

Annual Review 2015-2016



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; 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

“ ...our plan is to develop a wider strategy for our external engagement which will support the work of the Foundation’s staff. ”



Welcome to the BNF Annual Review 2015-2016

The past 12 months have seen major changes in the Foundation's staffing and IT structures, which have been underpinned by a detailed, strategically focused three year business plan.

The business plan forms the foundation of our long term strategy to increase revenue and impact and reduce costs, through more flexible working styles and practices. A re-branding exercise has been undertaken that will support the updated website and revitalise the perception of the British Nutrition Foundation as a twenty first century organisation. These changes will continue to develop and impact over the next two years with the aim to diversify income generating activity, reduce costs and enable long term financial stability for the Foundation in order to secure its charitable aims for the future.

Over this very busy period, the Foundation has managed significant changes in the roles and responsibilities of the senior leadership team in order to strengthen our operations, maximise efficiency and support the development of all our staff. The Education Director has been appointed to the role of Managing Director and Head of Education and the Science Director has taken on additional responsibility which, together, has allowed the Director General to undertake a phased transition to a three day working week. The senior team has worked together tirelessly and flexibly to achieve these changes in a carefully managed way, whilst also responding to the normal challenges of maternity leaves and other staffing

changes. As we move into the next phase of change there will be increasing emphasis on developing more efficient and flexible working practices in the roles below the senior team, with greater interaction and co-working between the education and science groups.

These operational changes are designed to ensure that the work of our scientists and educational practitioners can continue to support the Foundation's aims to provide accessible, scientifically-based messages on diet and health. In last year's Annual Report my predecessor, David Gregory, highlighted the ever increasing public interest in nutrition and health stimulated by an almost constant stream of media stories in the popular press. This year has been no different with also an added focus on childhood obesity in the run-up to publication by the Department of Health of the long awaited report 'Childhood obesity: a plan for action'. Regrettably some of the stories in the media do little to reduce public confusion about what constitutes a healthy diet, yet rates of overweight and obesity of 31% in UK 2-15 year-olds have major implications in terms of adverse long term health and quality of life, as well as health care costs for the UK. Against this background the Foundation's staff continues to reinforce public health advice which is based on sound science within the context of a detailed analysis of a large body of evidence, not single reported studies.

In addition they provide practical advice and guidance on how people can achieve dietary targets and, through their work in schools and with teachers, help to support an understanding of diet and health based on sound nutritional principles.

During 2017 our plan is to develop a wider strategy for our external engagement which will support the work of the Foundation's staff. We could do more to ensure that the considerable knowledge held by members of our Council and Committees is used to better effect in responding to some of the less responsible media stories as well as published 'opinion pieces' that are often misinterpreted as peer reviewed science. This will require considerable effort and co-ordination on our part, including through formation of stronger alliances with other groups who share our aims and aspirations. The Foundation has a unique role to play in ensuring that evidence-based nutrition science forms the basis of our translational work with all our stakeholders – the public, children, teachers, health professionals, the media, government and industry.

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.

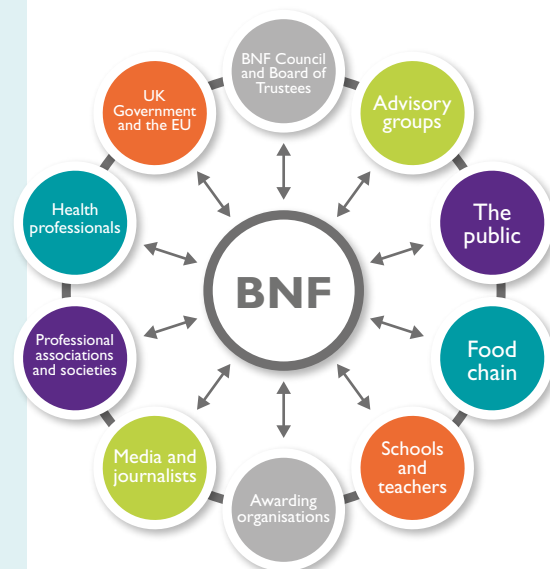
Our website content is governed by the Information Standard and a web panel exists to help ensure relevance to the intended audiences and clarity of the information.

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...” ”

How we ensure our integrity

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.

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.

