

Nourishing tomorrow: Equipping children and young people for better dietary health in the future

British Nutrition Foundation Annual Conference

25 November 2025, 10.00 – 16.00, Royal College of Physicians, London NW1 4LE

Programme

Chair: Elaine Hindal, Chief Executive, British Nutrition Foundation

Annual Lecture and Awards

- 10.00 Welcome – Elaine Hindal, Chief Executive, British Nutrition Foundation
- 10.05 Annual Lecture - Professor Glenn Gibson, University of Reading
- 10.45 Awards ceremony
 - Community Award – Tiggy Parry
 - Early Career Runner up – Dr Cara Ruggiero
 - Early Career Winner – Dr Xuemei Ma
 - Pump Priming Award – Dr Grainne Whelehan
 - BNF Prize – Prof Janet Cade
- 11.10 Break
- 11.30 Break Finishes (Please be back in the Seligman theatre promptly by 11.35)

Main conference

11.35 – 13.20 Session 1: the challenges

- 11.35 ALL delegates to be seated.
- 11.45 *The Born in Bradford Study – research on the health challenges faced by families*
Professor Maria Bryant, University of York
- 12.05 *The impact of the food environment on children's health*
Professor Amelia Lake, Teesside University
- 12.25 *Holiday hunger and the impact of Holiday Activities and Food (HAF) clubs on child health*
Professor Greta Defeyter, Northumbria University
- 12.45 Panel discussion
- 13.10 Closing remarks

13.20 Lunch (45 minutes)

14.05 – 16.00 Session 2: the solutions

- 14.05 *The impact of treatment programmes for children and young people living with obesity*
Professor Paul Gately, MoreLife and Obesity UK
- 14.20 *A global view: the UNESCO report on Education and Nutrition*
Professor Donald Bundy, London School of Hygiene and Tropical Medicine
- 14.35 *The role of UK schools and education initiatives on child health*
Frances Meek and Claire Theobald, British Nutrition Foundation
- 14.50 *University initiatives for changing dietary behaviour: Menus for Change*
Matt Tebbit, University of Reading
- 15.05 *The impact of Free School Meals in London*
Joanne McCartney, Deputy Mayor for Children and Families, Greater London Authority

- 15.20 Panel discussion
- 15.50 Chairs close
- 16.00 Finish

Speaker details

Prof Glenn Gibson, Professor of food microbiology and Head of Food Microbial Sciences at the University of Reading.

Professor Gibson received his PhD from University of Dundee and then worked as a research scientist in MRC Dunn Clinical Nutrition Centre, Cambridge later becoming the Head of Microbiology Department in BBSRC Institute of Food Research. Glenn was co-instigator of the prebiotic concept for gut microbiota modulation and the paper which originally coined the term prebiotic (and synbiotic) became the most highly cited publication ever on functional foods.



Prof Gibson was the winner of the British Nutrition Prize in 2024 for his outstanding achievement in the field of microbiology and he will now give our Annual Lecture.

Prof Maria Bryant, Professor of Public Health Nutrition, University of York.

Prof Bryant is a nutritionist with over 20 years' experience in the design and delivery of trials and related methodological research in the field of food, diet and obesity.

Her methodological interests include development and evaluation of public health interventions, food systems, food insecurity, early years and school food settings and applied health research.



In addition to being the strategic lead of a portfolio of research focused around public health nutrition within the Department of Health Sciences and the Hull York Medical School, Professor Bryant is the Director of Nutrition Research for Born in Bradford, theme lead for UKPRP ActEarly (Evaluation theme and Food and Healthy weight theme), sub-system lead for Early Years and Schools within UKRI Fix our Food, Academic Director of the BaBi network, the academic lead for Diet and Obesity evaluation for a Better Start Bradford, and the out-going Chair of the Board of Trustees for the UK Association for the Study of Obesity (ASO).

Prof Amelia Lake, Professor of Public Health Nutrition, Teesside University, Deputy Director of Fuse

Amelia is a dietitian, a public health nutritionist and is Professor of Public Health Nutrition at Teesside University and Deputy Director of Fuse, The Centre for Translational Research in Public Health. Amelia is an executive of Nutrition North, a coalition of nutrition scientists and practitioners across the North of England region. She is a member of the British Nutrition Foundation Scientific Committee and serves on the editorial board of the British Nutrition Foundation Nutrition Bulletin.



Amelia's research involves transdisciplinary collaborations to examine how the environment interacts with individual behaviours. Her work is at the interface between research and

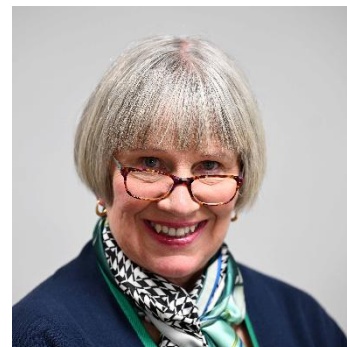
nutrition.org.uk

policy, covering topics such as healthy planning, food insecurity, energy drinks, workplace health, outdoor advertising, food systems, sustainability, and knowledge exchange. She is passionate about communicating research with the public, policy makers and practitioners. Amelia works part-time, runs The David Ashwell Foundation in memory of her eldest son David and has two school age children.

