

British Nutrition Foundation Annual Day
2022

Balancing the Scales on Diet Inequality



Tuesday 15th November 2022

Welcome

The Board of Trustees and staff of the British Nutrition Foundation welcome you to this special event and Annual Day 2022. The British Nutrition Foundation Annual Day is an opportunity to celebrate our achievements and impact over the past year, to thank all those who support our work and formally to congratulate our prize winners.

We are also delighted to host a timely, half-day event to consider how we meet the dietary needs of the UK's most nutritionally vulnerable young people. We aim to raise awareness of health inequalities, focus on the importance of diet for the health of those who are at greater nutritional risk, and highlight innovative and effective actions to improve dietary quality at community level.

About the British Nutrition Foundation

The British Nutrition Foundation (BNF), a registered charity, delivers impartial, authoritative and evidence-based information on food and nutrition. Its mission is to translate evidence-based nutrition science in engaging and actionable ways, working with an extensive network of contacts across academia, education and the food chain, and through BNF work programmes focussing on education in schools and nutrition science communication. 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. The Foundation's governance structure which comprises a Board of Trustees, Advisory Committee, Scientific Committee, Editorial Advisory Board, Education Working Groups and a Nominations Committee, on which serve senior/experienced individuals from many walks of life. The composition is deliberately weighted towards the scientific 'academic' community, based in universities and research institutes, and those from education, finance, media, communications and HR backgrounds. BNF's funding comes from a variety of sources including EU projects; contracts with national government departments and agencies; conferences, publications and training; membership subscriptions; donations and project grants from food producers and manufacturers, retailers and food service companies; funding from grant providing bodies, trusts and other charities. BNF is not a lobbying organisation nor does it endorse any products or engage in food advertising campaigns, or allow commercial or political pressure to influence BNF when publishing or disseminating information. More details about BNF's work, funding and governance can be found at www.nutrition.org.uk/aboutbnf.

We would like to thank our Sustaining Corporate Member for their continued support, which enables us to offer an ongoing programme of events and training.

Key highlights from the British Nutrition Foundation 2021-2022

- *More than 1m people used the nutrition.org.uk website with almost 4 million page views*
- *2.5 million impressions on our social media platforms*
- *Healthy Eating Week 2021 reached more than 1.5m people, through the almost 6,500 early years settings, schools, universities and workplaces that took part*
- *1.2m educational resources were downloaded*
- *11,884 institutions globally have Nutrition Bulletin (more than 385,000 paper downloads)*

More highlights can be found at the end of this pack.

Balancing the Scales on Diet Inequality

Programme

At British Nutrition Foundation events, each participating speaker is responsible for the accuracy of information and the views, thoughts, and opinions expressed in his/her presentation.

10:00 Welcome

Elaine Hindal, Chief Executive, British Nutrition Foundation

Session 1: Understanding the Issue and Challenges

10:05 Social Inequalities and impact on health

Dr Ruth Bell, Senior Advisor, UCL Institute of Health Equity

10:25 The impact of poverty on dietary inequalities

Prof Corinna Hawkes, Director, Centre for Food Policy, City, University of London

Session 2: Voices from Lived Experiences

10:45 Perspectives of adolescents living with obesity

Prof Jason Halford, Head of the School of Psychology, University of Leeds, and President of the European Association for the Study of Obesity

11:00 Living Hand to Mouth: children and food in low-income families

Prof Julia Brannen, Professor Emerita of the Sociology of the Family, Thomas Coram Research Unit, UCL Institute of Education & Prof Rebecca O'Connell, Professor of Food, Families and Society, Centre for Research in Public Health and Community Care, University of Hertfordshire

11:15 Break

Session 3: Tackling the Crisis Together: Community Case Studies

11:35 What surrounds us shapes us

Nikita Sinclair, Portfolio Manager, Impact on Urban Health

11:45 Tackling the school holidays

Katie Palmer, Programme Manager, Food Sense Wales

11:55 Feeding Derbyshire - Combatting hunger in communities

Andrew Forsey, Director, Feeding Britain

12:05 Addressing underlying barriers to healthy eating in young people

Ruth Soroko, Chief Executive, Eat Club

12:15 Harnessing big data to target inequities and reduce disparities

Dr Fran Pontin, Consumer Data Research Centre, University of Leeds & Sue Davies MBE, Head of Consumer Rights and Food Policy, Which?

12:25 Panel discussion

Chaired by Prof Corinna Hawkes with Speakers

12:55 Close of Morning Programme

Break

The Annual Day programme will resume at 14:30 (timings subject to change)

14:30 British Nutrition Foundation Moving Forwards

Elaine Hindal, Chief Executive, British Nutrition Foundation

14:45 The British Nutrition Foundation (BNF) Drummond Awards 2022

The following Awards will be presented championing excellence in nutrition

- BNF Drummond Education Awards
- BNF Drummond Community Award
- BNF Drummond Pump Priming Award
- BNF Prize 2022

The Drummond Memorial Fund was established in 1954 in memory of Sir Jack Drummond, who made a significant contribution to the application of nutrition science for public health. The Fund supports a series of annual awards to celebrate the work and achievements in food and nutrition of individuals at different career stages from young people and their teachers to pump priming grants for early career researchers, as well as the BNF Prize, awarded in recognition of outstanding achievement in an area of nutrition. We are also thrilled to present our first BNF Community award for those supporting healthier eating in a vulnerable group.

