TRUSTEE ANNUAL REPORT

Period: 1 January – 31 December 2025

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.

2025 ACTIVITIES

Governance and Strategy

Throughout 2025, the sixth year of activities for the Academy, the trustees met on four 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:

- Promote collaborations between the ANS member organisations.
- Promote external collaborations by developing and maintaining working relationships with appropriate partners
- Establish a collaborative model to enable wider membership of the Academy

2. Influencing science and policy:

- Influence nutritionally-relevant policies at national and international levels by highlighting issues in nutrition science and encouraging action to address them
- Promote nutrition science research for the public benefit and actively engage with groups determining nutrition policy
- Improve the representation of nutrition science on research strategy groups and funding panels, and actively engage in discussions to help shape funding calls

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

3. Developing organisational resilience:

- Determine operational priorities for action and desired outcomes within the strategic plan
- Develop a financial plan to enable stability and growth
- Extend membership of ANS to societies and organisations which satisfy the membership criteria
- Encourage extension of Academy activities through task and finish group
- Develop and implement a communications strategy to raise the profile of the Academy's work.

Position Papers

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. Paper one Williams et al., 2021 focusses on how dietary recommendations are formulated for populations for prevention of non-communicable diseases – the paper has 5044 views and 2490 downloads. An editorial written to highlight particular aspects of the paper (Stanner et al 2022) has 2352 downloads. Paper two focusses on evidence used to support health claims for specific foods (Ashwell et al., 2022), it has 3451 views and 2548 downloads. Paper three is titled '*Nature of the evidence base and approaches to guide nutrition interventions for individuals* (Hickson et al., 2024), which has 3799 views and 3049 downloads. An editorial written to highlight particular aspects of the paper (Buttriss et al) has 2732 downloads.

Throughout 2025 the Academy Trustees have been supporting two projects. The first concerns a study conducted in association with ANS into the extent to which nutrition and dietetic professionals are research-active, and the barriers and motivators to engaging in research encountered by individuals. The second concerns a contribution to the cost of annual software licences and protocol registration fees for externally conducted research concerning a metanalysis and narrative review examining sources of financial and non-financial bias in diet and health research. In addition, the Trustees have been reviewing proposals from member organisations for their fourth position paper, which is planned for 2026.

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 2025 the Academy recorded membership income of £2,199. In addition, interest was received from the Academy's bank totalling £39.47. On the expense side administrative costs during 2025 totalled £60. The resulting total funds for the Academy on 31 December 2025 were recorded as £20,698 (2024 £18,520).

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 2025
Dr JudyJudith Buttriss – Chair
Professor Christine Williams
Professor Kevin Whelan
Professor Julie Lovegrove
Professor Fiona McCullough
Dr Margaret Ashwell - Treasurer
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 2 June 2026.

Academy of Nutrition Sciences

Balance Sheet

Year Ending: 31 December 2025
Balances at as 31 December 2025

	2025	2024 £
CURRENT ASSETS		
Bank	20,699	18,520
Debtors	-	-
	20,699	18,520
Creditors - amounts falling due within one year	-	-
	20,699	**18,520**
ACADEMY FUNDS		
Unrestricted Funds (See Note 1)	20,699	18,520
TOTAL FUNDS	**20,699**	**18,520**

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 2025

	Note	2025 £	2024 £
Income from:			
Membership		2199	2,199
Creditor adj			14
Donations			200
Bank Interest		39	37
Total Income		**2,238**	**2,450**
Expenditure on:			
Charitable Activities			700
Administration		60	35
31-Dec-25		**60**	**735**
Net movement in funds		**2,178**	**1,715**
Fund balance at 1 January 2025			**18,520**
		20,699	

Academy of Nutrition Sciences

Profit and Loss Account

Year Ending: 31 December 2025
Balance as at 31 December 2025

Date	Item	Income	Expenditure
30-Jun-25	Bank fees		60
30-Jun-25	Bank Interest	39	
30-Jun-25	Membership fees	2,199	
		-	
		-	
			-
		2,238	**60**
31-Dec-25	Net profit/loss	**2,178**	