

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	-	-
	<hr/> 18,520	<hr/> 17,780
Creditors - amounts falling due within one year	-	950
	<hr/> 18,520	<hr/> 16,830
ACADEMY FUNDS		
Unrestricted Funds (See Note 1)	18,520	16,830
	<hr/>	<hr/>
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>	