15:15 The 2022 British Nutrition Foundation Annual Lecture: *Tackling Inequalities in Diet: a 20-year perspective* - Dr Alison Tedstone

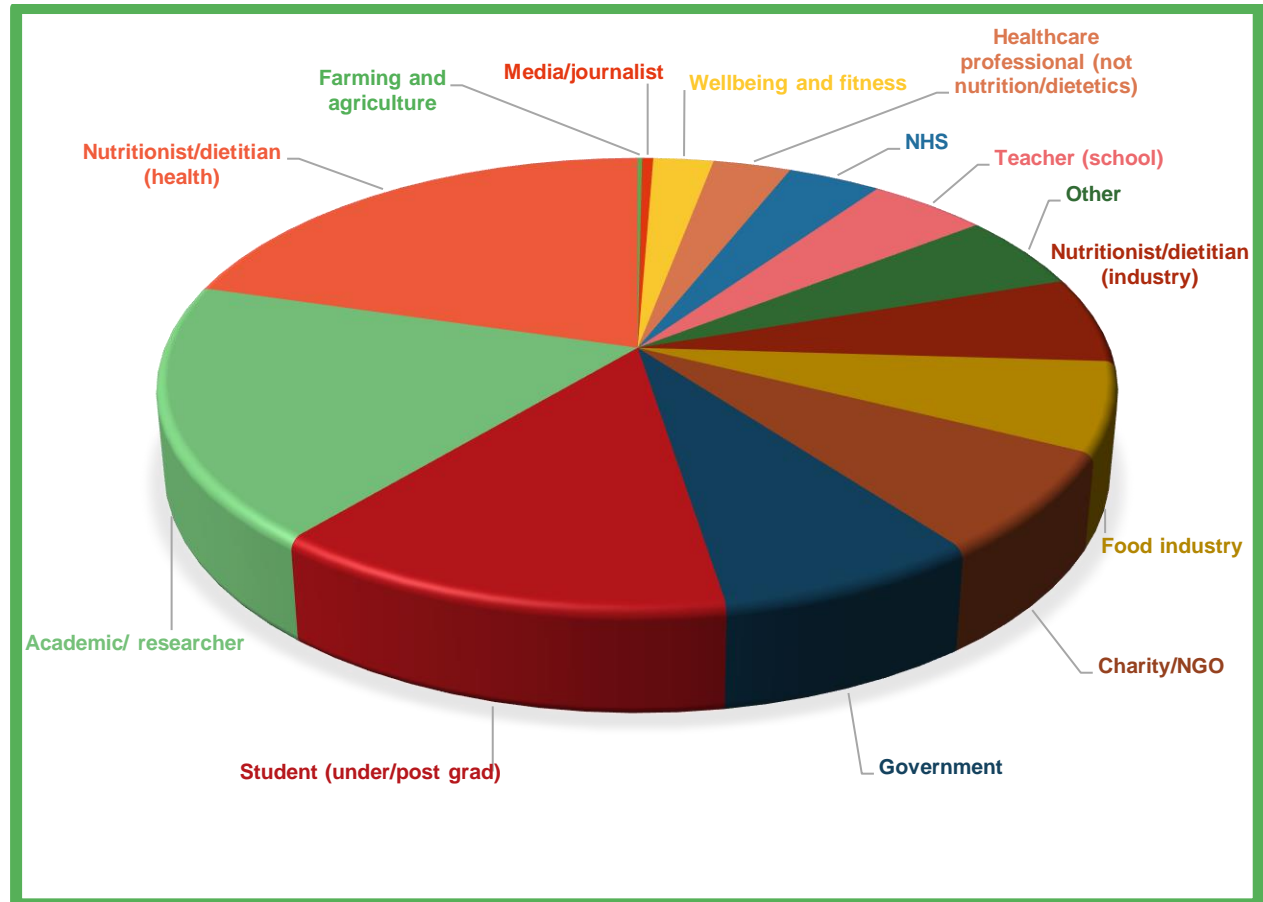
2021 British Nutrition Foundation Prize winner, Dr Alison Tedstone, President of the Association for Nutrition, former Deputy Director Diet, Obesity and Physical Activity/Chief Nutritionist for the Office of Health Improvement and Disparities, Department of Health and Social Care

16:00 Close

A number of relevant publications that may be of interest can be found at the end of this pack.

Delegate Profile

This event has attracted a diverse registrant base, with around 1250 registrations from the UK and Europe, and further afield including, Canada, United States and South America, Africa, Asia, the Middle East and Australasia.



Event Chair & Speakers

Elaine Hindal, *Chief Executive, British Nutrition Foundation*

Elaine Hindal is Chief Executive of the British Nutrition Foundation. She was formerly Chief Executive of the alcohol education charity Drinkaware, and prior to that, Director of External Relations for The Children Society, a charity supporting children and young people facing abuse, exploitation and neglect.

Prior to joining the non-profit sector, Elaine held a number of senior marketing and commercial roles including with Cadbury Schweppes plc, Cadbury Beverages North America, The Coca-Cola Company, Beiersdorf AG and Boots plc. She has worked in markets across the globe and lived in Europe and the USA.

Elaine moved into the non-profit sector to apply her expertise in marketing, behaviour change, campaigning and public affairs, and to further her commitment to social justice and inequality. She is a Trustee of Mencap, the national learning disability charity, where she advises on brand and corporate communications strategy and is a member of the charity's People and Values Committee. Elaine is also a Trustee of the alcohol and drug treatment charity, Change Grow Live where she is Chair of the Brand & Business Development Committee.



Prof Corinna Hawkes, *Director, Centre for Food Policy, City University of London & Chair of the morning programme*

Professor Corinna Hawkes is Director, Centre for Food Policy, City, University of London, UK, a centre dedicated to improving food policy to shape a more effective food system. Corinna has worked for over 20 years with UN agencies, governments, universities and NGOs at the city, national and international level to support the design of more effective policies and actions to advance healthy diets for all. Corinna is now leading a series of projects on people's lived experience of food with the aim of identifying how to more effectively address dietary inequalities both in the UK and internationally. She recently led the new UNICEF publication "A Systems Approach to Improving Children's Diets: Learning from Lived Experience (UNICEF, 2022)." Corinna is Co-Investigator of the Obesity Policy Research Unit and was a member of the Lancet Commission on Obesity. She is a Distinguished Fellow at the George Institute for Global Health and Chair of the Board of Bite Back 2030, a movement of young people fighting for better food systems co-founded by Jamie Oliver. She is co-founder of the Next Gen(D)eration Leadership Collective, a leadership initiative led by women working in nutrition and food systems and blogs at www.thebetterfoodjourney.com.



The impact of poverty on dietary inequalities

Abstract: In her presentation, Professor Hawkes will lay out the pathways through which poverty leads to dietary inequalities. These comprise pathways between poverty and access, poverty and housing infrastructure, poverty and food work, poverty and enticements in food environments, poverty and food meanings, poverty and trust in food, poverty and social norms and networks, and poverty and literacy. Drawing on studies of lived experiences in the UK and beyond, Corinna will show how tackling poverty in all of its forms is central to tackling dietary inequalities.

