

ACADEMY OF NUTRITION SCIENCES

England & Wales · Charity number 1185514

Details

Status Registered

Legal form CIO

Registered 2019-09-26

Register [View on the Charity Commission register](#)

Contact

Address Nutrition Society
Unit 10
Cambridge Court
210 Shepherds Bush Road
London

Phone 02076056551

Email a.sidnell@nutritionsociety.org

Website <https://www.academynutritionsciences.org.uk>

Activities

Objects: TO IMPROVE PUBLIC HEALTH AND WELL BEING BY SUPPORTING RESEARCH, EDUCATION AND ASSOCIATED ACTIVITIES WHICH ADVANCE THE KNOWLEDGE AND APPLICATION OF EVIDENCE-BASED NUTRITION SCIENCE.

Activities: The Academy exists to improve public health and well being by supporting evidence-based nutritional science organisations in achieving excellence in research, education and associated activities. This is achieved through acting as a collective voice for the member organisations, through a variety of communication mediums.

Classification

- **How:** Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Arts/culture/heritage/science
- **Who:** Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- Ireland
- Northern Ireland
- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£2,450	£735	-	-
2023-12-31	£2,096	£1,010	-	-
2022-12-31	£1,892	£3,282	-	-
2021-12-31	£0	£411	-	-
2020-12-31	£20,000	£2,454	-	-

Trustees

Name	Role	Appointed
Professor Harry John McArdle	Chair	2019-05-01
Barbara Mary Saunders		2019-05-01
Dr Fiona McCullough		2019-05-01
Dr Frank Thies		2019-05-01
Dr MARGARET ASHWELL OBE		2019-05-01
Professor Andrew Michael Salter		2019-05-01
Professor Christine Williams		2019-05-01
Professor Judith Buttriss		2019-05-01
Professor Kevin Whelan		2019-05-01

ACADEMY OF NUTRITION SCIENCES

England & Wales - Charity number 1185514

Accounts

TRUSTEE ANNUAL REPORT

Period: 1 January – 31 December 2024

Charity Number: 1185514

OBJECTIVES AND ACTIVITIES

The Objects

The objects of the Academy are “to improve public health and well-being by supporting research, education and associated activities which advance the knowledge and application of evidence-based nutrition science.”

Charitable Purposes for Public Benefit

As a charity the Academy must have aims that fall within the descriptions of charitable purposes set out in the Charities Act 2006. The charitable purposes of the Academy in pursuit of its objects are:

- The advancement of health
- The advancement of science
- The advancement of animal welfare

The Trustees have complied with the duty in s.17 of the Charities Act 2011 to have due regard to the Charity Commission’s published general and relevant sub-sector guidance concerning the operation of the public benefit requirement under that Act. The beneficiaries are considered to be:

- Members of the Academy:
 - Membership of the Academy is open to organisations only. Currently there are 4 members: the Association for Nutrition; The British Dietetic Association; the British Nutrition Foundation; The Nutrition Society. The Academy plans to open membership to other organisations who are interested in furthering the Academy’s objects in 2025/6. Through these organisations the Academy can significantly extend its public benefit.
- Humanity:
 - All people benefit from the scientific advice given to government departments, public agencies, the scientific community and the food industry; and from the dissemination of nutritional science. Examples include the Academy publishing position papers, participating in relevant public consultations, and scientific conferences.

ACHIEVEMENTS AND PERFORMANCE

Introduction and Foundation

The Academy of Nutrition Sciences is a joint initiative between the Association for Nutrition (AfN), the British Dietetic Association (BDA), the British Nutrition Foundation (BNF) and The Nutrition Society, established in October 2019 to: *'Improve public health and wellbeing by supporting excellence in research, education and associated activities to advance the knowledge and application of evidence-based nutrition science.'*

This object will be furthered, in collaboration with both the founding member organisations and additional new member organisations, through common goals and collective activities. The focus will be in four main areas:

Leadership

The Academy will provide a collective voice to engage with stakeholders in the area of nutrition and dietetics, including government and industry. It will also work with partner organisations to ensure publicly available nutrition and diet advice is evidence-based.

Communication, Education and Training

The Academy will champion nutrition science in evidence-based policy making and as a subject in education at all levels. The Academy will also promote education, training, information and guidance and advocate for greater nutrition education for medical students.

Stakeholder Relationships

The Academy will champion research, knowledge transfer and public engagement in the nutrition field. The Academy will champion the public's greater awareness of the importance of properly regulated nutritionists and dietitians with suitable qualifications and experience.

Advancing the Research Agenda

The Academy will develop a concordat for funders and universities about what constitutes rigorous and ethically sound research in the nutrition field.

2024 Activities

Governance and Strategy

Throughout 2024, the fifth year of activities for the Academy, the trustees met on three occasions to transact Academy business.

The strategic plan, following consultation with the member organisations, was completed in 2021. It contains the following:

Vision: To be an authoritative voice advancing and promoting evidence-based nutrition science.

Mission: To champion nutrition science, enhancing its impact on policy and health for public benefit.

Three Strategic Priorities:

1. Promoting collaboration and partnerships:
 - (1.1) Promote collaborations between the ANS member organisations.
 - (1.2) Promote external collaborations by developing and maintaining working relationships with appropriate partners
 - (1.3) Establish a collaborative model to enable wider membership of the Academy
2. Influencing science and policy:
 - (2.1) Influence nutritionally-relevant policies at national and international levels by highlighting issues in nutrition science and encouraging action to address them
 - (2.2) Promote nutrition science research for the public benefit and actively engage with groups determining nutrition policy
 - (2.3) Improve the representation of nutrition science on research strategy groups and funding panels, and actively engage in discussions to help shape funding calls
 - (2.4) Publish position papers that promote and champion evidence-based nutrition science and to make recommendations that inform policy and practice
3. Developing organisational resilience:
 - (3.1) Determine operational priorities for action and desired outcomes within the strategic plan
 - (3.2) Develop a financial plan to enable stability and growth
 - (3.3) Extend membership of ANS to societies and organisations which satisfy the membership criteria
 - (3.4) Encourage extension of Academy activities through task and finish group
 - (3.5) Develop and implement a communications strategy to raise the profile of the Academy's work.

