



Celebrating 50 years of making
nutrition science accessible to all

1967-2017

Professor Alastair Frazer
The first BNF Director General



Dr Elsie Widdowson
Past Honorary President



Professor Dame Barbara Clayton
Past Honorary President



The British Nutrition Foundation

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

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.

This booklet highlights just a few of our achievements over 50 years, as well as some of the people who have given their time to generously support the vision of the Foundation.

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

Foreword



BUCKINGHAM PALACE

As Patron of the British Nutrition Foundation (BNF), I am pleased to celebrate its 50th anniversary year. The Foundation was established in 1967 as a registered charity to stimulate research and education in the field of nutrition. Its objectives, established at that time, still have relevance today, namely to educate the public in nutrition; develop the training and education for those involved in training or education of others; and advance the study of, and research into, nutrition.

Over the last 50 years, the BNF has had many distinguished staff, governors and committee members who have worked tirelessly to ensure the realisation of this vision. Looking back, the Foundation has excelled in the field of nutrition and is widely recognised across the UK and Europe, quite an achievement given its modest size. To help improve public health it has worked in partnership with government, health professionals, the media, schools, and food and beverage companies to communicate clear, accurate and accessible information on nutrition, diet and lifestyle.

The Foundation's *Nutrition Bulletin*, originally produced in-house, is now published by Wiley and available in almost 10,000 institutions, with over 200,000 downloads of scientific papers annually. The BNF has hosted many conferences and symposia to stimulate discussion and bring the nutrition community together, since its first research conference in 1973. During the early years of its existence, the Foundation awarded research grants to stimulate research. This continues to this day through the provision of awards to help newly-appointed university lecturers and research fellows undertake the pilot work needed to generate data that can be used as a basis for more substantial grant applications.

The Foundation has also been a vocal advocate for excellence in food and nutrition education in schools. From modest beginnings in 1972, outlining how teachers of biology could play a role in teaching nutrition, in 1991, in partnership with Government, BNF launched *Food – a fact of life*, a comprehensive education programme for schools throughout the UK, which still continues to evolve and thrive 26 years later.

The 50th anniversary is not only an opportunity to reflect on the past work of the Foundation, and the progress that has been made in the area of human nutrition science, communication and education, but it is also an occasion to look forward to the future. How will diets change over the next 50 years? Will we continue to extend our lifespan and, if so, how will this be achieved? Whatever the future, I am confident that the Foundation will continue its work in the important fields of nutrition science and education. I would like to congratulate the Foundation on its work to date, in particular its efforts to make nutrition science accessible to all. I also look forward to its work in the future, which will no doubt continue to inform the public, advise and train professionals, and engage in the study and application of nutrition.



Her Royal Highness The Princess Royal
Patron of the British Nutrition Foundation

Timeline 1967 - 1980

1967

The British Nutrition Foundation was set up by Professor Alastair Frazer, who became the first Director General. The Foundation was established as an independent organisation to stimulate research and education in the field of nutrition. Professor Frazer's vision was to use nutrition to prevent as well as treat disease and key to achieving this was forging a closer working relationship between physicians and the food industry. At the very beginning he consulted other eminent scientists, such as physician Dr (later Professor) Monty Losowsky, to draw together influential people from a range of backgrounds to ensure BNF delivered its charitable aims impartially and with integrity.



1970

Following the death of Alastair Frazer, Miss Dorothy Hollingsworth and Professor Frank Young took over the respective responsibilities of Director General and President. Dorothy Hollingsworth had worked for the Ministry of Food during the latter part of World War II and alongside Sir Jack Drummond had helped to establish the National Food Survey during her time as a civil servant (1941-1970). During her time at the Foundation, she helped to widen its reputation as an independent authority on food and nutrition, and paved the way for international co-operation between Foundations around the world with similar interests. Professor R A McCance was awarded the first BNF prize for distinguished research in nutrition. To mark the award, Professor McCance gave an inaugural lecture entitled Yesterday, Today and Tomorrow at the Royal College of Physicians. Other early recipients of this prize were Sir Rudolph Peters, Dr E Kodicek and Dame Harriette Chick.

