

British Nutrition Foundation Annual Conference 2023

A fragile food system and increasing inequality

The global food system. Population, environment, and nutrition

Duncan Williamson, Global Strategy Lead, Food System Transition, Forum For The Future

Duncan has over twenty-five years of experience working in the climate change, water, and conservation sectors. He has set up and managed programmes on freshwater, climate, sustainable diets and food systems for WWF UK and International, Compassion in World Farming (CIWF) and Action Against Hunger, co-founded and Eating Better, which now has 63 member organisations, and in 2020 set up his own consultancy Nourishing Food Systems, specialising in research, policy and advocacy strategy development connected to climate, water and nature and in the food, agroecology, land management and finance sectors.



Currently alongside working for Forum he is the lead advisor for Sustainable Gastronomy for the Barilla Foundation and Climate Smart Chefs programme, and the chair of Eating Better.

He has an MSC in Sustainable Environmental Management focusing on catchment-based approaches and a BA in Philosophy.

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Insights into Healthy Sustainable Diets in the UK through a Consumer lens

Sally Ball, Strategic Insight Director, Nutrition & Public Sector, Kantar

Sally has over 20 years' experience working within the food industry across consumer insights and category management, the majority of which has been with Kantar.

Sally particularly enjoys unearthing trends and piecing together stories to support clients with developing their strategies.

Sally now heads up the Public Sector and Nutrition team for Worldpanel, leading on health insight. She lives in Bath with her husband and teenage sons.



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Academic insight into the status, barriers and access routes to healthy sustainable diets

Dr Christian Reynolds, City, University Of London

Dr Christian Reynolds is an expert in food loss and waste, sustainable diets, and food policy. He has researched and addressed these issues globally and has published extensively.

He has provided evidence to parliaments and played a role in developing standards for food loss and waste accounting. His recent work focuses on citizen science, sustainability in the UK food system, and the environmental impact of public procurement.

Currently, he is leading a project on reducing plastic packaging and food waste through product innovation simulation. He is also involved in a project investigating the effects of food taxes on the entire food system.



He has previously held positions at WRAP where he worked on international food sustainability and integrating healthy sustainable eating and food waste reduction policies.

Additionally, he has collaborated with global partners such as the World Bank, NRDC, and WWF.

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Connections between food insecurity and obesity

Dr Adrian Brown PhD RD, University College London

Dr Adrian Brown is a NIHR Advanced Fellow and Senior Research Fellow/Lecturer in Nutrition and Dietetics in the Centre of Obesity Research at University College London and programme co-lead of the MSc Dietetics (Pre-registration) course at UCL. He is also a Senior Specialist Weight Management and Bariatric dietitian with over 17 years of clinical experience and a PhD in Medicine from Imperial College London.



His research interests centre around obesity, type 2 diabetes, bariatric surgery, weight stigma, food insecurity and sustainability in people living with obesity and the use of formula-based diets in different patient populations. With his NIHR Advanced fellowship focussing on weight loss in people living with obesity and kidney failure on haemodialysis prior to kidney transplant.

He is part of the research team of the UKRI Transforming UK Food Systems grant entitled FIO-Food (Food insecurity in people living with obesity). This project looks to address food insecurity in people living with obesity to support sustainable and healthier food choices in the retail environment. Within this project he supports the work package focussed on the lived experience.

Dr Brown is Chair of the Specialist Obesity Group for the British Dietetic Association, an Honorary Academic for Office for Health Improvement and Disparities, on the board of Trustees for the Academy of Nutrition Science, the strategic council for APPG on Obesity, Steering Committee for Obesity Empowerment Network and the scientific council of the British Nutrition Foundation. He is also Associated Editor for Clinical Obesity.

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Annual Lecture

Professor Julie Lovegrove, Professor of Human Nutrition and Director of the Hugh Sinclair Unit of Human Nutrition at the University of Reading

Professor Julie Lovegrove is a registered nutritionist with over 30 years' experience researching the role of nutrition on cardiovascular diseases, focusing on the metabolic impact of dietary fats, nutrient-gene interactions and personalised nutrition.

Her work, which has led to more than 280 scientific publications, has made a major contribution in establishing the relevance of dietary fat quality to the development and prevention of cardiometabolic diseases such as cardiovascular disease, type 2 diabetes and the metabolic syndrome (diabetes, high blood pressures and obesity).

Professor Lovegrove also serves on a number of external committees, including her position as Deputy Chair of the UK Government's Scientific Advisory Committee for Nutrition (SACN) and President of the Nutrition Society.

She was presented with the BNF Prize in 2022.