Position Papers

The Academy's third Position Paper was accepted for publication by the British Journal of Nutrition and published in January 2024. The paper is titled '*Nature of the evidence base and approaches to guide nutrition interventions for individuals: a position paper from the Academy of Nutrition Sciences*'.

This Position Paper focusses on applying complex research evidence to inform dietary interventions for individuals and is the result of a collaboration with dietitians and nutritionists from the UK, Canada and USA, and was led by Professor Mary Hickson. It was published in the British Journal of Nutrition ([Hickson et al., 2024](#)), accompanied by an editorial by Buttriss et al., in Nutrition Bulletin, Journal of Human Nutrition and Dietetics, and Nutrition and Dietetics, which summarise challenges identified and recommendations made. The editorial, which summarises the full paper, has been downloaded over 2000 times. As of 8 April 2025 this paper has been viewed in full 2390 times and the pdf downloaded 1853 times.

The three open-access Position Papers thus far published by the Academy provide a valuable resource for students of nutrition and dietetics as well as qualified professionals. Viewing and download metrics for the first and second Position Papers are as follows. Paper one [Williams et al., 2021](#) focusses on how dietary recommendations are formulated for populations for prevention of non-communicable diseases (4657 views and 2047 downloads) and paper two focusses on evidence used to support health claims for specific foods ([Ashwell et al., 2022](#)) and has achieved 2832 views and 1897 downloads, as of 8 April 2025.

The three Position Papers were the focus of a series of webinars hosted by the British Dietetic Association during the summer 2024. They also featured in a scientific symposium at The Nutrition Society Congress in Belfast in July 2024. The symposium was titled *Navigating the complexity of applying nutrition evidence: Recommendations from the Academy of Nutrition Sciences* and attracted 159 attendees. Course leaders in nutrition and dietetics in the UK, as well as the Federation of European Nutrition Societies (FENS) have also been made aware of the existence of these resources, and an article was published in Complete Nutrition.

Internal Policy Development

The internal focus of the Academy during 2024 saw the continued development of its policies and professional practice. A reserves policy, and process for collecting proposals for future work projects were created, as well as a process for collecting trustee declarations of interest. A Communications Workshop was hosted by the British Nutrition Foundation in May 2024 to develop the Academy communications practice and strategy. The Academy is extremely grateful for the volunteer assistance provided by a number of individuals and the support from its Member Organisations.

FINANCIAL REVIEW

Income and Expenditure

The seed funding provided by the 4 member organisations in 2020 (total of £20,000) was designed to allow sufficient time for the Academy to develop a member fee structure and annual budget. A methodology for the calculation of annual membership fees was agreed by trustees in 2022 and is based on a combination of the operational fiscal requirements of the Academy, and the relative gross income of the member organisations (to establish a membership band system). In 2024 the Academy recorded membership income of £2,199. In addition, interest was received from the Academy's bank totalling £37. On the expense side administrative costs during 2024 totalled £359. The resulting total funds for the Academy on 31 December 2024 were recorded as £18,520 (2023 £16,830).

Policy for Holding Reserves

The free reserves are defined as funds that are available for use at the discretion of the Trustees. In 2024 a Reserves Policy was agreed which maintains an adequate level of reserves to safeguard ANS' operations and sustainability, manage financial risk, and support future development and strategic priorities. The policy sets out the rationale for holding reserves, the target level of reserves, and the procedures for monitoring and reviewing the reserves.

Risk Management

The main areas of risk that have been identified by the Trustees are: damage to the Academy's reputation through adverse publicity; significant loss of member organisations; financial losses through fraud or loss of income. In these cases, preventative measures and financial controls have been agreed and established and the Trustees have implemented procedures for the Secretariat reporting internal control failures immediately to the Trustees, together with details of corrective action being taken.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Introduction

The governing document is the Constitution as a Charitable Incorporated Organisation, dated 9 May 2019, and available here on the Academy website. <https://www.academynutritionsciences.org.uk/constitution-1>

How the Academy is Constituted

The Academy's governing body is the Trustee Board, which has 9 members. Three Trustees undertake the duties of Chair, Honorary Secretary and Honorary Treasurer.

The Trustees exercise all the powers of the Academy, subject to the provisions of the charity laws currently in force and with the assistance and advice of an Operational Support Group and a Secretariat. The Operational Support Group comprises of the CEOs of the 4 founding member organisations. The Secretariat provides administrative services, at no cost, to the Academy. The Secretariat is hosted by the

Nutrition Society, one of the founding member organisations. In addition, there are from time-to-time, sub-committees and working groups reporting to the Trustees on specialist areas of the Academy's activities. With these arrangements in place, the Trustees at all times have a detailed knowledge of the business being transacted by the Academy.

Methods Used to Appoint Trustees

Procedures for election for Trustee posts are in place. When nominations are needed they will be sought, as proscribed in the Constitution, from the membership and through advertising on the website to which members' attention is drawn by personal email alerts. Trustees will be elected by decision of the members at the annual general meeting. The [Constitution](#), containing the appointment of trustees' procedure, is available on the Academy's website.

New Trustees receive an induction pack and guidance from the Trustees. An induction meeting is held with the Head of the Secretariat to ensure that the incoming Trustees have the opportunity to ask questions about policy and actions of the board so that they can take up their duties with clear understanding of the current position of the Academy. In addition, all new trustees will attend within their first 6 months in post an external governance training workshop.