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



Our achievements in 2015-2016

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

The past year, through a nutrition lens, has been dominated by media headlines on obesity and sugar, fuelled by the publication in Summer 2015 of the report on *Carbohydrates and Health* from the government's Scientific Advisory Committee on Nutrition (SACN) and Public Health England's Eatwell Guide in the Spring of 2016, news of the sugar levy on soft drinks, and the speculation as to the content of the long-awaited childhood obesity strategy.

But, of course, there is more to nutrition than calories and sugar; and the Foundation has worked hard to stress the full spectrum of nutrition science principles that together underpin a healthy and varied diet. In particular, we stressed the importance of dietary fibre, in light of the largely overlooked advice from SACN of the strengthened evidence regarding fibre and health, and concerns about intakes of some micronutrients (vitamins and minerals). We also produced resources for schools and for the public to put the new advice into context. Other priorities for the year were an upgrade of our external IT systems and we continued to engage with the research councils and with the government, through membership of External Reference Groups (e.g. with regard to the Eatwell Guide, 5-a-day and the Family Food Survey).

The Foundation's achievements for the year are reported in the context of our five year strategy, the four strategic objectives being:

- **Nutrition science:** Communicate with health professionals, industry and journalists to provide easily accessible, evidence-based information and training on food, nutrition and healthy lifestyles for public health benefit.
- **Education:** Provide educators with up to date, curriculum compliant resources and training to support the rapidly changing needs of the 21st century learner.
- **People and facilities:** Develop highly trained and motivated staff, and ensure strong governance and appropriate facilities are in place to support BNF's charitable activities.
- **Funding and finance:** Sustain financial security to support and advance BNF's charitable activities.

The following demonstrate the breadth, variety and diversity of our work across the audiences with whom we interact.

Professor Keith Fryan
BNF Prize Winner 2014





Left: www.foodafactoflife.org.uk

Below: www.nutrition.org.uk

BNF Websites

- The BNF website, www.nutrition.org.uk, was updated and relaunched in November 2015. New resources and website information were developed for health professionals and the public, such as weekly meal planners to show how to meet current dietary guidelines, including the new government recommendations for free sugars and dietary fibre. The site continues to have 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. Compared to the last financial year, visits increased four-fold (434%).
- The BNF education website, *Food – a fact of life* www.foodafactoflife.org.uk, which provides a wealth of resources for primary and secondary school teachers, had visitor numbers up by 14%, compared to the previous year. New resources were developed and distributed to support the launch of the Eatwell Guide.

Conferences and events

- The 2015 BNF Annual lecture was given by Professor Keith Frayn, Emeritus Professor of Human Metabolism at the University of Oxford and winner of the BNF Prize in 2014, at the BNF Annual Day on 17 November 2015. The lecture, "Living with lipids: reflections of a fat physiologist",

is available to view at: bit.ly/1s0Gwx

- A BNF conference, *Nutrition Science – past, present and future*, was held on the 26 April 2016, with over 140 attendees. Our Patron attended the event and gave the opening address.
- The BNF Scottish Education Conference for secondary school food teachers was held in Edinburgh on the 5 March 2016. This professional development training event was attended by 150 teachers.
- *Familiar Foods: Innovative Ingredients*, a new series of online events, was launched for health professionals. The first event which focused on the nutritional benefits of oats attracted 103 participants, and has been viewed over 600 times subsequently.
- With the increasing interest in the role of protein in the diet, we held an eSeminar focussing on protein's functions and effect on health.
- Face to face presentations were given at a range of events, including Food Matters Live, the BDA conference, the Food Teachers Centre, Primary Care and Public Health, industry events, such as the Food and Drink Innovation Network's SACN event, and workshops for nutritionists and for health visitors.

4x 
visitor increase to our website



Our achievements in 2015-2016

Online course for caterers

In recognition of the important role that the out-of-home sector plays in making healthier food choices available and in positively promoting these healthier choices, we designed a training course for caterers, food service providers and catering students. *Catering for Health Online* focusses on the skills and knowledge needed to create and offer healthier menus. It provides information on healthier cooking practices, and shows how to select healthier ingredients, as well as how familiar recipes can be adapted simply to create healthier menu selections. It was developed with the advice of catering students from Westminster College, Public Health England and leading catering companies.