Dr Ruth Bell, Senior Advisor, UCL Institute of Health Equity

Dr Ruth Bell is a Senior Advisor at the UCL Institute of Health Equity and a Principal Research Fellow in the Department of Epidemiology and Public Health, UCL. Ruth is active in research and knowledge synthesis for European and other international and national projects in the area of social, economic and environmental determinants of health and health inequalities. Building on her interest in the links between environmental sustainability and health equity, Ruth conducted research in the EU INHERIT project and EU Cities-4-People project, funded by the EU Horizon 2020 research and innovation programme. Ruth has led policy relevant reports and projects in the area of social determinants of health commissioned by the UK Department of Health, Public Health England and by international organizations, including the UNDP and UNICEF. Ruth was a senior researcher within the UCL based secretariat of the WHO Commission on Social Determinants of Health (2005-2008), and the Review of Social Determinants of Health and the Health Divide in Europe (2010—2013).



Social Inequalities and impact on health

Abstract: In the UK, life expectancy and healthy life expectancy are linked in a graded way with measures of socioeconomic disadvantage. It is well documented that since 2010 life expectancy in England has stalled - something that has not happened since at least 1900. The Marmot Review 10 Years On report published in 2020, before the COVID 19 pandemic, showed that a lot of things had got worse since the 2010 Marmot Review report: not only has life expectancy stopped increasing, and actually went down for women living in the most deprived areas, but the social gradient in life expectancy got steeper, mortality rates for women and men in their 40's increased, public spending on education decreased as a percentage of GDP, housing affordability became a crisis and there was increased homelessness, and there were more people with insufficient money for a healthy life. An essential part of a healthy life is having a healthy diet, yet the Food Foundation reports that 18% of households (9.7 million adults, 4 million children) in the UK experienced food insecurity in September 2022. The Marmot Review developed recommendations for action on the social determinants of health to address these issues. Now more than ever amid the cost-of-living crisis in 2022, society needs to focus and act on social inequalities to prevent worsening health and increased health inequalities. My presentation will summarise how social, economic and environmental inequalities impact health and highlight how regions, cities and towns in the UK are taking a strategic approach to tackling key social determinants of health to improve health and reduce health inequalities.

- Life expectancy has stalled in the UK since 2010, and the time spent in poor health is increasing
- Health is closely linked to level of deprivation, and to the wider social determinants - conditions in the early years, education, employment conditions, income, nutrition, housing, and environmental factors
- Amid the cost-of-living crisis, society should focus and act on the social determinants of health to prevent worsening health and increased health inequalities

Prof Jason Halford, *Head of the School of Psychology, University of Leeds & President, European Association for the Study of Obesity*

Jason Halford is Head of the School of Psychology at the University of Leeds, President of the European Association of Obesity (EASO), and former Chair of the UK Association for the Study of Obesity (ASO). He is a Chartered Health Psychologist. Over the past 10 years his research has focused on drug-induced weight gain, the effects of nutrients and fibre on appetite and hormone release, the effects of stress on eating behaviour, the effect of marketing on children, and on lean-obese differences in the expression of appetite. In 1999, Jason co-founded the Human Ingestive Behaviour Laboratory at Liverpool and in 2004 he also co-founded the Liverpool Obesity Research Network (LORN). Jason is co-ordinator of the SWITCH study, a new trial to examine the impact of artificial sweeteners on appetite in the context of active weight management and is one of the co-ordinating leads for the 9m Euro H2020 SWEET project designed to examine the risks and benefits of using sweeteners to replace sugar in the diet in the contexts of health, obesity, safety and sustainability. Jason is also local lead for iKnowFood. Additionally, he is a Board member of the European Coalition of People Living with Obesity (ECPO) and is also the Lead of the ACTION-Teens Study which looks at the experiences of adolescents living with obesity globally.



Perspectives of adolescents living with obesity

Abstract: The ACTION-Teens global survey included 12,987 people (5275 adolescents living with obesity (ALWO), 5389 caregivers of ALWO, and 2323 doctors who provide medical care for ALWO) from 10 countries. Most ALWO were worried about their weight and thought that losing weight was their responsibility. Some caregivers did not realize how worried their teenager was about their own weight. There were also some caregivers who were not aware of their teenager's recent attempts to lose weight. However, many ALWO had already tried to lose weight. For ALWO, wanting to be more fit or in better shape was the top reason for wanting to lose weight. As a group, the doctors did not understand the key reasons why teenagers want to lose weight or that hunger control was a significant barrier. ALWO will be better supported and understood if there is better communication between teenagers, caregivers, and doctors.

- 72% of ALWO perceive obesity has a strong/very strong impact on overall health & wellbeing and 65% of ALWO assume full responsibility for weight loss
- ALWO reported desire to be in better shape as main motivator while for HCP it was to have appearance and social life, but they did recognize self esteem
- ALWO & Caregivers reported a complex mixture of feelings after recent weight discussion with HCP

Prof Julia Brannen, *Professor Emerita of the Sociology of the Family
Thomas Coram Research Unit, UCL Institute of Education*

Julia Brannen is Emerita Professor of the Sociology of the Family, Thomas Coram Research Unit, UCL Institute of Education, London, and a Fellow of the Academy of Social Sciences. She has an international reputation for research on the family lives of children, intergenerational relations, food in families and a special interest in methodology.



Prof Rebecca O'Connell

Professor of Food, Families and Society, Centre for Research in Public Health and Community Care, University of Hertfordshire

Rebecca O'Connell is Professor of Food, Families and Society, Centre for Research in Public Health and Community Care (CRIPACC), University of Hertfordshire, formerly at Thomas Coram Research Unit, UCL Institute of Education. Her fields of expertise include families, food and methodology, including cross-national research. She was the Principal Investigator of the ERC project, Families and Food in Hard Times.