REFERENCE AND ADMINISTRATIVE DETAILS

The name: The Academy of Nutrition Sciences

Charity registration number: It is a charity registered with the Charity Commission for England and Wales, number 1185514

Address of the principal office and address of the registered office:

Boyd Orr House, 10 Cambridge Court, 210 Shepherds Bush Road, London W6 7NJ

The Trustees at 31 December 2024

Dr Judy Buttriss – Chair
Professor Christine Williams
Professor Kevin Whelan
Professor Julie Lovegrove
Dr Frank Thies - Honorary Secretary & Treasurer
Professor Fiona McCullough
Dr Margaret Ashwell
Dr Adrian Brown
Dr Tara Coppinger

Bankers: Charities Aid Foundation (CAF). CAF Bank,
25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ

By Order of the Trustees

Mark Hollingsworth, Secretary

Approved by the Trustees 14 April 2025.

Academy of Nutrition Sciences

Balance Sheet

Year Ending: 31 December 2024

	2024	2023 £
CURRENT ASSETS		
Bank	18,520	17,780
Debtors	-	-
	<u>18,520</u>	<u>17,780</u>
Creditors - amounts falling due within one year	-	950
	<u>18,520</u>	<u>16,830</u>
ACADEMY FUNDS		
Unrestricted Funds (See Note 1)	18,520	16,830
	<u>18,520</u>	<u>16,830</u>
TOTAL FUNDS	18,520	16,830

Note 1: Contains a Reserve Fund of £1,000)

Registered Charity Number 1185514

Academy of Nutrition Sciences

Statement of Financial Activities (SOFA)

Year Ending: 31 December 2024

	Note	2024 £	2023 £
Income from:			
Membership		2,199	1,875
Creditor adj		14	
Donations		200	
Bank Interest		37	17
Total Income		2,450	1,892
Expenditure on:			
Charitable Activities		700	2,454
Administration		35	828
31-Dec-23		735	3,282
Net movement in funds		1,715	(1,390)
Fund balance at 1 January 2024		16,830	
		18,545	

Academy of Nutrition Sciences

Profit and Loss Account

Year Ending: 31 December 2024

Date	Item	Income	Expenditure
31-Dec-24	Bank fees		60.00
31-Dec-24	Interest	36.68	
31-Dec-24	M'Ship Fees	2,199.00	
31-Dec-24	Donations	200.00	
31-Dec-24	Website/IT		
31-Dec-24	Creditor Adj	14.39	
31-Dec-24	Travel		699.98
		<u>2,450.07</u>	<u>759.98</u>
31-Dec-24	Net profit/loss	<u>1,690.09</u>	

ACADEMY OF NUTRITION SCIENCES

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TRUSTEE ANNUAL REPORT

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Position Papers and Consultations

The Academy's third position paper was accepted for publication by the British Journal of Nutrition in November 2023 (and published in January 2024). The paper was titled 'Evidence for Nutrition Interventions for Individuals'. The paper examined how evidence is used to

guide individualised nutrition interventions. An editorial highlighting the recommendations of the position paper was submitted for publication and plans are in place for publicising this and the previous position papers in 2024.

In April 2023, a short article was published on the Academy's website entitled The Importance of Transparent Frameworks for the Assessment of Evidence. As well as flagging the Academy's own position papers, the article highlighted SACN's framework and methods for evaluation of evidence.

In May 2023 the Academy, commenting in a 'perspective' on its website (titled 'Is the focus on environment sustainability risking delivery of micronutrient adequacy?') on a new analysis led by the Global Alliance for Improved Nutrition, and a new report from the Food and Agriculture Organisation of the United Nations, suggested there is an urgent need to consider human nutrition in tandem with strategies to transform food systems to manage environmental impacts.

In June 2023, a further 'perspective' titled 'Understanding ultra processed foods and human health: a journey without a plan?', was published on the Academy's website. The 'perspective' considered the risk of unintended dietary consequences of premature policy concerning UPFs is high, given that the classification system itself has been widely criticised for failure to discriminate foods that contribute beneficial nutrition from those that do not, and the proposed mechanisms involved are multiple and mostly under-investigated. It suggested the solutions will not be found in repetitive association studies but may require a strategic approach to funding of nutrition research that is currently lacking in the UK.

In July 2023 the Academy welcomed, through a 'perspective' published on its website, the thorough and comprehensive statement on processed foods and health from the Scientific Advisory Committee on Nutrition (SACN), which concluded that the observed associations between higher consumption of (ultra-) processed foods and adverse health outcomes need to be treated with caution owing to limitations in the NOVA classification system, the potential for confounding, and the possibility that the observed adverse associations are covered by existing dietary recommendations. The SACN statement also highlighted the lack of evidence about the mechanism(s) via which processed foods might adversely affect health and the need for good-quality randomised controlled trials that may help establish potential mechanisms, and establish whether they are independent of energy density or other dietary factors. This recommendation is aligned with the June 2023 'perspective' from the Academy.

In July 2023 the Academy also published a short article on its website highlighting the SACN report on feeding young children aged 1-5 years.

Internal Policy Development

The internal focus of the Academy during 2023 saw the continued development of its communications strategy and capacity. The Academy is extremely grateful for the volunteer assistance provided by a number of individuals and the support from its Member Organisations.

An important policy development saw a revised structure to its communications. Four 'themes' were agreed by the Trustees and Member Organisations to better clarify the communication outputs. The four are:

- 'Outcomes and Activities: The Academy's position papers.
- 'Perspectives': The Academy's comments on work/actions of other organisations and individuals.
- 'Collaborations and Partnerships': Communications which publicise the output/actions of Academy partnerships and collaborations
- 'Opportunities': Publicise nutrition science activities of the Academy's Member Organisations.