1971

The sixth issue of the Bulletin was published, featuring articles on irradiation and food; health foods; Food Standards Committee review on novel proteins; the changing nutritional value of meat simulated meat foods and the preparation of national tables of food composition.



1973

The first BNF research conference, Nutrition in Britain: Today and Tomorrow, was held at Churchill College in Cambridge. The success of the conference paved the way for many more. The Foundation also worked with the British Dietetic Association to develop two information leaflets, *Healthy Eating in Pregnancy* and *Healthy Eating for the Elderly*, which were available from Sainsbury's and Rank Hovis McDougall bakeries at the time. An exhibition was also held to display visual aids in nutrition which attracted nearly 300 visitors.



1972

Discussion started with the Institute of Biology about the role teachers of biology could play in the education of their pupils in nutrition. The quarterly journal, *Nutrition and Food Science*, subsidised at the time by BNF, featured an article for teachers and the publisher drew the journal to the attention of headteachers of 8,000 secondary modern, comprehensive and grammar schools.



1974

The first BNF newsletter was sent out to all member organisations, helping to educate industry, journalists and general scientists about the importance of nutrition. A Working Party on Nutrition Education was set up, comprising the BNF, the Health Education Council and Department of Health. Dame Harriette Chick was awarded the BNF Prize in recognition of her distinguished pioneering work on vitamins in her 100th year.



1975

BNF awarded a research grant to the Department of Nutrition and Food Science, Queen Elizabeth College, London, to study the effects of the degree of saturation of dietary fats on aspects of the blood coagulation and fibrinolytic systems. This formed an important part of the Foundation's 'pump priming' of research which still continues in 2017.



1976

The second BNF research conference was held, *People and Food Tomorrow*. BNF also hosted a one-day seminar for production managers on *Nutrition and Food Production* and developed a Food and Nutrition Resources Kit for teachers.



1976

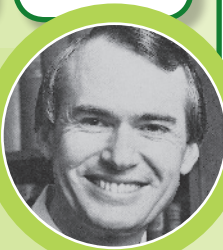
1977

In conjunction with the Annual General Meeting, a small exhibition was arranged to commemorate the tenth anniversary of the Foundation. The theme of the exhibition was a review of the work of the Foundation over its first ten years, coupled with a look to the future and newly developing activities. Dorothy Hollingsworth retired and was presented a gift by Professor Waterlow, BNF Chairman.



1978

Dr Michael Turner became Director General.



1978

1979

The first BNF Annual Conference was held, entitled *Lifestyles and Nutrition*. The event brought together speakers from a wide range of disciplines. Sir Kenneth Blaxter FRS gave the opening address, followed by presentations from Dr John Blundell, Dr Barbara Rolls and Ms Hilary Graham. BNF also held seminars for hospital caterers, health visitors and sixth-form students.



1980

The first Briefing Sheet, *Snacks and Meals – Trends and Effects*, was produced. BNF also hosted two major conferences, and held a colloquium for Members on nutritional labelling. Links were also forged with other nutrition foundations internally through a newsletter. In 1980 the Foundation began publishing an International Newsletter, which collated information about the activities of around 10 Nutrition Foundations across Europe and as far afield as Australia, the USA, India and the Philippines. Dr Juliet Gray was appointed as Science Director and Mrs Sylvia Robert-Sargeant as Education Director. HRH The Duchess of Kent was Guest of Honour at the Annual Day.



1980

Timeline 1981 - 1993

1981

The first Task Force, *Clinical Nutrition*, was set up to investigate the state of undergraduate and postgraduate training of doctors in nutrition and the current state of clinical nutrition research in Britain. BNF Task Forces comprise internationally recognised scientific experts, brought together to address the problems of particular areas where the scientific evidence is uncertain and open to misinterpretation, or requires reviewing to help guide policy decisions.