Below: www.nutrition.training

Online training

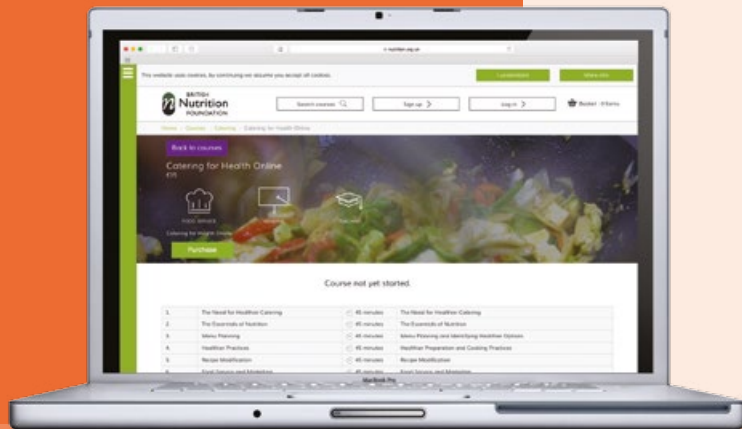
- A brand new online training platform was launched, www.nutrition.training. The platform has a modern, responsive design and has been developed to enable BNF to provide the opportunity for nutrition training to be undertaken by a range of audiences. New courses such as *Exploring Food and Nutrition*, *Catering for Health Online*, and *Complementary Feeding and Obesity* were launched, with others being updated to reflect recent nutrition recommendation changes.

Task Force

- Progress has been made with the Task Force on *Cardiovascular Disease: Diet, Nutrition and Emerging Risk Factors*. This is being chaired by Professor Keith Frayn, Oxford, and will lead to an update of BNF's previous report on this topic.

Newsletters

- BNF News was published on the BNF website, receiving 21,500 hits and 1,500 registrations to automatically receive future copies. The newsletters feature BNF posters on topical issues, such as achieving the new recommendations on fibre and free sugars, and choosing fats wisely. This BNF guide can help inform your choice.
- A *Food – a fact of life* education e-newsletter was disseminated each month, featuring activity throughout BNF. The average distribution was 23,089, with a 40% open rate.



Above: BNF News newsletter with poster featuring recommendations on fats.





Nutrition Bulletin

- The journal *Nutrition Bulletin* was available in 9,773 institutions. The number of downloads increased by 7% in 2015, to over 110,000.
- BNF scientists wrote an in-depth review of micronutrient status and intakes in the UK, as well as a paper reviewing the effects of dietary fibre in chronic disease prevention, which included a survey of the knowledge of practice nurses on this topic.
- In addition, 12 news and views articles on topical issues, as well as *Facts Behind the Headlines* articles and several conference reports, were published. These proved very popular: the article on coconut oil, for example, has had over 23,000 downloads and was widely discussed via social media.
- In light of the topicality of vitamin D, with the new report from the Scientific Advisory Committee on Nutrition on this nutrient, a virtual issue, *Vitamin D – Population Requirements, Intake and Status: Implications for Health*, was launched in collaboration with the *Journal of Human Nutrition and Dietetics*.

Independent reviews

BNF wrote a review of micronutrient status and intake in the UK, considering factors that might influence this over the next decade. This was carried out with input from our Scientific Advisory Committee and published in *Nutrition Bulletin* (<http://onlinelibrary.wiley.com/doi/10.1111/nbu.12187/abstract>). It attracted media coverage as well as interest from health professionals and researchers via social media.



The number of *Nutrition Bulletin* downloads increased by 7% in 2015, to over 110,000

Our achievements in 2015-2016

School interaction

- An assessment of use of the primary school materials on the *Food – a fact of life* website was undertaken. The study took place in 20 schools throughout the UK. Feedback from teachers, children and parents indicated that the website and its materials supported food education, teaching and learning in primary schools. Learnings from the study will be incorporated into future developments in 2016/17. A paper explaining the study and its results was published in *Nutrition Bulletin* (March 2016).
- A three-year continuing professional development training programme, for secondary school food teachers throughout the UK was launched. During year one, the programme attracted over 1,200 registrations. Seven webinars were broadcast and one initial teacher

training event held at the University of East London. A physical portfolio was developed and disseminated to all registered teachers, supporting their professional development journey. Evaluation from year 1 is scheduled to be published in *Nutrition Bulletin*.

- Scrutiny of GCSE examination specifications, including new food preparation and nutrition courses, was undertaken.
- Work with the School Food Plan was undertaken, supporting its work to support Ofsted inspections and developing a toolkit for teacher training.