In addition, the Academy trustees, in conjunction with its Member Organisations, developed and agreed a policy for the category of 'perspectives' articles that has the aim of encouraging debate or reflection on potentially controversial issues, focusing on the strength of the evidence base underpinning these issues. Unlike its Position Papers, such articles do not necessarily present an official opinion of the Academy or its Member Organisations.

Finally, the Trustees completed its development of the By-Law and processes for the assessment and approval/rejection of applications for new Member Organisations. It is intended to seek new Members in 2024/25.

FINANCIAL REVIEW

Income and Expenditure

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Policy for Holding Reserves

The free reserves are defined as funds that are available for use at the discretion of the Trustees. The Trustees have included in the reserves the cash and bank balances held for the day to day business requirements of the Academy. It is the intention of the Trustees to build a reserve fund sufficient to ensure the Academy can continue to operate, should revenues be reduced, for a minimum period of one year.

Risk Management

The main areas of risk that have been identified by the Trustees are: damage to the Academy's reputation through adverse publicity; significant loss of member organisations; financial losses through fraud or loss of income. In these cases, preventative measures and financial controls have been agreed and established and the Trustees have implemented procedures for the Secretariat reporting internal control failures immediately to the Trustees, together with details of corrective action being taken.

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Professor Christine Williams

Professor Kevin Whelan

Professor Julie Lovegrove

Dr Frank Thies - Honorary Secretary & Treasurer

Dr Fiona McCullough

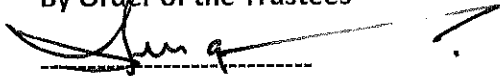
Dr Margaret Ashwell

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Bankers: Charities Aid Foundation (CAF). CAF Bank,
25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ

By Order of the Trustees



Mark Hollingsworth, Secretary

Approved by the Trustees 13 May 2024.

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England & Wales - Charity number 1185514

Accounts

TRUSTEE ANNUAL REPORT

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- (3.4) Encourage extension of Academy activities through task and finish group
- (3.5) Develop and implement a communications strategy to raise the profile of the Academy's work.

Position Papers, Responses to Consultations and other Outputs/Activities

Position Papers

The Academy published its second position paper in November 2022. Titled 'How and why health claims are authorised', the paper was published open-access in [British Journal of Nutrition](#) and considered the strengths of approaches used in different countries, identified challenges faced in assessing the scientific evidence and made recommendations to overcome these. Two accompanying editorials, entitled 'Why do health professionals need to know about the nutrition and health claims regulation? Summary of an Academy of Nutrition Sciences Position Paper' were published on-line (free to access) in December 2022 in [Nutrition Bulletin](#) and the [Journal of Human Nutrition and Dietetics](#). These summarise the Academy's recommendations and highlight the implications of the Regulation for nutrition and dietetic professionals. In November 2022, the Position Paper was highlighted in a presentation by Trustee Prof McArdle at a conference at the Royal Society of Medicine. In December 2022, Trustee Prof Whelan presented the findings of both of the Academy's Position Papers at a research meeting organised by the British Dietetic Association and further talks are scheduled for 2023.

During the year, work has progressed on a third Position Paper, examining how evidence is used to guide individualised nutrition interventions.

Consultations

In May 2022 the Academy responded to the consultation on 'The design of the UK's future research assessment system'. In June 2022 the Academy commented on the 'Government Food Strategy' in recognizing that nutrition and sustainability are interrelated and need to be tackled together.

Other outputs

In March 2022, the Academy highlighted important multidisciplinary work being led by the Association for Nutrition, involving the Academy's member organisations, medical colleges, practitioners and policy makers. An article 'How can nutrition organisations support the teaching of nutrition to student doctors?' describes the steps taken in developing an

updated Undergraduate Curriculum in Nutrition (published in 2021), why such a curriculum is needed in medical training and the challenges associated with its implementation

In August 2022 the Academy and the leading cancer charity, World Cancer Research Fund (WCRF) joined forces to respond to a letter from Stanton and colleagues, published in *The Lancet*, which called for the Global Burden of Disease 2019 (GBD 2019) investigators to reconsider the measurements they were using to draw conclusions about the links between dietary risk factors and diseases, including cancer, and to increase the transparency around the decisions they make when drawing conclusions.

In August 2022 the Academy published two articles: 'Balancing the global protein economy is more than just switching from animal-based to plant-based foods: from sewage in the USA, protein quality in Malawi to vulnerable older people here in the UK'; 'Vitamin D: One hundred years on'.

In October 2022 the Academy published an article welcoming the nutrition spotlight mechanism for research funding, following the announcement by BBSRC (the Biotechnology and Biological Sciences Research Council). The Academy also highlighted the importance of reciprocal engagement between nutrition scientists and the BBSRC's peer review process for grant applications, including Panel memberships, to ensure the right balance of skills is available to BBSRC.

In November 2022 the Academy published three articles. The first 'Funding for human nutrition research – past successes and future opportunities', highlighted funding of human nutrition research in the UK, through the Diet Research Industry Club (DRINC), led by the Biotechnology and Biosciences Research Council (BBSRC), which has been recognised as a success story. The article also highlighted future opportunities for funding of nutrition research.

A second article 'Bonfire of EU Laws: FSA chair applauded for highlighting implications for food safety and public health of the Brexit Freedoms Bill'. The Academy supported the approach being taken by the FSA's Chair, Professor Susan Jebb, to highlight the adverse implications of the current timetable for establishing domestic legislation following Brexit, with sunsetting of any EU regulations and directives not already replaced by new domestic laws by the end of 2023.