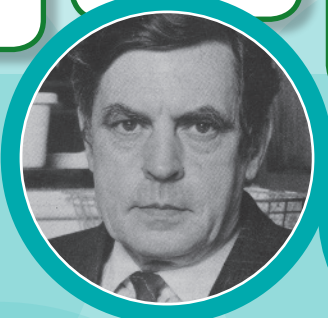
1983

The fifth BNF annual lecture focused on Implementing Dietary Guidelines. In a change to previous years, the lecture event became one-day in length. Dr Juliet Gray presented on 'Implementation of Dietary Guidelines: Obstacles and Opportunities'.



1985

Professor David Conning was Director General for 9 years (1985-1994) and in 1994 was awarded an OBE for his work on nutrition education.



1986

Dr Elsie Widdowson became Honorary President and Gill Fine and Marne Sommerville joined as Nutrition Scientists. A BNF Education Research Programme was also established.



1988

This was an extremely prestigious year for the Foundation. Her Royal Highness The Princess Royal consented to become the Foundation's Patron. As Guest of Honour at the Annual Luncheon, Her Royal Highness met members of the Foundation's staff and delivered an after luncheon speech.



1990

The Task Force on Complex Carbohydrates in Foods was launched, being chaired by Professor Dame Barbara Clayton. HRH The Princess Royal visited the BNF offices to meet staff. BNF introduced Education Awards for GCSE students, celebrating the achievements of young people. The twelfth BNF Annual Conference was entitled: *Why we eat what we eat*.



1992

The Foundation's Silver Jubilee Year. The grand finale of the Foundation's Young Scientist competition took place at a colloquium entitled Tomorrow's Nutrition held on 7th July, attended by HRH the Princess Royal. Dr Susan Jebb was announced as overall winner for her presentation on the potential benefits of glutamine supplementation. Several similar events have been held over the intervening years. The branding and logo of the BNF was also updated. This year also saw the launch of the Task Force report on *Unsaturated Fatty Acids*, chaired by Professor Alan Garton.



1982

BNF's programme of Social Survey Research into Eating Behaviour and Health continued, with additional work on the nature of the meals consumed. Dr Elsie Widdowson delivered the BNF Annual Lecture after the annual luncheon.



1984

BNF worked jointly with the Health Education Council to turn COMA advice on diet and cardiovascular disease into practical guidance on a sensible healthy diet for families. Dr Richard Cottrell joined as Science Director.



1987

The Foundation celebrated its 20 year anniversary. The *Trans Fatty Acid Task Force* report was published, with another on Calcium underway, chaired by Sir Douglas Black.



1989

Dr Margaret Ashwell joined the Foundation as Science Director and Gill Fine became Education and External Relations Director. The first National Nutrition Education Conference (NNEC) was held in Harrogate with over 230 delegates attending. The BNF Prize was introduced, recognising individuals who had advanced nutrition. The first award was made to Professor David Southgate. Professor Southgate was an active supporter for many years, as a scientific governor and Chair of the Scientific Advisory Committee.



1991

The first stage of *Food – a fact of life*, BNF's food and nutrition programme for schools was launched in partnership with MAFF and DH. Aimed at 5-7 year olds, this pack was followed by Stage 2 (7-11 year olds) in 1993. *Energy and Nutrients*, the first unit for 11-16 year olds, was launched in 1995 and two further units for this age group, *Diet and Health* and *Food Technology* were launched in Autumn 1997.



1993

The Foundation moved to its offices in High Holborn, from Belgrave Square. Also during this year, Stephanie Valentine joined the Foundation and was promoted to Education Director in 1995, succeeding Gill Fine who had developed the Foundation's education activities over a period of nine years. The book *McCance and Widdowson: A scientific Partnership of 60 years* was published.



Timeline 1994 - 2005

1994

From its early years, the Foundation has provided prizes and awards intended to stimulate interest in nutrition among undergraduates of medical, dental, food science and other such courses, and among school children taking GCSE/ Standard Grade and A-Level / Advanced Higher examinations. In 1994 the Denis Burkitt award was introduced for medical and nutrition science students in the UK and Ireland to undertake a project in developing countries. The awards were given annually until 2011. Also during this year, Dr Elsie Widdowson, Honorary President of the Foundation was made a Companion of Honour – the first female scientist ever to receive this accolade. This was also the year when Dr Brian Wharton joined the Foundation as Director General.