Living Hand to Mouth: children and food in low-income families

Abstract: This presentation draws on international research funded by the European Research Council on children's experiences of food poverty following the 2008 financial crisis, conducted in 2014-19. We highlight the qualitative research with children aged 11-16 years living in low-income families in the UK (an inner London borough and a coastal town) and their experiences around food at home, at school and in their neighbourhoods. A quarter of children reported going hungry at home on occasions. However, more children would have gone hungry had not their parents sacrificed their own food intake so that their children could have more. Most parents said they could not afford nutritious food. In addition, children could not invite their friends home to eat. At school, only half of the children qualified for a free school meal (FSM) because the threshold for eligibility is set so low. Those who qualified complained that the FSM allowance restricted them to certain items that were inadequate to fill them up. Outside school, in their neighbourhoods, children lacked spending money for buying and sharing food, and the cost of activities with friends. This excluded them from relationships with peers and prevented them from being able to reciprocate hospitality. Children were aware of the financial and food constraints on their families and sought to manage the shame of poverty, public and private. Some talked about being looked down upon. They refused invitations to friends' houses or hid during school lunchtimes in order to prevent feeling shamed. Some rejected the poverty label, considering their families better off than others. Others stayed positive, helping their parents to get by or they normalised their hunger. All children should have the right to:

- A decent standard of living with a family income that can provide adequate nutritious food: *Wages and benefits should cover the cost of a diet that meets needs for health and social participation*
- An adequate nutritious meal at school: *Just as children have the right to education, the state has the duty to provide 'proper nourishment'*
- Socialise with friends at home and in their neighbourhoods: *Investment in civic infrastructure is needed to support healthier places that take account of children's needs*

Nikita Sinclair, Portfolio Manager, Impact on Urban Health

Nikita Sinclair is a Portfolio Manager at Impact on Urban Health. She co-leads Impact on Urban Health's work to improve the nutritional quality of food provided throughout the school day, with a particular focus on ensuring that all children can access nutritious meals wherever they go to school. Nikita's background is in public health and local government, and she holds a Master's in Public Health (Health Improvement) from the London School of Hygiene and Tropical Medicine.



What surrounds us shapes us

Abstract: At Impact on Urban Health, we're focused on improving health in inner-city areas by understanding and changing how inequalities impact health. We are part of Guy's and St Thomas' Foundation, a charitable foundation based in Lambeth and Southwark in South London. We focus on a select number of health issues common in our boroughs and in urban areas. One of our programmes seeks to improve children's health by ensuring all children have access to nutritious food, no matter where they grow up. We recognise that what surrounds us shapes us. Currently children and families are flooded with cheap, unhealthy food options in the places where they spend their time, and so our programme aims to work upstream to improve the flow of healthy, affordable food across homes, nurseries, and schools and in the streets and shops that families visit. Cross-cutting work on reframing children's health and influencing industry and policy practice are also key. Whether we are working with partners on our homes, schools or streets portfolios, we aim to 1) have a tangible impact in Lambeth and Southwark, 2) amplify lived experience, and 3) identify and address wider structural drivers of nutritional inequalities.

Katie Palmer, Programme Manager, Food Sense Wales

Katie is founder and Programme Manager for [Food Sense Wales](#) with a mission to co-create a food system in Wales that is good for people and planet. Katie has an MSc in Nutrition from Kings College London and in Food Policy from City University. She has worked in the world of food for over 20 years with experience in both the private sector, third and public sector. Katie is currently a member of the [Food and Drink Wales Industry Board](#) and is a founding member of the [Veg Power Board](#). She also sits on the Welsh Local Government Association's [Food and Fun](#) Advisory Group and was one of the team of four who created the multi award winning Food and Fun programme in Cardiff in 2015.



Tackling the holidays

Abstract: Food and Fun is a school-based education programme that provides food and nutrition education, physical activity, enrichment sessions and healthy meals to children during the school summer holidays. Starting as a pilot developed by the Food Cardiff partnership and run by Cardiff Council in 2015, Food and Fun has developed into a national, fully funded Welsh Government programme administered by the Welsh Local Government Association (WLGA). The talk will describe the journey taken by Food Cardiff, Cardiff Council, Sport Cardiff and Cardiff and Vale Health board to pilot, build support and secure the funding for the roll out of Food and Fun, in conjunction with the WLGA. Key points are:

- Building relationships and trust is key
 - Creating an evidence base and sharing stories is vital
 - The achievement is great – but it's not enough
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Andrew Forsey, Director, Feeding Britain

Andrew has been the National Director of Feeding Britain since 2019. Previously, between 2013 and 2019, he was the head of Frank Field MP's office in the House of Commons. In 2014, he served as Secretary to the All-Party Parliamentary Inquiry into Hunger in the United Kingdom and co-ordinated the Feeding Birkenhead programme, the first of Feeding Britain's regional partnerships. Andrew also played a leading role in a series of inquiries into hunger amongst children during school holidays, malnutrition amongst older people, and trends in the labour market between 2016 and 2019. Together with Frank, he drafted the School Holidays (Meals and Activities) Bill, which led to the creation of the Government's Holiday Activities and Food programme.



Feeding Derbyshire - Combatting hunger in communities

Abstract: Feeding Derbyshire is one of 60 regional and local partnerships in the Feeding Britain network. Through their interconnected programmes of Healthy Holidays, Affordable Food Clubs, and Pathways From Poverty, they are making food more affordable and accessible for people in both rural and urban communities. What has been the impact of this work and how are they now building on those programmes to respond to the changing food-related needs and circumstances of the communities they serve?

- Feeding Derbyshire is shifting community food provision onto a preventative footing, providing a year-round bulwark against chronic food insecurity in rural settings, thereby avoiding a sole reliance on crisis-level or relief-oriented responses
- That shift is being achieved through the development of affordable food clubs, the co-location of wraparound support with food, and the additional offer of meals and activities for children and families during school holidays. This combination ensures that nutritious food is regularly accessible alongside services to maximise household incomes
- Community food provision of this nature, in addition to higher household incomes and improvements in the coverage and take-up of statutory schemes such as Healthy Start and free school meals, are the key ingredients in an anti-hunger strategy for Britain.

