



The Nutrition Society Welcomes a New President

Professor Julie Lovegrove formally commenced her term of office as President of the Nutrition Society during September's Annual Charity Meeting.

Professor Lovegrove 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. A Registered Nutritionist with over 30 years of research experience in studying the role of nutrition in cardiovascular diseases, Professor Lovegrove's research focuses 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 to establishing the relevance of dietary fat quality in the development and prevention of cardiometabolic diseases.

Professor Lovegrove also serves on a number of external committees, including the UK Government's Scientific Advisory Committee for Nutrition (SACN). Previous posts include serving as Deputy Chair for the Association for Nutrition (AfN) Council (2016-2019), and Chair of the AfN Accreditation Committee (2011-2019).

On the eve of her new appointment, the Society caught up with Professor Lovegrove to find out more about her plans for the next three years.

When did you first become involved with the Society?

I have been a member of the Nutrition Society since I was a PhD student, 30 years ago, and have been an enthusiastic, active member ever since. The conferences are important events in my diary, and I have attended every Summer Meeting except two, which coincided with maternity leave for my two children. I recall the first occasion I presented my PhD research at the Summer Meeting held in Sheffield. Although I was nervous, the audience were extremely supportive and I managed to answer their challenging, but interesting questions.

What are your hopes for the future of nutritional science?

After the discovery of vitamins in the mid-20th century, it was believed that there was nothing more to discover in the field of nutritional science. Time has proven this prophecy to be naïve and incorrect. The importance of nutrition as an effective means of disease reduction is now recognised, with prevention being the key priority in public health. Evidence-based nutrition is essential to ensure optimum health of our ever-increasing population, with consideration of sustainability of our food supply and effective strategies for changing dietary behaviours.

Recognition of the Profession of Nutrition, with a protected title, and continued elevation of nutrition as a major science and preventative strategy for health promotion are all paramount.

What are the key areas of the Society's activities that you would like to focus on or innovate in?

My aspirations are to create further opportunities for students and early career researchers to engage with the Society, and to help secure future investment and growth in nutrition as a major discipline. I also wish to continue our increasing relationship with the medical profession, to further extend the reach of the Society into the international arena, and to work more closely with other organisations with the aim of achieving a common voice in evidence-based nutritional science.

The Society would also like to sincerely thank Professor Philip Calder, the outgoing President, for his work and commitment to the Society over the past three years.

Events Calendar

November

- **12 November, NSTA webinar, 13:00-14:00 PM.**
'Omega-3's: a place in performance sport?', led by Professor Oliver Witard.

December

- **2-4 December, Winter Conference 2019, London.**
'Diet and digestive health'. This year's conference will be held in collaboration with BAPEN and the British Society of Gastroenterology at the *Royal Society of Medicine*.

NSJC - The Society's Journal Club is a one-hour monthly webinar discussion discussing and appraising the latest research and is free for all members. Register via your membership area.

Fit CPD in around busy schedules - Pre-recorded versions of recent NSTA webinars are available to listen to at a variety of different times via the Society's website.