1994



1995

Dr Roger Whitehead was Chairman. The Foundation's Food Technology Training Course for Teachers initiative was set up, aiming to update teachers' knowledge of industrial food production. The Iron: Nutritional and physiological significance Task Force report, chaired by Professor Dame Barbara Clayton, was launched.

1996

Sir Douglas Black became the Honorary President. The conference *Nutritional concerns for older people*, held in association with Age Concern, was held and subsequently published as a briefing paper. The Foundation's education programme for schools, *Food – a fact of life*, won an award from the Times Educational Supplement.



1997

1997

BNF celebrated its 30th anniversary, launching the BNF website at the 30th Anniversary conference on 5th July. Professor Robert Pickard was appointed Director General. The first residential conference organised by BNF to include contributed papers and posters was held at Wye College in conjunction with the Royal Society of Chemistry. 'Functional Foods 97 – the consumer, the products and the evidence' attracted speakers and delegates from all over the world.



1998

1998

Dr Judy Buttriss joined the Foundation as Science Director and in 1999 won a research contract with the UK government.



1999

Professor Dame Barbara Clayton (Honorary Research Professor in Metabolism at the University of Southampton) took on the role of Honorary President, on the retirement of Sir Douglas Black (Emeritus Professor of Medicine, University of Manchester). During 1999, BNF also published its Task Force report on Obesity, chaired by Professor John Garrow, as well as the Task Force report on Oral Health: Diet and other factors, chaired by Dr Jack Edelman. A conference was held on Nutrition in the media.

2000

The Foundation's Education Group was awarded an EU-funded contract to develop an interactive CD-ROM, Teaching Food Safety, and 60,000 copies were distributed around the world. Interactive Food Facts, a CD-ROM for secondary schools, was also launched. *Nutrition Bulletin* became a peer reviewed journal, published in partnership with Blackwell Science.



2000



2001

The Foundation's Science Group was awarded the first in a series of contracts for EU-funded science projects, for the dissemination project FLAIR FLOW 4. Catering for Health was launched, comprising a practical training guide for teaching healthier catering that BNF produced on behalf of the Food Standards Agency and the Department of Health. A Task Force report on Adverse Reactions to Food, chaired by BNF's Honorary President, Professor Dame Barbara Clayton, was published.

2002

Scottish and Welsh versions of *Catering for Health* were published, and BNF News was published in colour for the first time. Leaflets for parents on lunchboxes and breakfast were also made available. BNF worked with the British Council to support the Higher Education Link project, based at the Federal University of Ceará North East Brazil.



2002

2004

The Foundation was contracted by the Food Standards Agency to conduct a critical review of the factors affecting food choice and by the Department of Health to run the Healthier Lunchbox pilot project in the South East government region and subsequently to produce the national Food in Schools Toolkit on its behalf.



2003

2003

The Department for Education and Skills contracted the Foundation and consortium partners to establish the Food Partnership programme, training secondary school food specialists to work with primary school teacher colleagues to promote practical cookery. This scheme continued to grow throughout England and ended in 2010. The report of a Task Force, *Plants: Diet and Health*, chaired by Professor Malcolm Jackson was also published.



2005

Food – A Fact of Life, a BNF website for primary schools, was launched with a module on healthy eating and modules on cooking and food skills. Modules on food and farming followed in 2006 and 2007. In addition, a Task Force report on Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors, chaired by Professor Keith Frayn, was published.



2004

Timeline 2006 - 2017

2006

The Science Team worked with DEFRA on a project to scope research needs in the area of functional crops and ingredients, which included a BNF-hosted workshop, and with the National Audit Office on a project concerning the food and exercise opportunities offered in prisons.



