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# ‘Columns of Change’

## The NNEdPro Journey with *Complete Nutrition Magazine*: A decade of dynamic dialogue in food, nutrition and health

The NNEdPro Global Institute for Food, Nutrition and Health began a remarkable journey in 2015 with *Complete Nutrition* (CN) Magazine as the NNEdPro group received the CN Outstanding Achievement Award that year! This began a writing collaboration built on a shared goal: to promote the integration of nutrition into the broader health agenda, advance nutrition knowledge, and connect research with practice. Over the last decade, this partnership has not only witnessed the progress of nutrition research but has also actively contributed to fostering dialogue within the field. With more than 50 articles published, covering key themes from global food systems to local community interventions, the CN/NNEdPro partnership has emerged as an example of applied nutrition through leadership.



### Laying foundations (2015–2017)



NNEdPro was formed in 2008 and had made a significant national impact within the first five years, particularly in medical nutrition education. Further to this, with the emergence of the first global networks in 2015, the period between 2015 and 2017 marked a transition to becoming a global centre of excellence, focused on bridging gaps in healthcare nutrition knowledge through innovative education and multidisciplinary collaboration.

Early initiatives included needs assessments in India, workshops at the World Congress on Public Health, and the inaugural International Summit on Medical Nutrition Education and Research, as well as the first Summer School in Applied Human Nutrition, both in Cambridge. By 2016, NNEdPro had grown globally, establishing Regional Networks in North Africa, India and Australasia, with a focus on developing nutrition skills for multidisciplinary practitioners.

At the GODAN (Global Open Data for Agriculture and Nutrition) Summit in partnership with the United Nations, NNEdPro also highlighted emerging knowledge in areas such as the gut microbiome and advocated for open

nutrition data, as evidenced by our articles: *The GODAN-UN Summit 2016: Can open data ensure better nutrition and global food security?* (Nov 2016) and *An Evidence-based ‘gut feeling’: Dietary polyphenols and the gut microbiome* (Apr 2016). With the launch of online learning and training programmes that welcomed participants from over ten countries, our 2017 features demonstrated our expanding worldwide impact.





## Expanding horizons – innovation & outreach (2018–2020)

On its 10th Anniversary in 2018, NNEdPro celebrated its impact with the article *A Decade of Laying Foundations, April 2018*, as it entered a period of dynamic expansion and diversification between 2018 and 2020. We reflected on our transition from a university-based project group to a global think-tank situated in Cambridge and working in close partnership with leading universities in the UK and worldwide. This phase saw the expansion of strategic hubs and cross-border partnerships, such as our Nutrition Impact Acceleration Workshop in India, and collaborations supported by the ESRC, Research Councils UK, and the Global Challenges Research Fund. A crucial outcome was the inception of the Mobile Teaching Kitchen (MTK) as a scalable nutritional health and social innovation, as detailed in our 2018 feature *Can the Kitchen Be an Effective Classroom for Nutrition Education?* which explored culinary medicine across geographies. In 2018 NNEdPro launched its official journal, *BMJ Nutrition, Prevention and Health*, as well as the International Academy of Nutrition Educators.

As the COVID-19 pandemic unfolded, we provided timely, translational insights such as *Micronutrients & COVID-19* (May 2020), reinforcing our commitment to resilience and relevance in public health nutrition. These years also saw increased digital engagement; our *Online Diet Wars* article addressed challenges and opportunities in the digital world of nutrition science communication, advocating collaboration over conflict. This era reflected our primary aim: integrating nutrition science, education and equitable health policy, through impactful seminars, journal features, global networks and grassroots innovations.



## Deepening impact – from local innovation to global application (2021–2023)



The Mobile Teaching Kitchen (MTK) initiative, first piloted in Kolkata, demonstrated global scalability, empowering women as culinary health educators and micro-entrepreneurs delivering nutrition education alongside affordable, nutrient dense meals. Its replication across international sites, including Mexico in 2021 and the United States in 2023, reflected a model that strengthens local food systems while promoting preventive health.

During 2021–2023, a major focus was on addressing emerging public health challenges, such as Long COVID through nutritional support. As highlighted in our October 2021 article *Long-COVID and Nutrition: In preparation for a novel clinical challenge*, the importance of nutrition in immune function and recovery underscored the need to integrate nutritional assessments into clinical and research protocols.