School Food Champions

The School Food Champions project aimed to increase school lunch uptake by at least 5% in secondary schools. Final results show that 88% of pilot schools recorded sustained uptake, with 323,900 additional meals being served. The project was completed by BNF, the D&T Association and Eagle Solutions Services on behalf of the Department for Education.

www.schoolfoodchampions.org.uk

Teacher Training

Working in collaboration with AHDB Beef & Lamb and AHDB Pork, around 120 teachers took part in healthy eating and cooking workshops, with another 95 teachers attending a professional development conference. Teachers indicated that these events would positively impact on their teaching back at school.

www.meatandeducation.com





BNF Healthy Eating Week

- BNF Healthy Eating Week engaged with 6,800 schools throughout the UK, representing 3.1 million children and young people. Posters, digital resources, five webinars, support guides, health festival packs and a competition were provided free of charge to all registering schools.
- In addition, over 80 companies and organisations participated in the Week, using a range of new materials developed specifically to support workplace health and wellbeing. An article about BNF Healthy Eating Week 2016 was written for publication in *Nutrition Bulletin*.
- Our Patron, HRH The Princess Royal, attended a celebratory event during the Week to view the work undertaken by a school in Windsor.

Early Years Nutrition Partnership

- The Early Years Nutrition (EYN) Partnership, a social enterprise partnership between the Pre-School Learning Alliance, the British Nutrition Foundation and Danone was launched. It aims to improve the future health of young children by setting a standard for nutrition practice in the early years. Unique and central to the EYN Partnership is the provision of 'hands-on' help for early years settings, delivered by a network of registered nutrition professionals specialising in nutrition for the under-fives. These nutrition professionals

work alongside settings, such as nurseries, to improve their nutrition practice, supporting them on their journey to improve and enhance their approach to nutrition practice. The EYN Partnership is committed to building a working model that will support those settings with the highest social deprivation needs, with an ambition that at least 10% of the settings registered will benefit from subsidised access.

- The programme will help to upskill early years' practitioners by providing them with the opportunity to study for a Level 3 CACHE award in nutrition and hydration in the early years, or a Level 2 course for early years' caterers.
- Training packages and toolkits were developed, ready for piloting in early 2016. For further details visit www.eynpartnership.org.

Media service

- BNF was quoted around 60 times per month, 16% in national newspapers and 34% in regional newspapers. BNF also authored articles in *Nutrition Bulletin* which led to positive media coverage.
- The BNF 'duty nutritionist service' led to regular contributions to TV and radio programmes, including Countryfile, Nutrition Uncovered, ITN News, SkyTV and Radio, Radio 4 and the BBC World service.

Putting advice into practice

Following the publication of the report on *Carbohydrate and Health* from the Scientific Advisory Committee on Nutrition, BNF developed a meal planner to show what a diet that met the new recommendations for free sugars and dietary fibre, alongside the UK's other dietary and food-based guidelines, looked like. As well as being asked to present this at several conferences and discussing our findings in a paper published in *Nutrition Bulletin*, we produced bespoke planners for some of our members. We also launched several resources based on our findings, including 'You can do carbs' for *Healthy Food Magazine*, which was circulated to around 500,000 consumers.



BNF is quoted in the media on average 60 times per month

Our achievements in 2015-2016

- Regular blogs, columns and articles were written for several magazines and websites.
- Commentaries on nutrition story headlines, new research and reports were published on our website throughout the year.
- BNF used its social media accounts to proactively publish nutrition news, as well as to engage with a range of stakeholders. @BNFEvents received 276,157 impressions, with a 342% increase in followers. @FoodaFactOfLife received 1,212,530 impressions, with 13,035 direct engagements.

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 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:

- The 4-year EU-funded BACCHUS project (312090) ends in Autumn 2016 and has focused on identification of cause and effect relationships between cardiovascular health in humans and consumption of bioactive peptides and polyphenols. A main output has been a toolkit to support the needs of those small and medium sized enterprises (SMEs) in the food sector considering making health claims on their products. BNF's main role in the project has been to develop a *Best Practice Guide* on the health claims process.
- Together with the Royal Agricultural University and Aston Business School we contributed to a review for the National Farmers Union on the constraining and enabling factors that influence UK consumption of fruit, vegetables and potatoes.
- Working with Government, we have been involved in the creation and dissemination of resources to all schools in England and a school lunch intervention project in secondary schools in England to increase school lunch uptake.