2006

2008

BNF published a systematic review on food sensitisation and peanut allergy, conducted on behalf of the FSA, to inform government advice. This year also saw the Foundation awarded a series of new contracts, including an extension of the government's *Licence to Cook* programme, as part of a consortium with the Specialist Schools and Academies Trust and the Design and Technology Association.



2008

2009

2010

During this year the Foundation welcomed Professor Alan Shenkin as its new Honorary President. With the help of an expert panel, BNF published a review on hydration and health in *Nutrition Bulletin* and developed a healthy hydration guide for consumers. This was followed by a BNF conference on hydration and health in November. Also this year, BNF launched its e-seminar programme for teachers.



2010

2011

Roy Ballam, who had joined the Foundation in 1995, took over responsibility for BNF's education programme, working alongside BNF's Science Programme Manager, Sara Stanner, who had joined the Foundation in 1999. New consumer-focused sections of the BNF website and a twitter account were launched. A Briefing Paper reviewing the diets of school-aged children in the UK was published and the *European Food Framework* project, which focused on supporting the teaching and learning of children throughout Europe, was completed. BNF also joined the Information Standard certification scheme for health and social care information.



2012

For the Foundation's 45th anniversary, BNF held a conference on Behaviour change in relation to healthier lifestyles, attended by our patron HRH the Princess Royal. A special issue of *Nutrition Bulletin* was published. BNF was selected to take over the Drummond Memorial Fund originally established in 1954 in memory of Sir Jack Drummond. The fund supports a programme to extend the reach of BNF activities and to add value to the Foundation's existing work. Professor Martin Wiseman was awarded a BNF Lifetime Achievement Award in recognition of his substantial contribution to nutrition.



2012

2013

BNF launched its Task Force report *Nutrition and Development: Short- and long-term Consequences for Health*, chaired by Professor Tom Sanders. In June BNF held its first Healthy Eating Week for all schools and nurseries in the UK, with the aim of promoting healthy diets (food and drink), physical activity and to improve the understanding of where food comes from. Over 3,000 schools participated in the event, representing 1.3 million children and young people and the event received substantial media coverage.



2014

BNF developed Schemes of Work and lesson plans to support the introduction of compulsory cooking and nutrition in the National Curriculum in England. Six training courses, as well as 12 online events, were run to further support high quality food education teaching and learning. BNF launched a range of 'Back to Basics' resources on the website, providing additional information for consumers to show how to put *The eatwell plate* into practice in the context of recognisable meals and snacks. BNF also worked with an expert panel to develop a food-based guide on healthy eating for toddlers.



2014

2015

BNF worked with Public Health England to develop frameworks of knowledge and skills required to teach food and nutrition in schools. Online courses on dietary fibre were launched for pharmacists, midwives/health visitors and practice nurses. Membership for nutrition students and graduates was also launched.



2016

The BNF website was relaunched, resulting in increased visits, and a new online nutrition training portal was launched. *Nutrition Bulletin* was available in almost 10,000 institutions, with over 110,000 downloads. Two new partnerships were launched: Early Years Nutrition Partnership, supporting nutrition in preschool settings, and the Food Teacher Professional Portfolio, enhancing teacher professional development.



2016

2017



BNF CELEBRATING
50 YEARS 1967-2017

2017

BNF celebrates its 50th Anniversary and a range of activities is planned. Here's to the next 50 years!



Left to right: Ms Sarah Coe, Ms Rebecca Haresign, Ms Sara Stanner, Professor Judy Buttriss, Ms Ayela Spiro, Dr Lucy Chambers, Dr Stacey Lockyer, Dr Rosalind Miller, Ms Helena Gibson-Moore, Mr Roy Ballam, Mrs Kim Down, Ms Katie Relp, Mrs Frances Meek, Mrs Bridget Benelam, Mr Mizanur Rahman, Mrs Claire Theobald and Ms Emily Robinson (taken at the BNF Annual Day, 22 November 2016).



*Professor Alan Shenkin
BNF Honorary President*



*Professor Christine Williams
Chairman of the Board
of Trustees*

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