At the policy and professional education levels, our article *Accelerating Nutrition Capacity Building for UK Doctors and Health Professionals* spotlighted the NEPHELP (Nutrition Education Policy in Healthcare Practice) initiative, which continued to address systemic gaps in nutrition training for UK health professionals. This coalition, including Nutritank, Culinary Medicine UK, and ERimNN, worked to embed nutrition into clinical care pathways, recognising its critical role in managing non-communicable diseases, frailty, and immune resilience.

Our investigation of post-lockdown health behaviours also revealed varied recovery patterns across population groups, highlighting the need for tailored public health messaging. Furthermore, through projects like the Oxfordshire roundtable on childhood malnutrition, discussed in our article *Childhood Malnutrition* (Apr 2022), we piloted a multi-stakeholder model that blended community narratives with systemic policy action, encouraging intersectoral collaboration for sustainable change.







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## The present & the future – reflecting, reimagining & realigning (2024–2025)

Our most recent contributions showcase a strong combination of innovation, reflection and strategic realignment. In 2024 and into 2025, our work has not only reflected where we have been but also where we are headed, as we strive to shape a more inclusive and evidence-informed future in nutrition and health.

In June 2024, the article *Democratising and Decolonising Food and Nutrition: From Science to Society* explored changing dynamics in nutrition science, education and policy. Published in the lead-up to the 10th International Summit on Food, Nutrition and Health, it emphasised the need to dismantle hierarchical systems and elevate diverse perspectives. ‘Democratisation’ and ‘decolonisation’ were framed as essential, actionable imperatives, to foster participation and incorporate traditional, Indigenous and local knowledge into the global nutrition dialogue.

The Dec 24/Jan 25 article, *Therapeutic Power of Cooking*, showcased how culinary education may serve as a comprehensive tool for community health and wellness. Drawing on the achievements of the MTK UK initiative, launched over 2023/2024 with its base in Dundee & Angus in Scotland, the article emphasised mindful cooking, community collaboration and cross-cultural interaction. Through MTK, women from marginalised Scottish communities were equipped with the skills to become culinary educators and micro-entrepreneurs. Cooking restored their resilience and sense of purpose, transforming kitchens into healing, educational and social spaces.

The April 2025 article marked a new chapter with the launch of the first Independent Nutrition Research Registry curated by the iKANN digital knowledge hub, bringing together NNEdPro, the International Academy of Nutrition Educators (IANE) and *BMJ Nutrition, Prevention and Health* (BMJ NPH) – an infrastructure designed to curate, classify and connect nutrition-related research. This initiative enhances global scientific transparency and accessibility, enabling researchers, practitioners and policymakers to contribute to and benefit from a dynamic evidence ecosystem.

## Reflections

Looking back, our CN articles have served as more than a publication platform, they have been a mirror of our evolution. The themes we have tackled, including malnutrition, nutrition education and health equity, have reflected the complex challenges in global nutrition, while showcasing our agility in responding to them. The NNEdPro mission of integrating nutrition into health systems, policy and practice has been advanced with each publication. The CN platform has amplified our ability to reach interdisciplinary audiences and engage both policymakers and practitioners.

## Looking ahead – the next decade of collaboration

As we look forward to the next decade, the potential for deepening the collaboration between NNEdPro and CN remains immense. Building on our shared values and mutual expertise, we aim to continue producing high-impact content that addresses pressing nutrition issues, promotes transdisciplinary dialogue and supports evidence-based policy and practice.

Join us at our 11th International Summit this December [www.nnedpro.org.uk/summit](http://www.nnedpro.org.uk/summit) where we will further celebrate our decade of partnership with CN Magazine as we take stock in 2025 and look towards the 2030 goals of addressing global nutrition gaps in all its forms!

**Acknowledgements:** We extend our heartfelt thanks to all our colleagues at the NNEdPro Global Institute, as well as the authors, contributors, and editorial collaborators who have been part of the CN–NNEdPro journey over the past ten years. Each article, insight and contribution has played a key role in informing, inspiring and innovating nutrition practice and policy.

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