable activities	1,330,396	50,600	1,380,996	1,342,621
Total expenditure	1,459,869	50,600	1,510,469	1,461,475
Unrealised gains/(losses) on investments	9,841	-	9,841	69,683
Realised gains/(losses) on investments	235	-	235	1,070
Net income	(2,438)	24,400	21,962	67,000
Other gains/(losses) on foreign exchange	1,260	-	1,260	23,602
Net movement in funds	(1,179)	24,400	23,221	90,602
Funds as at 1st June 2017	1,319,480	6,320	1,325,800	1,235,198
Funds as at 31st May 2018	1,318,301	30,720	1,349,021	1,325,800

Annual Accounts 2017-2018

Balance Sheet for the year ended 31 May 2018

	2018 £	2018 £	2017 £	2017 £
Fixed Assets				
Intangible Assets		50,439		50,878
Tangible Assets		10,985		528
Investments		600,285		579,226
		661,709		630,632
Current Assets				
Debtors	163,367		137,195	
Cash at bank and in hand	772,522		814,809	
	935,890		952,004	
Creditors: Amounts falling due within one year				
	248,578		256,836	
Net Current Assets		687,312		695,168
Total Net Assets		1,349,021		1,325,800
Funds				
Restricted funds		30,720		6,320
Unrestricted funds				
Designated funds		363,798		416,664
General funds		954,503		902,816
		1,349,021		1,325,800

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 British Nutrition Foundation, New Derwent House, 69-73 Theobalds Road, London WC1X 8TA.

Annual Accounts 2017-2018

Statement of Cash Flows for the year ended 31 May 2018

	2018 £	2017 £
Cash flow from operating activities		
Net cash provided by/(used in) operating activities	(8,971)	10,786
Cash flow from investing activities		
Bank interest received	96	792
Investment income	16,247	14,470
Acquisition of fixed asset investments	(7,500)	(62,734)
Proceeds from disposal of fixed asset investments	10,240	27,106
Profit on Forex	1,260	23,602
Purchase of intangible assets	(25,000)	(16,402)
Purchase of tangible fixed assets	(14,937)	(550)
Net cash provided by/(used in) investing activities	(19,594)	(13,716)
Change in cash and cash equivalents	(28,564)	(2,930)
Cash and cash equivalents at the beginning of the year	851,825	854,755
Cash and cash equivalents at the end of the year	823,261	851,825
(i) Reconciliation of net income to net cash flow from operating activities		
Net income	23,221	90,602
Adjustments for:		
Depreciation charge	4,479	2,524
Amortisation charge	25,439	25,438
Bank interest paid/(received)	(96)	(792)
Investment income	(16,247)	(14,470)
(Profit)/loss on Forex differences	(1,260)	(23,602)
(Profit) on sale of investments	(235)	(1,070)
Revaluation of investments	(9,841)	(69,683)

Annual Accounts 2017-2018

Statement of Cash Flows as at 31 May 2018 *continued*

Decrease/(increase) in debtors	(26,172)	21,405
Increase/(decrease) in creditors	(8,258)	(19,566)
Net cash provided by operating activities	(8,971)	10,786

(ii) Analysis of Cash and cash equivalents

	At 31 May 2018 £	At 1 June 2017 £
Cash at bank and in hand	772,522	814,809
Cash held in investments	50,739	37,016
	823,261	851,825

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
Healthy Eating Week 2018
KP Snacks Limited
Healthy Eating Week 2018
Tetra Pak
Portion size project
Waitrose Ltd
Healthy Eating Week 2018

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

All Saints Educational Trust
Food Teachers Professional Portfolio
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Webinar for Health Professionals
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Primary school teacher online training

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at 31 May 2018

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at 31 May 2018

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at 31 May 2018

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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at 31 May 2018



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Ms Sara Stanner
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Taken on 7 August 2018



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