Ruth Soroko, Chief Executive, Eat Club

Educated as a designer with a Master's degree in Design Studies from Central Saint Martins, has in recent years centred career and studies around food education and policy. In 2012, she graduated from City University of London with a Master's degree in Food and Nutrition Policy, and in 2014, she founded Eat Club. As the founder / chief executive, she offers the charity a range of interpersonal skills. Her Master's degree in Food and Nutrition Policy underpins the academic and research foundation of Eat Club. Her past experience with running her own design business has given her financial and project management skills as well as aiding her in giving Eat Club a unique visual identity.



Addressing underlying barriers to healthy eating in young people

Abstract: Addressing underlying barriers to healthy eating in young people Eat Club is a London-based charity engaging with disadvantaged youth through the art of cooking and the enjoyment of eating - together. Our courses provide young people with the practical skills necessary to develop healthy lifestyle habits in the face of food inequality. Many of the young people participating in Eat Club programmes come to us eating a poor diet. From our monitoring and evaluation, we find that less than 30% of them eat the recommended '5 -a day' of fruit and vegetables, with nearly a third consuming high-sugar drinks with their daily meals. Through our courses, young people explore food, cooking, and eating – beyond their utilitarian qualities and rather as a complex and potentially empowering communal process that can enable them to gain key life skills; improve their health and heighten their wellbeing.

Dr Fran Pontin, Consumer Data Research Centre, University of Leeds

Fran studied Food Science and Nutrition at the University of Leeds before going on to complete a PhD in Data Analytics and Society. Her PhD research utilised commercial app data to understand population physical activity behaviour. She is now a Research Data Scientist at the Consumer Data Research Centre (CDRC) at the University of Leeds. Fran's work involves utilising commercial and open data sources for public good. Recent research includes analysing transaction and loyalty card data as part of the Institute of Grocery Distribution's (IGDs) evaluation of in store trials to move customers towards healthier and more sustainable diets. Fran was also part of the CDRC team that development of the Priority Places for Food Index alongside Which?



Sue Davies MBE, Head of Consumer Rights and Food Policy, Which?

Sue Davies is Head of Consumer Rights and Food Policy at Which?. This includes leading Which?'s work on food and as well as wider consumer protections and rights, consumer product safety, sustainability and trade policy. She has represented consumer interests on a range of national and international committees and was the Chair of the European Food Safety Authority from 2012-2016. She has been awarded an MBE in recognition of her work on food safety.



Harnessing big data to target inequities and reduce disparities

Abstract: The cost-of-living crisis is front and centre of everyone's minds, with food insecurity becoming an issue for a growing proportion of the population. Food insecurity is driven by many factors including, low income, poor access to cheap healthy food and additional squeezes on the budget such as the rising fuel prices. In this presentation we outline the development of the Priority Places for Food Index, created by the Consumer Data Research Centre at the University of Leeds in partnership with Which?, to identify areas most vulnerable to food insecurity during the cost-of-living crisis. The Priority Places for Food Index uses open data across seven domains to rank local areas by the likelihood of the people living there needing support, making it possible to identify places in need and understand why they have been so identified in order to target support. This presentation outlines the underlying data and methodological construction of the index and outlines the Which? call to action.

- With so many people in the UK already suffering from food insecurity and the cost-of-living crisis making that much worse, we need to do all that we can to support those most in need to access affordable, healthy and sustainable foods
- Multiple factors play into food insecurity in the UK, being able to identify areas at risk and the factors that make them vulnerable is important in targeting support
- Retailers, local government and policy makers should engage with and implement the Priority Places for Food Index to target specific support to those most in need this winter

British Nutrition Foundation Annual Awards

Recognising excellence and outstanding performance. Funded through the Drummond Memorial Fund, which was originally established to mark the work of Sir Jack Drummond and is now managed by the British Nutrition Foundation.

Education Awards

Winners

Aimee Coling	Gillingham School	GCSE
Daisy Fennelow	The Nobel School	GCSE
Frances Davies-Walsh	Radyr Comprehensive School	GCSE
Hannah Shibli	Invicta Grammar School	GCSE
Millicent Figueira	Wallington High School for Girls	GCSE
Raghav Relhan	King Edward VI Grammar School	GCSE
Lucy McKay	Balwearie High School	National 5
Ashni Modi	Loughborough High School	Level 3
Anna Woodhead	Perth High School	Advanced Higher

Community Awards

Winners

Amanda Barbanel	Give. Help. Share.
Melissa Mogor	World Cancer Research Fund

Runners-up

Lucy Antal	Feedback Global
Hannah Style	FEAST With Us

Pump Priming Award

Winner

Dr Aygul Dagbasi	Imperial College London
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The British Nutrition Foundation Prize Winner 2022

The British Nutrition Foundation Prize is awarded annually to a person or group for their outstanding achievement in an area of nutrition. The Prize is awarded by the Foundation's Board of Trustees, Advisory Committee and Scientific Committee members, based on a ballot of potential candidates.

Professor Julie Lovegrove, University of Reading

Professor Julie Lovegrove (BSc, Diet (Dip), PhD, RNutr, FAFN) is Hugh Sinclair Professor of Human Nutrition, Director of the Hugh Sinclair Unit of Human Nutrition, and Deputy Director of the Institute for Cardiovascular and Metabolic Research at the University of Reading. Professor Lovegrove graduated from the University of Surrey with a BSc in Human Nutrition and Dietetics, and a PhD in Nutritional Metabolism, before becoming a founding member of the Hugh Sinclair Unit of Human Nutrition at the University of Reading. She is a Registered Nutritionist with over 30 years of research experience in studying the role of nutrition on cardiovascular diseases, with focus on the metabolic impact of dietary fats, plant phytochemicals, nutrient-gene interactions and personalised nutrition. Her work, which includes over 280 scientific publications, has made a major contribution in establishing the relevance of dietary fat quality to the development and prevention of cardiometabolic diseases. Professor Lovegrove serves on a number of external committees, including the UK Government's Scientific Advisory Committee for Nutrition (SACN), and previously on SACN's 'Saturated fats' and 'Carbohydrates and Health' working groups. She Chairs an International Life Science Institute Europe (ILSI) Committee on 'Saturated Fats and Cardiovascular Health', and is an expert on the ILSI initiative on 'Diet and Metabolic Syndrome'. She was Deputy Chair for the Association for Nutrition (AfN) Council (2016-2019), and Chair of the AfN Accreditation Committee (2011-2019). She was awarded Fellow of the AfN in 2014, and is President of the Nutrition Society.