The third article, in response to one of the recommendations of the Academy's first Position Paper, proposed a call to action for development of systematic approaches to assess quality and relevance of mechanistic research in the development of nutrition policy. The Academy welcomed the BBSRC's new response mode funding Spotlight initiative, which will

focus on proposals that help to build a stronger understanding of the biological basis underlying effects of nutrition on human health

Finally, in December, the Academy published an article ‘Why do health professionals need to know about the nutrition and health claims regulation?’ This article highlighted the editorials published in support of its position paper ‘How and why health claims are authorised’ mentioned earlier. Also, an [interview](#) with Professor Kevin Whelan, a Trustee of the Academy, which describes how the Academy’s interests are being pursued through a series of Position Papers and related activities, appeared on YouTube.

Internal Policy Development

A main focus of the Academy throughout 2022 has been the development of a communications capacity to support its work. A communications committee has been established, with the welcome support of the member organisations.

The Academy trustees have also approved draft criteria for applications for organisations to apply to become members in 2023. A Working Group has been formed to develop formal policies to support the implementation of the widening of member organisations.

FINANCIAL REVIEW

Income and Expenditure

The seed funding provided by the four member organisations in 2020 (total of £20,000) was designed to allow sufficient time for the Academy to develop a member fee structure and annual budget. As such, the trustees approved the introduction of annual membership fees in 2022. A methodology for the calculation of the fees was agreed by trustees and is based on a combination of the operational fiscal requirements of the Academy, and the relative gross income of the member organisations (to establish a membership band system). The Academy subsequently recorded membership income for 2022 of £1,875. In addition, interest was received from the Academy’s bank totalling £16.55. On the expense side administrative costs during 2022 totalled £828, primarily for the introduction of the Academy’s own dedicated email and cloud-based system. The Academy incurred Open Access costs of £2,454 to publish its position paper. The resulting total funds for the Academy on 31 December 2022 were recorded as £15,744 (2021 £17,135).

Policy for Holding Reserves

The free reserves are defined as funds that are available for use at the discretion of the Trustees. The Trustees have included in the reserves the cash and bank balances held for the day to day business requirements of the Academy. It is the intention of the Trustees to build a reserve fund sufficient to ensure the Academy can continue to operate, should revenues be reduced, for a minimum period of one year.

Risk Management

The main areas of risk that have been identified by the Trustees are: damage to the Academy's reputation through adverse publicity; significant loss of member organisations; financial losses through fraud or loss of income. In these cases, preventative measures and financial controls have been agreed and established and the Trustees have implemented procedures for the Secretariat reporting internal control failures immediately to the Trustees, together with details of corrective action being taken.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Introduction

The governing document is the Constitution as a Charitable Incorporated Organisation, dated 9 May 2019.

How the Academy is Constituted

The Academy's governing body is the Trustee Board, which has 9 members. Three Trustees undertake the duties of Chair, Honorary Secretary and Honorary Treasurer.

The Trustees exercise all the powers of the Academy, subject to the provisions of the charity laws currently in force and with the assistance and advice of an Operational Support Group and a Secretariat. The Operational Support Group comprises of the CEOs of the 4 founding member organisations. The Secretariat provides administrative services, at no cost, to the Academy. The Secretariat is hosted by the Nutrition Society, one of the founding member organisations. In addition, there are from time-to-time, sub-committees and working groups reporting to the Trustees on specialist areas of the Academy's activities. With these arrangements in place, the Trustees at all times have a detailed knowledge of the business being transacted by the Academy.

Methods Used to Appoint Trustees

Procedures for election for Trustee posts are in place. When nominations are needed they will be sought, as proscribed in the Constitution, from the

membership and through advertising on the website to which members' attention is drawn by personal email alerts. Trustees will be elected by decision of the members at the annual general meeting. The Constitution, containing the appointment of trustees' procedure, is available on the Academy's website.

It will be the intention of the Academy to ensure all new Trustees receive an induction pack and guidance from the Trustees. An induction meeting will be held to ensure that the incoming Trustees have the opportunity to question the other officers about policy and actions of the board so that they can take up their duties with clear understanding of the current position of the Academy. In addition, all new trustees will attend within their first 6 months in post an external governance training workshop.

REFERENCE AND ADMINISTRATIVE DETAILS

The name: The Academy of Nutrition Sciences

Charity registration number: It is a charity registered with the Charity Commission for England and Wales, number 1185514

Address of the principal office and address of the registered office:

Boyd Orr House, 10 Cambridge Court, 210 Shepherds Bush Road, London W6 7NJ

The Trustees at 31 December 2022

Professor Kevin Whelan

Professor Harry McArdle

Professor Andrew Salter – Honorary Secretary & Treasurer

Dr Frank Thies

Dr Fiona McCullough

Dr Margaret Ashwell

Mrs. Barbara Saunders

Professor Judith Buttriss - Chair

Professor Christine Williams

Bankers: Charities Aid Foundation (CAF). CAF Bank,
25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ

By Order of the Trustees

Mark Hollingsworth, Secretary

Approved by the Trustees 27 March 2023.

Academy of Nutrition Sciences

Balance Sheet

Year Ending: 31 December 2022

	2022 £	2021
CURRENT ASSETS		
Bank	15,744	19,920
Debtors	-	
	<hr/> 15,744	<hr/> 19,920
Creditors - amounts falling due within one year	-	2,785
NET CURRENT ASSETS	<hr/> 15,744	<hr/> 17,135
ACADEMY FUNDS		
Unrestricted Funds	15,744	17,135
	<hr/>	<hr/>
TOTAL FUNDS	<hr/> 15,744	<hr/> 17,135

Registered Charity Number 1185514

Academy of Nutrition Sciences

Statement of Financial Activities (SOFA)

