

Hello...



Anne Holdoway – Editor

Anne is a practicing dietitian with over three decades experience spanning across the NHS, industry, research, and private practice. Dedicated to nutrition and dietetics, Anne is involved in many associated groups and organisations, including the British Dietetic Association (BDA), the British Association for Parenteral and Enteral Nutrition (BAPEN) and the 'Managing Adult Malnutrition in the Community' National Consensus Panel, to name a few. Previous positions include Chair of the England Board of the BDA, Chair of the Parenteral and Enteral Nutrition Group of the BDA, and many positions within BAPEN.

In my first editorial for Complete Nutrition (CN) it is only fitting that I give due credit, praise and admiration to the amazing work, undertaken over the years, by the Complete Nutrition Team, Lynne Garton – from whom I take up the mantle as Editor – and the editorial boards both past and present who, along with Faye Telford-Penfound, plan and guide the content. I thank them all for doing an outstanding job in making CN the valued publication it is today. I consider it a huge privilege to take up the position of Editor from Lynne and know that I will be working alongside the extremely professional and talented team that make each copy of CN possible.

Due to the generous time and effort from all those who contribute content, CN has become, in my view, an influential source of information supporting those who work in the field of nutrition and those with an interest.

Read by thousands, and passed on to thousands, CN and the online resources that support it, now occupies a niche position amongst nutrition publications. Unique to the publication is the platform it provides in sharing some of the latest developments and innovations that help develop ways in which we work, new products we might consider, and valuable updates from nutrition associations and charities that seek to influence the broader agenda and the political arena.

Over my career, spanning more than three decades, it has been fascinating to see the evidence base for nutrition evolve. With the growth in data, systematic reviews and meta-analysis have become increasingly possible and available. The value of good quality literature in underpinning what we do and guiding clinical practice should never be underestimated and I would consistently argue that protecting time to gain knowledge from respected publications is crucial. Only in keeping up-to-date, and expanding our own knowledge, can we guarantee our ability to work effectively to deliver sound and ethical information and influence policy makers, and other healthcare practitioners, to ensure the public have access to information, underpinned by the latest evidence, to optimise health and wellbeing of the population and combat the growing challenges and harm created by pseudoscience.

Commentary from large organisations, including the NHS, the King's Fund and the Health Foundation, have consistently identified how difficult it is to translate evidence into practice and when we do we are then faced with a multitude of barriers that prevent us from spreading innovation, one of which is the lack of channels to communicate and share. To me, CN helps overcome this, offering an easily assimilated conduit where colleagues can share what has been tried and tested, what it takes to improve services and what was learned along the way to help others before they embark on similar projects. For any of us who have tried to push boundaries and test new ways of working, you will know that this requires creativity, energy and enthusiasm (by the bucket load). For some of us, we may be so immersed in meeting everyday demands we struggle to release the time to be creative and think of new ways of working. But isn't it great when people do? And isn't it even better when we make the spread of innovation easier by sharing the knowledge and insights gained from the process, along with adjustments necessary, to ensure success in different geographical locations with different populations.

As you can hopefully gather from the contents list, this copy of CN is no exception in bringing to your fingertips some of the influential work happening in the field of nutrition and dietetics. Although sometimes we might dismiss an article because it seems irrelevant to our work, I would encourage you to read articles that you might perceive as less relevant as there is considerable merit to be gained from taking an idea that worked in one specialist area and applying it to a new area. I would also encourage you not to overlook the summaries from the organisations and groups either, for they illustrate how collectively coming together we might lobby and influence the agenda and the environment we work in.

I hope you enjoy reading the content.

Best wishes,

Anne