British Nutrition Foundation Annual Lecture 2022

Tackling Inequalities in Diet: a 20-year perspective

Dr Alison Tedstone

President, Association for Nutrition, Former Deputy Director Diet, Obesity and Physical Activity/Chief Nutritionist for the Office of Health Improvement and Disparities, Department of Health and Social Care

Dr Alison Tedstone retired from Department of Health and Social Care (DHSC) in March 2022. There she was the Chief Nutritionist and led the nutrition programmes including the National Diet and Nutrition Survey, scientific advice (including the Scientific Advisory Committee on Nutrition) and actions to improve diet and promote physical activity. Her team led work aimed at tackling obesity including providing advice on Tier 2 obesity treatment services and by supporting marketing campaigns and whole systems approaches. Alison worked closely with colleagues on obesity policy. Her team monitored food industry action to reduce the sugar, salt and calories in everyday foods and the soft drinks industry levy (SDIL). Over the years, Alison led technical support to UK actions on improving diet including salt reformulation, front of pack labelling, controls on TV advertising, the SDIL and numerous expert reports on, for example, folic acid, salt, carbohydrates, iron and vitamin D. She led assessment of the relationship between COVID-19 severity and excess weight. Alison's team transferred from Public Health England (PHE) to DHSC in 2021. She and nutrition colleagues were moved to PHE from DHSC in 2013 and from the



Food Standards Agency (FSA) in 2010. Until 2001, she was lecturer at the London School of Hygiene and Tropical Medicine. She completed post doctorate research in Oxford and has a BSc and PhD in physiology. She is a registered public health nutritionist and a fellow of the Association for Nutrition. She has honorary fellowships from the Nutrition Society and Royal Colleges of Physicians and Paediatrics and Child Health. She is a member of the WHO Nutrition Guidance Expert Advisory Group Subgroup on Policy Actions. She now chairs the Association for Nutrition and the osteoporosis guidelines committee for NICE.

Abstracts

ISAACS A, HALLIGAN J, NEVE K & HAWKES C (2022) [FROM HEALTHY FOOD ENVIRONMENTS TO HEALTHY WELLBEING ENVIRONMENTS: POLICY INSIGHTS FROM A FOCUSED ETHNOGRAPHY WITH LOW-INCOME PARENTS' IN ENGLAND](#). *HEALTH & PLACE*, 77: 102862–102862.

Overweight and obesity continue to increase globally. In England, as in many other countries, this disproportionately affects people who experience socioeconomic deprivation. One factor blamed for inequalities in obesity is unhealthy food provisioning environments (FPEs), leading to a focus on policies and interventions to change FPEs. This paper aims to provide insights into how FPE policies could more effectively tackle inequalities in obesity by addressing a key research gap: how the structural contexts in which people live their lives influence their interaction with their FPEs. It aims to understand how low-income families engage with FPEs through in-depth focused ethnographic research with 60 parents across three locations in England: Great Yarmouth, Stoke-on-Trent, and the London Borough of Lewisham. Analysis was guided by sociological perspectives. FPEs simultaneously push low-income families towards unhealthy products while supporting multiple other family needs, such as social wellbeing. FPE policies and interventions to address obesity must acknowledge this challenge and consider not just the makeup of FPEs themselves but how various structural contexts shape how people come to use them.

HAWKES C, AMBIKAPATHI, R., ANASTASIOU, K ET AL. (2022) [FROM FOOD PRICE CRISIS TO AN EQUITABLE FOOD SYSTEM](#). *THE LANCET*, 400(10350): 413–416.

In 2022, the world is experiencing the greatest cost of living crisis in a generation. 1 Crises have always highlighted inequities in our societies. With food prices at near record levels globally, rapidly rising inflation, and economic instability, many people living in situations of constraint have no choice but to skip meals, reduce the amount they eat, prepare meals with fewer nutritious foods, and buy cheaper, starchy staples and ultra-processed foods. The implications for health inequalities are dire: increased dietary disparities will worsen food insecurity, undernutrition, obesity, and diet-related disease among those who are struggling most.

VAN DER VLIET N, STAATSEN B, KRUIZE H, MORRIS G, COSTONGS C, BELL R ET AL. [THE INHERIT MODEL: A TOOL TO JOINTLY IMPROVE HEALTH, ENVIRONMENTAL SUSTAINABILITY AND HEALTH EQUITY THROUGH BEHAVIOR AND LIFESTYLE CHANGE](#). *INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH*. 2018; 15(7):1435.

The need for analysis and action across the interrelated domains of human behaviors and lifestyles, environmental sustainability, health and inequality is increasingly apparent. Currently, these areas are often not considered in conjunction when developing policies or interventions, introducing the potential for suboptimal or conflicting outcomes. The INHERIT model has been developed within the EU-funded project INHERIT as a tool to guide thinking and intersectoral action towards changing the behaviors and lifestyles that play such an important role in today's multidisciplinary challenges. The model integrates ecological public health and behavioral change models, emphasizing inequalities and those parts of the causal process that are influenced by human behaviors and lifestyles. The model was developed through web-based and live discussions with experts and policy stakeholders. To test the model's usability, the model was applied to aspects of food consumption. This paper shows that the INHERIT model can serve as a tool to identify opportunities for change in important –food-related behaviors and lifestyles and to examine how they impact on health, health inequalities, and the environment in Europe and beyond. The INHERIT model helps clarify these interrelated domains, creating new opportunities to improve environmental health and health inequality, while taking our planetary boundaries into consideration.

BELL R, KHAN M, ROMEO-VELILLA M ET AL. [TEN LESSONS FOR GOOD PRACTICE FOR THE INHERIT TRIPLE WIN: HEALTH, EQUITY, AND ENVIRONMENTAL SUSTAINABILITY](#). INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH AND PUBLIC HEALTH. 2019; 16(22):4546.