Year Ending: 31 December 2022

	Note	2022 £	2021
Income from:			
Membership		1,875.00	0
Bank Interest		16.55	
Total Income		1,891.55	0
Expenditure on:			
Charitable Activities		2454.00	0
Administration		828.00	411
Total expenditure		3,282.00	411
Net movement in funds		-1,390.45	-411
Fund balance at 31 December 2020			17,546
Fund balance at 1 January 2021		17,135.00	17,546
Fund balances at 31 December 2022		15,744.55	17,135

Academy of Nutrition Sciences

Profit and Loss Account

Year Ending: 31 December 2022

Date	Item	Income	Expenditure
31-Dec-22	Bank fees		81.00
31-Dec-22	Interest	16.55	
31-Dec-22	M'Ship Fees	1,875.00	
31-Dec-22	Website/IT		747.00
31-Dec-22	Publications		2,454.00
		<u><u>1,891.55</u></u>	<u><u>3,282.00</u></u>
31-Dec-22	Net profit/loss	<u><u>(1,390.45)</u></u>	

ACADEMY OF NUTRITION SCIENCES

England & Wales - Charity number 1185514

Accounts

TRUSTEE ANNUAL REPORT

Period: 1 January – 31 December 2021

Charity Number: 1185514

OBJECTIVES AND ACTIVITIES

The Objects

The objects of the Academy are “to improve public health and well being by supporting research, education and associated activities which advance the knowledge and application of evidence-based nutrition science.”

Charitable Purposes for Public Benefit

As a charity the Academy must have aims that fall within the descriptions of charitable purposes set out in the Charities Act 2006. The charitable purposes of the Academy in pursuit of its objects are:

- The advancement of health
- The advancement of science
- The advancement of animal welfare

The Trustees have complied with the duty in s.17 of the Charities Act 2011 to have due regard to the Charity Commission’s published general and relevant sub-sector guidance concerning the operation of the public benefit requirement under that Act. The beneficiaries are considered to be:

- Members of the Academy:
 - Membership of the Academy is open to organisations only. Currently there are 4 members: the Association for Nutrition; British Dietetic Association; the British Nutrition Foundation; The Nutrition Society. The Academy plans to open membership to other organisations who are interested in furthering the Academy’s objects in 2022. Through these organisations the Academy can significantly extend its public benefit.
- Humanity:
 - All people benefit from the scientific advice given to government departments, public agencies, the scientific community and the food industry; and from the dissemination of nutritional science. Examples include the Academy publishing position papers, participating in relevant public consultations, and scientific conferences.

ACHIEVEMENTS AND PERFORMANCE

Introduction and Foundation

The Academy of Nutrition Sciences is a joint initiative between the Association for Nutrition (AfN), the British Dietetic Association (BDA), the British Nutrition Foundation (BNF) and the Nutrition Society, established in October 2019 to: *'Improve public health and wellbeing by supporting excellence in research, education and associated activities to advance the knowledge and application of evidence-based nutrition science.'*

This object will be furthered, in collaboration with both the founding member organisations and additional new member organisations, through common goals and collective activities. The focus will be in four main areas:

Leadership

The Academy will provide a collective voice to engage with stakeholders in the area of nutrition and dietetics, including government and industry. It will also work with partner organisations to ensure publicly available nutrition and diet advice is evidence-based.

Communication, Education and Training

The Academy will champion nutrition science in evidence-based policy making and as a subject in education at all levels. The Academy will also promote education, training, information and guidance and advocate for greater nutrition education for medical students.

Stakeholder Relationships

The Academy will champion research, knowledge transfer and public engagement in the nutrition field. The Academy will champion the public's greater awareness of the importance of properly regulated nutritionists and dietitians with suitable qualifications and experience.

Advancing the Research Agenda

The Academy will develop a concordat for funders and universities about what constitutes rigorous and ethically sound research in the nutrition field.

2021 Activities

Governance and Strategy

Throughout 2021, the second year of activities for the Academy, the trustees met on 3 occasions to transact Academy business. In addition, the trustees met on 3 further occasions to develop the Academy's first strategic plan.

The strategic plan, following consultation with the member organisations, was completed in 2021. It contains the following:

Vision: To be an authoritative voice advancing and promoting evidence-based nutrition science.

Mission: To champion nutrition science, enhancing its impact on policy and health for public benefit.

Three Strategic Priorities:

1. Promoting collaboration and partnerships:

(1.1) Promote collaborations between the ANS member organisations.

(1.2) Promote external collaborations by developing and maintaining working relationships with appropriate partners

(1.3) Establish a collaborative model to enable wider membership of the Academy

2. Influencing science and policy:

(2.1) Influence nutritionally-relevant policies at national and international levels by highlighting issues in nutrition science and encouraging action to address them

(2.2) Promote nutrition science research for the public benefit and actively engage with groups determining nutrition policy

(2.3) Improve the representation of nutrition science on research strategy groups and funding panels, and actively engage in discussions to help shape funding calls

(2.4) Publish position papers that promote and champion evidence- based nutrition science and to make recommendations that inform policy and practice

3. Developing organisational resilience:

(3.1) Determine operational priorities for action and desired outcomes within the strategic plan

(3.2) Develop a financial plan to enable stability and growth

(3.3) Extend membership of ANS to societies and organisations which satisfy the membership criteria

(3.4) Encourage extension of Academy activities through task and finish group

(3.5) Develop and implement a communications strategy to raise the profile of the Academy's work.

Trustee Positions

In July 2021 the chair of the trustees, Professor Harry McArdle, announced he wished to step down from the role of chair. In October 2021 the trustees unanimously agreed to appoint Professor Judy Buttriss as chair.