Hosting a roundtable event

At the request of a leading baby food manufacturer, BNF hosted a roundtable event, where infant feeding experts discussed and debated the science on the benefits of a 'vegetables first' approach to complementary feeding and recommended how to translate the science into practical messages for health professionals and parents/carers. A consensus report on this topic was published in *Nutrition Bulletin* (<http://onlinelibrary.wiley.com/doi/10.1111/nbu.12220/full>) and this approach has been integrated into the food manufacturer's messaging and product range.

- 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 been involved in the creation and dissemination of resources to all schools in England.”



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 2015 was Professor Philip Calder, Professor of Nutritional Immunology at the University of Southampton.

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 2015 were:

Dr Ed Chambers, Imperial College London
Dr Hyang-Min Byun, University of Newcastle

BNF Drummond Nutrition Science Communication Awards

The Foundation rewards the excellence of nutrition science communication by recent nutrition graduates and school teachers. In 2015, awards were presented to:

Miss Kyla Booth, Strathclyde University
Miss Janine Coulthard, King's College London
Miss Rhia Mhajan, King's College London
Mr Nick Shapland, Forest Gate Community School
Ms Debbie Smith, Ravenscliffe High School and Sports College SEN

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: Madeleine Read
Teacher: Saba Ahmed
Richmond Waldegrave School, Twickenham

Council for the Curriculum, Examinations and Assessment
Student: Alex Patterson
Principal: Deborah O'Hare
Wallace High School, Lisburn

Edexcel
Student: Elena Crossan
Teacher: Patrick Champion
Clevedon School, North Somerset

Oxford, Cambridge and RSA Examinations Group
Student: Tanveer Sangra
Teacher: Catryn McDonald
Derby High School, Derby

Scottish Qualifications Authority
Student: Jenny Leggat
Teachers: Gail Read and Lauren Munro
Harris Academy, Dundee

Welsh Joint Education Committee
Student: Marcia Rowlands-Jones
Teacher: Cath Saunders
Balcarras School, Cheltenham

A-level/Advanced Higher Awards

Assessment and Qualifications Authority
Student: Zoe Elizabeth Wild
Teacher: Nicola Sanvoisin
St Swithun's School, Winchester

Council for the Curriculum, Examinations and Assessment
Student: Caitlin Irwin
Teachers: Jayne Lloyd and Katherine Steenson
Methodist College, Belfast

Edexcel
Student: Benjamin Layzell
Teacher: Jo Carrington
St. Clement Danes School, Chorleywood

Oxford, Cambridge and RSA Examinations Group
Student: Chloe Brown
Teacher: Karen Crow
Urmston Grammar School, Manchester

Scottish Qualifications Authority
Student: John Driscoll
Teacher: Lynn Smith
Blairgowrie High School, Blairgowrie

Welsh Joint Education Committee
Student: Neave Hayter
Teacher: Marianne Skinner
Exmouth Community College, Exmouth



*Professor Judy Buttriss
Director General*



Our ambitions for the future

With a strong UK policy focus on childhood obesity and sugar reduction, diet and nutrition has continued to be in the spotlight and this is set to continue for the foreseeable future now that the long-awaited Childhood Obesity Plan has been published.

The Foundation is already contributing to policy-relevant work on a number of fronts and is well placed, going forward, to provide support to stakeholders (teachers, health professionals, the food industry, government) and clarity in the communication of sound science to benefit the public.

Further afield, the challenge facing all countries over the coming decades will be food security; feeding a growing and more prosperous global population in the face of the effect on food production of anticipated climate change. More mouths to feed and greater expectations regarding dietary choice and quality will inevitably mean tough decisions and trade-offs. In the medium term, for the UK, the spotlight will be on the effects of our exit from the European Union (EU); new trade agreements are being forged and these could shape the price of food here and also our contributions to other economies. An opportunity once we exit the EU will be our ability to adjust food legislation to suit our purposes. Currently, efforts to reformulate products are being constrained by compositional Directives and the legal frameworks within which food businesses are obliged to operate but, if changes are made, care will be needed to ensure that products retain accessibility to EU markets.

Some businesses are now calling for a level playing field and associated legislation to help ensure that leadership in the field is not compromised by losing market share to those who lag behind in efforts to produce and promote healthier choices. The next couple of years will be interesting to say the least and the Foundation is up for the opportunities and challenges change will bring.