The world's challenges of climate change, damage to ecosystems, and social and health inequalities require changes in human behaviours at every level of organisation, among governments, business, communities, and individuals. An important question is how behaviour change can be enabled and supported at the scale and speed required. The research reported in this paper describes important lessons for good practice in changing contexts to modify behaviours for a triple win for health, equity and environmental sustainability. Authors synthesised learning from qualitative, quantitative and cost benefit evaluations of 15 case studies conducted in 12 countries in Europe. The case studies address ways of living (green spaces and energy efficient housing), moving (active transport) and consuming (healthy and sustainable diets) that support the triple win. Ten lessons for good practice were identified. These include bringing a triple win mindset to policy and practice in planning interventions, with potential to improve environmental sustainability, health and equity at the same time. The lessons for good practice are intended to support governmental and non-governmental actors, practitioners and researchers planning to work across sectors to achieve mutual benefits for health and environmental sustainability and in particular to benefit poorer and more socio-economically disadvantaged groups.

MOONEY V, BAUR LA, BEREKET A, BIN-ABBAS B, CHEN W, FERNÁNDEZ-ARANDA F, NIETO NG, LÓPEZ SIGUERO JP, MAFFEIS C, OSORTO CK, REYNOSO R, RHIE YJ, TORO-RAMOS M, HALFORD JC. [THE VIEWS OF TEENAGERS WITH OBESITY, THEIR CAREGIVERS, AND DOCTORS: A PLAIN LANGUAGE SUMMARY OF THE ACTION TEENS GLOBAL SURVEY](#). J COMP EFF RES. 2022

What is this summary about?: This is a summary of a research survey called ACTION Teens. In our survey, 12,987 people from 10 countries answered questions about obesity. They were: 5275 teenagers with obesity, 5389 caregivers of teenagers with obesity, and 2323 doctors who provide medical care for teenagers with obesity.

What were the main results of the survey?: Most teenagers with obesity were worried about their weight and thought that losing weight was their responsibility. Many teenagers had already tried to lose weight. For teenagers, wanting to be more fit or in better shape was the top reason for wanting to lose weight. Some caregivers did not realize how worried their teenager was about their own weight. There were also some caregivers who were not aware of their teenager's recent attempts to lose weight. As a group, the doctors did not know the main reasons why teenagers want to lose weight. They also did not know the main reasons preventing teenagers from losing weight.

What do the results of the survey mean?: Teenagers with obesity will be better supported and understood if there is better communication between teenagers, caregivers, and doctors.

O'CONNELL R, KNIGHT A, BRANNEN J (2019) [LIVING HAND TO MOUTH: CHILDREN AND FOOD IN LOW-INCOME FAMILIES](#). CHILD POVERTY ACTION GROUP, LONDON
FOREWORD

LOUISE TICKLE EDUCATION AND SOCIAL AFFAIRS JOURNALIST AND ORWELL FELLOW

Every parent wants to feed their child. The drive to provide food for your baby is an overwhelming human instinct: hearing a toddler wailing 'I'm hungry!' is exquisitely painful to any mother or father who hears the cry. But what if there's no milk, no bread, no baked beans, no cheese, no fish fingers, no peanut butter, no tuna, no fresh veg, no tomato sauce, no apples, no bananas, absolutely nothing in the cupboard – because there's no money to make a trip to the shop? This book details, often in their own words, the lives of children whose parents can't afford to put regular meals on the table. There are far too many of them: over four million children in one of the richest countries in the world are growing up in poverty, their access to adequate nutrition compromised. As an education reporter, in recent years it has become ever more apparent that teachers are worried about hungry pupils who can't concentrate: their education suffers. Children in this book talk about their shame at being on free school dinners, which affects relationships in their friendship groups, and can also lead to bullying. One mother in the book talks about not eating for four days: it's heartbreaking to then hear the mounting anxiety children describe for a parent who is choosing to skip meals in order that they may eat. The guilt at what their parents are enduring is a burden no young person should have to bear. While children arrive at school without breakfast, and later do their homework fuelled by nothing but a piece of toast, commentators are busy talking about various manifestations of poverty – housing poverty, period poverty, transport poverty, fuel poverty – but in the end, these are just different ways of saying the same thing: families are now struggling to give their children a decent start because there is not enough money to afford the basics. Food banks are not the answer. Those who work in them acknowledge they are barely a sticking plaster. From the perspective of an alien arriving from outer space – or even a visitor from a country

with a functional social contract – these warehouses of tinned and dried foodstuffs must appear similar in their operation to the way ravenous people in conflict-riven areas are kept from tipping into starvation by distributions of humanitarian aid. That addressing ‘holiday hunger’ is also now a regular aspect of many charities’ work is also a burning indictment of a society unable to ensure families have sufficient income to keep their children safe, secure and nourished. Food is so much more than just the building blocks that children need to survive. Good food is fundamental to culture; it is a cornerstone of building community; it is about being able to take part in social activities with your friends. These are not added extras; they are central to a good life. Food, ultimately, is about how well humans can thrive. And brutally, it comes down to this: in the UK, in 2019, children’s lives are being blighted and their life chances curtailed because they are not getting what they need to eat.

BRANNEN J & O’CONNELL R [EXPERIENCES OF FOOD POVERTY AMONG UNDOCUMENTED PARENTS WITH CHILDREN IN THREE EUROPEAN COUNTRIES: A MULTI-LEVEL RESEARCH STRATEGY](#). *HUMANIT SOC SCI COMMUN* 9, 42 (2022).

A growing literature addresses undocumented migrants in different countries, with governmental exclusion from welfare and health services a common theme. However, little is known comparatively about the difference social context makes to the resources available to these migrants in different circumstances or how they manage and experience material deprivation and social exclusion. Adopting a realist approach, this paper draws on a comparative study that examined food poverty in low-income families with children aged 11–15 years in the UK, Portugal and Norway following the 2008 financial crisis. It shows the ways in which the study’s multi-tiered research design enabled the analysis of the complex conditions in which parents sought to sustain and feed their families. Undocumented migrants living in extreme conditions constitute ‘test cases’ for examining the specific resources available (or not) to households in different layers of context and the consequences for the ways in which food and food poverty were experienced by children and parents in these contexts. The paper thus contributes to the methodological literature on comparative research, in particular to research design in the field of migration and to knowledge about an under-researched group in an increasingly hostile Europe.