Position Papers and Consultations

In 2020 The trustees established 3 Working Groups to develop three position papers which will review and report upon: 1. *Nature of the evidence base and frameworks underpinning dietary recommendations for prevention of non-communicable disease*; 2. *The Nature of the Evidence underpinning approvals of Health Claims on Food Products - Challenges and Opportunities*; 3. *The Nature of the Evidence underpinning one-to-one dietary advice*

The first of these Working Groups delivered their findings in a position paper, which was submitted to the British Journal of Nutrition. It was approved for publication in December 2020, titled *Nature of the evidence base and frameworks underpinning dietary recommendations for prevention of non-communicable disease*. On 29 January 2021 the paper was published in BJN in its finished format. The Academy, and its member organisations, communicated the paper to a wide, relevant, and influential audience. This communication included an editorial, authored by Williams CM, Buttriss JL, Whelan K, *Synthesising nutrition science into dietary guidelines for populations amidst the challenge of fake news: summary of an Academy of Nutrition Sciences position paper*, published in both Nutrition Bulletin and Journal of Human Nutrition and Dietetics in 2021.

Work continued throughout 2021 on the development of Papers 2 and 3 about the nature of the evidence-base in nutrition, and subsequently initial work on Paper 4 began. This paper focuses on *Sustainable Food Systems*.

On 30 March 2021 the Academy, after consulting its members, wrote to the Prime Minister to express its concerns over funding cuts to the Global Challenges Research Fund.

In the latter half of 2021, following a request from a constituent of a member organisation, the trustees began to consider the implications for the nutrition science community of Article 12 (c) of the Health Claims Regulations. The work has continued into 2022.

Internal Policy Development

During 2021, once work on the strategic plan was complete, the trustees focused on developing a strategic communications framework, and a recruitment process for engaging volunteers in the wider work of supporting the trustees in the delivery of the new strategic plan. The work has continued into 2022.

FINANCIAL REVIEW

Income and Expenditure

The seed funding provided by the 4 member organisations in 2020 (total of £20,000) was designed to allow sufficient time for the Academy to develop a member fee structure and annual budget. As such, no membership fees were required from member organisations in 2021. The Academy subsequently recorded no income for 2021. On the expense side administrative costs during 2021 totalled £411, resulting in total funds for the Academy on 31 December 2021 of £17,135 (2020 £17,546).

Policy for Holding Reserves

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Risk Management

The main areas of risk that have been identified by the Trustees are: damage to the Academy's reputation through adverse publicity; significant loss of member organisations; financial losses through fraud or loss of income. In these cases preventative measures and financial controls have been agreed and established and the Trustees have implemented procedures for the Secretariat reporting internal control failures immediately to the Trustees, together with details of corrective action being taken.

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Methods Used to Appoint Trustees

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The Trustees at 31 December 2021

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Professor Harry McArdle

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Dr Margaret Ashwell

Mrs. Barbara Saunders

Professor Judy Buttriss - Chair

Professor Christine Williams

Bankers: Charities Aid Foundation (CAF). CAF Bank,
25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ

By Order of the Trustees

Mark Hollingsworth, Secretary

Approved by the Trustees 10 May 2022.

Academy of Nutrition Sciences

Balance Sheet

Year Ending: 31 December 2021

	2021	2020
	£	
CURRENT ASSETS		
Bank	19,920	20,000
Debtors	-	
	<u>19,920</u>	<u>20,000</u>
Creditors - amounts falling due within one year	2,785	2,454
Note: Creditor is the Nutrition Society (the Secretariat). Payment was made for £2,785 in 2022		
	<u>17,135</u>	<u>17,546</u>
NET CURRENT ASSETS		
ACADEMY FUNDS		
Unrestricted Funds	17,135	17,546
	<u>17,135</u>	<u>17,546</u>
TOTAL FUNDS	<u>17,135</u>	<u>17,546</u>

Registered Charity Number 1185514

Academy of Nutrition Sciences

Statement of Financial Activities (SOFA)

Year Ending: 31 December 2021

	Note	2021 £	2020
Income from:			
Membership		0	20,000
Total Income		<u>0</u>	<u>20,000</u>
Expenditure on:			
Charitable Activities		0	2,454
Administration		411	0
Total expenditure		<u>411</u>	<u>2,454</u>
Net movement in funds		-411	17,546
Fund balance at 31 December 2020			<u>17,546</u>
Fund balance at 1 January 2021		17,546	
Fund balances at 31 December 2021		<u><u>17,135</u></u>	<u><u>17,546</u></u>

Academy of Nutrition Sciences

Profit and Loss Account

Year Ending: 31 December 2021

Date	Item	Income	Expenditure
15-Mar-21	Bank charges		8.00
15-Apr-21	Bank charges		8.00
17-May-21	Bank charges		8.00
15-Jun-21	Bank Charges		8.00
15-Jul-21	Bank Charges		8.00
16-Aug-21	Bank Charges		8.00
15-Sep-21	Bank Charges		8.00
15-Oct-21	Bank Charges		8.00
15-Nov-21	Bank Charges		8.00
15-Dec-21	Bank Charges		8.00
15-Dec-21	Website charges		331.05
		<u>-</u>	<u>411.05</u>
		<u>(411.05)</u>	

ACADEMY OF NUTRITION SCIENCES

England & Wales - Charity number 1185514

Accounts

TRUSTEE ANNUAL REPORT

Period: 1 October 2019 – 31 December 2020

Charity Number: 1185514

OBJECTIVES AND ACTIVITIES

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- The advancement of health
- The advancement of science
- The advancement of animal welfare

The Trustees have complied with the duty in s.17 of the Charities Act 2011 to have due regard to the Charity Commission’s published general and relevant sub-sector guidance concerning the operation of the public benefit requirement under that Act. The beneficiaries are considered to be:

Members of the Academy:

Membership of the Academy is open to organisations only. Currently there are 4 members: the Association for Nutrition; British Dietetic Association; the British Nutrition Foundation; The Nutrition Society. The Academy plans to open membership to other organisations who are interested in furthering the Academy’s objects in 2021. Through these organisations the Academy can significantly extend its public benefit.