The past year has been a year of change for the Foundation, but what is not changing is our primary strategic aim and objectives. We shall continue to secure and develop new and existing collaborations that support our efforts to translate and communicate often complex scientific information to make nutrition science and the broad principles of a healthy diet accessible to all. As before, there will be a blend of BNF-resources and collaborations with others who share our aims and values. These efforts will benefit from an enhanced IT infrastructure and strategies to improve our impact.

Professor Judy Buttriss
Director General



**FEEDING
GROWING
GLOBAL
POPULATION**



Objectives for 2016-2017

During 2016/17, the Foundation will be focusing on the delivery of year one of its rolling three-year business plan, raising its profile with a range of audiences, promoting and enabling more people to participate in online learning about nutrition, and celebrating its 50th anniversary.

In particular, we shall:

- enhance the general public section of www.nutrition.org.uk;
- develop and launch new online training courses;
- renovate the *Food – a fact of life* website;
- update existing and develop new resources around the Eatwell Guide;
- hold forums for members to discuss topical issues and share good practice;
- host BNF Healthy Eating Week 2017;
- launch a virtual issue of *Nutrition Bulletin* on young people's diets and eating habits;
- provide support to a team at Kings College London for dissemination of work being undertaken on a BBSRC grant; investigating interesterified fats, including current intakes in the UK and their effects on known risk factors for cardiovascular disease;
- provide initial teacher training and professional development support;
- publish resources to support the new GCSE on Food preparation and nutrition;
- undertake staff professional development to support BNF's objectives.

BNF Activity

Objectives	Outcomes
Develop new BNF house style guidelines, create template and ensure publications follow brand guidelines.	BNF publications and resources in new house-style.
Launch new digital and physical materials for the BNF website.	New BNF resources available from our websites, supporting work with different audiences, such as consumers, health professionals and teachers.
Develop a range of BNF online training courses.	Launch the new BNF online training portal, with updated and new courses. Introduce online training for primary and secondary school teachers involved in food matters in schools.
Continue to provide a mix of high quality and topical face-to-face and online events and conferences.	Host a mix of face-to-face and online events throughout the year.
Showcase what we do - publish case studies of our work online.	Case studies published online each quarter; showcasing our recent work and activity.
Continue to seek partnership working and collaboration with Corporate Members, government, academic partners and others.	Range of work with different stakeholders, helping to ensure that evidence-based nutrition science forms the basis for decision making, resource production and training.



Objectives for 2016-2017

Communications and campaigns

Objectives	Outcomes
Deliver BNF Healthy Eating Week 2017 to more schools and workplace environments, introducing impact measurement to challenges and activities.	10% more schools and workplace environments opt to participate in the week.
Update the <i>Food – a fact of life</i> website and work towards Information Standard certification.	Website updated, with visits increased by 10%. Information Standard work agreed.
Develop a consumer specific area on www.nutrition.org.uk and ensure Information Standard certification is maintained.	A new consumer area available. Attract new visits to the website by at least 10%. Information Standard certification retained.
Continue the 'duty nutritionist' function and work with journalists to help ensure accurate and evidence based information in media stories.	BNF works with a number of journalists each month, working in partnership on specific features (where appropriate).
Plan and initiate activities, events and legacy initiatives for the BNF 50th anniversary.	Calendar of events published online, with one key activity executed each calendar month.
Continue to build the EYN Partnership for nursery schools.	EYN Partnership successfully launched and engaged in nursery schools.
Continue to facilitate professional development of secondary school food teachers throughout the UK.	Programme engages with over 1,600 teachers, helping to support their professional development needs

Impact

Objectives	Outcomes
Monitor key metrics about the performance of the BNF, gathering intelligence on outputs, outcomes and impact.	Report on BNF activity online via the Annual Review and impact reports.
Set-up an impact group, comprising BNF employees and governors (meet twice a year) to monitor the impact of the Foundation holistically.	Two meetings take place.

Membership

Objectives	Outcomes
Continue to provide a range of appropriate services for members.	Benefits and services delivered efficiently, with an annual evaluation.
Develop a brochure, and supporting presentation.	Brochure and presentation created.