Prof Greta Defeyter, Professor of Developmental Psychology, Northumbria University

Greta is the Dean of Social Mobility and Policy Engagement, Professor of Developmental Psychology, and the Director of the 'Healthy Living' Lab at Northumbria University.

She has published numerous scientific and policy papers on children and young people's wellbeing, food insecurity, school breakfast clubs, school meals, food pantries, the Holiday Activities and Food programme, and has led numerous co-design projects to ensure that children's and young people's voices are not only heard but acted upon both in policies and practice.



In 2015, she was made a Fellow of the British Psychological Society in recognition of her co-produced research with children living in areas of social and economic deprivation. In 2020 she was recognised, by the Big Issue, as one of the top 100 change makers for her research and policy impact on food poverty in the UK.

In 2023 she was made a Fellow of the Royal Society of Medicine and is President of the RSM Food and Health Section. In 2025 she was named an Officer of the Order of the British Empire (OBE) in recognition of her services to Education.

Prof Paul Gately, CEO, MoreLife and Obesity UK.

Paul Gately is CEO of MoreLife and a Visiting Professor in the Department of Surgery and Cancer at Imperial College London. Paul was the Principle Investigator on Public Health England's Whole Systems Approach to Obesity and set up the Obesity Institute at Leeds Beckett University.

His primary research interest is adult and childhood obesity treatment strategies but he has a focus on the use of systems approaches to tackle the wider determinants of obesity.

Paul is also CEO of Obesity UK a members led charity and a trustee of the Association for the Study of Obesity.



Prof Donald Bundy, Professor of Epidemiology and Development, London School of Hygiene and Tropical Medicine.

Donald Bundy is Professor of Epidemiology and Development at the London School of Hygiene & Tropical Medicine. He is Director of the Research Consortium for School Health and Nutrition and Advisor to the UN World Food Programme, leading a global research effort to provide evidence-based guidance to the 100+ member states of the School Meals Coalition on strengthening national school meals programmes.

Previously, Professor Bundy served as Senior Advisor to the Global Health Team of the Bill and Melinda Gates Foundation; Lead Education &



Health Specialist to the World Bank's Africa Region and Human Development policy unit; and Deputy Director of the Epidemiology Centre, University of Oxford.

Claire Theobald BA (Hons) QTS, Education Services Manager

Claire graduated from the University of Lancaster with a BA (Hons) QTS. During her teaching career, she taught pupils in middle and primary schools where she held a number of responsibility posts including being a member of the Senior Management team, Upper Key Stage 2 Co-ordinator and a Teacher Governor.

In her role as Education Services manager at the British Nutrition Foundation, Claire develops educational materials, and delivers training, to support education around healthy eating, cooking and where food comes from in early years settings, schools and settings outside of school (e.g. holiday clubs).



Claire is lead for the British Nutrition Foundation's annual health initiative Healthy Eating Week (*Snack-tember* in 2025) and is Chair of the British Nutrition Foundation's four Education Working Groups. Claire is currently leading the development of online training courses to support holiday clubs running practical food activities with children and young people.

Frances Meek BA (Hons) QTS, Education Services Manager

Frances is responsible for supporting the British Nutrition Foundation's work with secondary schools and their students. Frances also leads on the Foundation's *Food – a fact of life* education programme for schools and professional development for teachers. Frances acts as a consultant to review, develop and evaluate educational materials and programmes for independent and government organisations, including recently developing new Cooking and Nutrition resources for Oak National Academy. Frances' background is in secondary food and nutrition teaching.



Matt Tebbit, Director of Dining at the University of Reading.

Matt Tebbit is Head of Bars and Dining at the University of Reading, and his main interests are sustainable food systems and how diet can improve academic outcomes. At Reading, he has spearheaded the University's emphasis on feeding students and staff nutritious and delicious food to improve academic outcomes, aligning with Reading's extensive research and teaching across food system.

Matt has led Reading to achieve a number of sector firsts including the roll-out of Meal Plans to all students and staff, adoption of the Menus of Change principles and become a member of Menus of Change Universities Research Collaborative (MCURC) with the BBC Food programme commenting "remarkable kitchens at a remarkable university".



Beyond Reading, Matt is a Director of TUCO, chairs the TUCO Sustainability Group, leading the adoption of Menus of Change across HE, sits on the NACUFS Membership Committee and is a member of the MCURC Advisory Council.

Joanne McCartney, Deputy Mayor for Children and Families, Greater London Authority

Joanne is the Statutory Deputy Mayor of London and in this role she acts on behalf of, and represents, the Mayor London.

Joanne is also Deputy Mayor for Children and Families. Her priorities include delivering programmes to support children and young people across the city, including improving their health and well-being. She has led the Mayor of London's Universal Free School Meals programme, resulting in all of London's state primary school children being able to eat a healthy free school lunch every day, and is currently working on a programme to support the City's schools better support young people's mental health.