Humanity:

All people benefit from the scientific advice given to government departments, public agencies, the scientific community and the food industry; and from the dissemination of nutritional science through the

Academy publishing position papers, participating in relevant public consultations, and scientific conferences.

ACHIEVEMENTS AND PERFORMANCE

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This object will be furthered, in collaboration with the both the founding member organisations and additional new member organisations, through common goals and collective activities. The focus will be in four main areas:

Leadership

The Academy will provide a collective voice to engage with stakeholders in the area of nutrition and dietetics, including government and industry. It will also work with partner organisations to ensure publicly available nutrition and diet advice is evidence-based.

Communication, Education and Training

The Academy will champion nutrition science in evidence-based policy making and as a subject in education at all levels. The Academy will also promote education, training, information and guidance and advocate for greater nutrition education for medical students.

Stakeholder Relationships

The Academy will champion research, knowledge transfer and public engagement in the nutrition field. The Academy will champion the public's greater awareness of the importance of properly regulated nutritionists and dietitians with suitable qualifications and experience.

Advancing the Research Agenda

The Academy will develop a concordat for funders and universities about what constitutes rigorous and ethically sound research in the nutrition field.

Year One

Throughout 2020, as the first full year of activities for the Academy, the trustees have met on five occasions to develop their policies, procedures, systems and plans to support delivery of their charitable objects. A strategic planning process has commenced to enable detailed goals and collective activities to be identified, which is intended to bring a clear focus to the work of the Academy for the next 3 years. The strategic planning process is due to be completed within the first 6 months of 2021. A membership application process has been developed, ready to open the Academy to applications from potential new member organisations in 2021.

The trustees established 3 Working Groups to develop three position papers which will review and report upon: *Nature of the evidence base and frameworks underpinning dietary recommendations for prevention of non-communicable disease*; *The Nature of the Evidence underpinning approvals of Health Claims on Food Products - Challenges and Opportunities*; *Sustainable food systems*.

The first of these Working Groups delivered their findings in a position paper, which was submitted to the British Journal of Nutrition. It was approved for publication in December 2020, titled *Nature of the evidence base and frameworks underpinning dietary recommendations for prevention of non-communicable disease*. The Academy, and its member organisations, communicated the paper to a wide, relevant, and influential audience. This communication included an editorial, authored by Williams CM, Buttriss JL, Whelan K, *Synthesising nutrition science into dietary guidelines for populations amidst the challenge of fake news: summary of an Academy of Nutrition Sciences position paper*, published in the Nutrition Bulletin.

FINANCIAL REVIEW

Income and Expenditure

At the end of the extended first year of the Academy's operations income had been generated through seed funding from the 4 founding member organisations paying a membership fee, totalling £20,000. It is the initial intention of the Academy to generate its income through membership fees. Trustees are exploring, within their strategic planning process, additional sources of sustainable revenue. No operational running costs had been incurred in this first year, as the founding member organisations continued to cover any administrative expenses. In addition, the COVID-19 pandemic meant that all trustee meetings had to be conducted online, thus avoiding any travel expenses for trustees. In 2021 the founding member organisations have agreed the Academy will begin to cover all its operating costs. The Academy undertook one significant charitable activity in the publication of its first position paper. The Open Access fees for publication in the British Journal of Nutrition were £2,454. The

Academy ended its first financial year with an operating surplus, and net worth, of £17,546.

Policy for Holding Reserves

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The Trustees at 31 December 2020

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Professor Harry McArdle - Chair

Professor Andrew Salter - Honorary Secretary

Dr Frank Thies

Dr Fiona McCullough

Dr Margaret Ashwell

Mrs. Barbara Saunders

Professor Judy Buttriss - Honorary Treasurer

Professor Christine Williams

Bankers: Charities Aid Foundation (CAF). CAF Bank,
25 Kings Hill Avenue, Kings Hill, West Malling, Kent ME19 4JQ

By Order of the Trustees

Mark Hollingsworth, Secretary

Approved by the Trustees 19 May 2021.

Academy of Nutrition Sciences

Balance Sheet

Year Ending: 31 December 2020

NB: This first year of the Academy covers 1 October 2019 to 31 December 2020

	2020
	£
CURRENT ASSETS	
Bank	20,000
Debtors	-
	<hr/> 20,000
Creditors - amounts falling due within one year	2,454
NET CURRENT ASSETS	<hr/> 17,546 <hr/>
ACADEMY FUNDS	
Unrestricted	17,546
	<hr/>
TOTAL FUNDS	<hr/> 17,546 <hr/>

Registered Charity Number 1185514

Academy of Nutrition Sciences

Statement of Financial Activities (SOFA)

Year Ending: 31 December 2020

NB: This first year of the Academy covers 1 October 2019 to 31 December 2020

	Note	2020 £
Income from:		
Membership seed funding	1	20,000
Total Income		20,000
Expenditure on:		
Charitable Activities		2,454
Total expenditure	2	2,454
Net income		17,546
Total funds carried forward		17,546

Note

- 1 Seed funding of £5,000 received from each of the 4 founding members, BDA, NS, AfN, BNF
- 2 Article Processing Fee for publication in BJN of ANS first paper

Academy of Nutrition Sciences

Profit and Loss Account

Year Ending: 31 December 2020

NB: This first year of the Academy covers 1 October 2019 to 31 December 2020

Date	Item	Income	Expenditure
18-May-20	Seed funding AFN	5,000	
19-May-20	Seed Funding NS	5,000	
22-May-20	Seed Funding BNF	5,000	
29-May-20	Seed Funding BDA	5,000	
11-Dec-20	APC CUP		2,454
Profit c/f		<hr/>	<hr/> 17,546
Totals		<hr/> 20,000 <hr/>	<hr/> 20,000 <hr/>