Annual Accounts 2015-2016

Statement of Financial Activities for the financial year ended 31 May 2016

	Unrestricted Fund £	Restricted Fund £	Total 2016 £	Total 2015 £
Income				
<i>Income from:</i>				
Donations and subscriptions	754,745	-	754,745	758,460
Investment income	20,957	-	20,957	3,668
Charitable activities	715,799	-	715,799	770,358
Total Income	1,491,501	-	1,491,501	1,532,486
Expenditure				
<i>Expenditure on:</i>				
Raising funds	108,490	-	108,490	99,796
Charitable activities	1,345,686	-	1,345,686	1,441,505
Total expenditure	1,454,176	-	1,454,176	1,541,301
Net income/(expenditure)	37,325	-	37,325	(8,815)
Realised (losses)/gains on investments	(1,123)	-	(1,123)	647
Unrealised (losses)/gains on investments	(19,905)	-	(19,905)	4,909
Net movement in funds	16,297	-	16,297	(3,259)
Funds brought forward at 1st June 2015	1,212,581	6,320	1,218,901	1,222,160
Funds carried forward at 31st May 2016	1,228,878	6,320	1,235,198	1,218,901

Annual Accounts 2015-2016

Balance Sheet for the year ended 31 May 2016

	2016 £	2016 £	2015 £	2015 £
Fixed Assets				
Intangible Assets		59,914		-
Tangible Assets		2,502		7,144
Investments		497,778		507,541
		560,194		514,685
Current Assets				
Debtors	158,600		282,975	
Cash at bank and in hand	792,806		685,884	
	951,406		968,859	
Creditors: Amounts falling due within one year				
	276,402		264,643	
Net Current Assets		675,004		704,216
Total Net Assets		1,235,198		1,218,901
Funds				
Restricted funds		6,320		6,320
Unrestricted funds				
Designated funds		496,442		501,991
General funds		732,436		710,590
		1,235,198		1,218,901

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, Imperial House, 15-19 Kingsway, London WC2B 6UN.

Annual Accounts 2015-2016

Statement of Cash Flows as at 31 May 2016

	2016 £	2015 £
Cash flow from operating activities		
Net cash provided by/(used in) operating activities	157,144	(149,490)
Cash flow from investing activities		
Bank interest received	8,252	1,652
Investment income	12,705	2,016
Acquisition of fixed asset investments	(56,610)	(429,823)
Proceeds from disposal of fixed asset investments	7,985	27,147
Purchase of intangible assets	(59,914)	-
Purchase of tangible fixed assets	-	(5,995)
Net cash provided by/(used in) investing activities	(87,582)	(405,003)
Change in cash and cash equivalents	69,562	(554,493)
Cash and cash equivalents at the beginning of the year	785,193	1,339,686
Cash and cash equivalents at the end of the year	854,755	785,193
 (i) Reconciliation of net income to net cash flow from operating activities		
Net income/(expenditure)	16,297	(3,259)
Adjustments for:		
Depreciation charge	4,642	9,125
Bank interest paid/(received)	(8,252)	(1,652)
Investment income	(12,705)	(2,016)
(Profit) on sale of investments	21,028	(5,556)
Decrease/(increase) in debtors	124,375	(141,482)
Increase/(decrease) in creditors	11,759	(4,650)
Net cash provided by operating activities	157,144	(149,490)

Annual Accounts 2015-2016

Statement of Cash Flows as at 31 May 2016 *continued*

(ii) Analysis of Cash and cash equivalents

	At 31 May 2016 £	At 1 June 2015 £
Cash at bank and in hand	792,806	685,884
Cash held in investments	61,949	99,309
	854,755	785,193

Financial support for BNF activities

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

Agriculture and Horticulture
Development Board
Dairy, and Beef & Lamb
Healthy Eating Week 2016

Danone Waters and Dairies UK Ltd
Healthy Eating Week 2016

Greggs plc
Healthy Eating Week 2016

KP Snacks
Healthy Eating Week 2016

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*Nutrition Science – past, present
and future conference*

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and future conference*

Quorn
*Nutrition Science – past, present
and future conference*

Tate and Lyle
Familiar Foods: Innovative
Ingredients eSeminar series

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

All Saints Educational Trust
Food Teachers Professional Portfolio

Capespan
Healthy Eating Week 2016

The Walt Disney Company
Healthy Eating Week 2016

Projects funded by the European Commission;

*BACCHUS EU project
number 312090*

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at 31 May 2016

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at 31 May 2016

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at 31 May 2016

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 2016



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Director General

Ms Sara Stanner
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British Nutrition Foundation

Imperial House
15-19 Kingsway
London
WC2B 6UN

Telephone +44 (0) 20 7557 7930

Email postbox@nutrition.org.uk

www.nutrition.org.uk

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