MORGAN K, MCCONNON L, VAN GODWIN J ET AL. [USE OF THE SCHOOL SETTING DURING THE SUMMER HOLIDAYS: MIXED-METHODS EVALUATION OF FOOD AND FUN CLUBS IN WALES](#). *J SCH HEALTH*. 2019 OCT;89(10):829-838.

Objective: School summer holiday clubs in deprived areas of Wales were evaluated to examine opportunities for healthy eating and physical activity and explore delivery processes. **Methods:** Ten Food and Fun clubs participated in 2016. Quantitative data (child and parent surveys; N = 196, N = 84) assessed the opportunity to provide children with breakfast and lunch. A sub-sample of children wore an accelerometer (N = 41) to evaluate the opportunity for achieving 1-hour of moderate to vigorous activity (MVPA) at club. Features of successful club delivery were identified through; focus groups (child and parent; N = 74, N = 69) and interviews (staff/volunteer; N = 32). **Results:** Opportunities for healthy eating were delivered with high fidelity: 86% of children reported breakfast consumption and 75% eating a healthy lunch. On club days, children reported consuming fewer sugary snacks (66%), fewer sugary drinks (81%), and more fruits and vegetables (67%). About 71% of children achieved the recommended MVPA at club, with children engaging in more MVPA (+17 minutes/day, $p < .01$) on average compared to non-club days. Successful delivery processes were: use of school facilities and staff; flexible partnership-working; and whole family involvement. **Conclusions:** Schools appear to provide a suitable setting for the delivery of healthy eating and physical activity opportunities during school summer holidays.

Nutrition Bulletin articles

Lockyer S & Spiro A (2019) [Socio-economic inequalities in childhood obesity: Can community level interventions help to reduce the gap?](#) *Nutrition Bulletin* 44 (4): 381-393

A link between higher rates of childhood obesity and deprivation has been noted in the UK, as well as several other European countries and the US. The drivers of obesity are complex and multi-factorial, but socially and economically disadvantaged groups may be more vulnerable to many of these. Evidence that rates of obesity are rising faster in low-income population groups, resulting in widening inequalities indicates that prevention policies must take account of socio-economic factors. It has been

suggested that community-wide approaches placing less emphasis on individual responsibility or 'agency' (i.e. have less emphasis on aspects that require cognitive, psychological and material resources and time) can be more effective and equitable. This paper outlines examples of community approaches that may have contributed to the reported reductions in childhood obesity in some areas, particularly amongst deprived groups including Health, Exercise and Nutrition in the Really Young in Leeds, UK; Ensemble Prévenons l'Obésité Des Enfants and Amsterdam's citywide Healthy Weight Programme. The policies enacted that improved the nutrition environment and increased opportunities for physical activity in four US sites (the Childhood Obesity Declines project) are also considered. It is clear that there is no silver bullet for tackling childhood obesity. A whole systems approach that takes into account more holistically the reasons why healthy diet and lifestyles may be less available to families on low incomes is needed.

Hancock C, Clarke SK & Stevens DE (2019) [Supporting individuals' healthy eating requires genuine engagement with communities](#) Nutrition Bulletin 44 (1): 92-99

C3 Collaborating for Health (C3) aims to counter the non-communicable disease (NCD) epidemic by focusing on the three big risk factors: tobacco use, poor diet and lack of physical activity. Community Health Engagement Survey Solutions (CHESS™) is an innovative strategy to shift decision-making around prevention and health interventions to local communities, while also reducing inequalities in the broader determinants of health. Emerging from research in India, China, Mexico and the US, C3 has implemented CHESS™ in the UK in eight London boroughs, Halifax and Girvan. A recently completed project in England and Scotland engaged 5000 people (approximately one-third of the local populations). CHESS™ facilitates communities to act as 'citizen scientists' in data-driven investigations about health and the built environment. Through a mobile tool, communities collect and interpret quantitative and qualitative data on local assets and barriers conducive to good health (or not). These results inform evidence-based action plans, guided by public health expertise, for interventions that make it easier for all to be healthy. The community enacts the changes they can make themselves and presents recommendations to decision-makers in a compelling argument for change. Thanks to CHESS™ evidence, communities have received over £2 million to implement health interventions in their neighbourhoods. The Healthy Communities project, completed in September 2017, led to physical activity and healthy eating initiatives, including cooking lessons, gardening, breakfast and tea clubs, and healthy lunches for schoolchildren. Learnings from the project have informed recommendations for those wanting to improve community health, particularly in relation to diet.

Key highlights from the British Nutrition Foundation 2021-2022

Communicating evidence-based nutrition information

- More than 1m people used the *nutrition.org.uk* website with almost 4 million page views
- 203,400 resources were downloaded
- Top 5 information pages viewed: Fibre, 7-day meal plan, Protein, Healthy diet recommendations, Healthy Eating Week
- Top 5 most downloaded resources: 7-day meal plan, Fun way to fibre, Portion size guide, Protein in the diet, Vitamins and minerals in our food

Our media reach

- 2.5 million impressions on our social media platforms
- 48,000 social media followers
- 325,000 views of our online video content
- 36,000 e-newsletter registrants
- 666 pieces of broadcast, online and print media coverage

Healthy Eating Week 2021

- Reached more than 1.5m people, through the almost 6,500 early years settings, schools, universities and workplaces that took part

Supporting food education in schools

- 384,000 people used the *Food, a Fact of Life* website, with 2.4 million page views
- 1.2m educational resources were downloaded
- Top 5 information pages viewed: Recipes, Nutritional analysis, Healthy eating, Food commodities, Hygiene and safety
- Top 5 most downloaded resources: Eatwell Guide, Eatwell Guide presentation, Eatwell Guide worksheet, Nutritional needs throughout life, Eatwell Quiz
- Almost 5,500 teachers registered for our educators' events, including the *Food – a Fact of Life* 30th Anniversary Conference, webinars and online cooking workshops and masterclasses
- Feedback from our teachers' events is overwhelmingly positive, with more than 90% of attendees feeling 'more informed' and 'confident to teach' food as a result

Advancing nutrition science

- 11,884 institutions globally have *Nutrition Bulletin* (more than 385,000 paper downloads)
 - More than 2,600 people registered for two nutrition science webinars
 - 2,042 individuals used our online training courses
 - 1,410 primary and secondary teachers attended online training and events
-

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