

# REFLECTIONS ON **75 YEARS** OF THE INTERNATIONAL UNION OF NUTRITIONAL SCIENCES

CATHERINE GEISSLER AND  
MARGARET ASHWELL



**IUNS**  
INTERNATIONAL  
UNION OF  
NUTRITIONAL  
SCIENCES

# CONTENTS

- 04 FOREWORD
- 06 ABOUT THE EDITORS
- 08 INTRODUCTION
- 10 THE EVOLUTION OF IUNS OVER 75 YEARS (1946-2021)
- 15 **REFLECTIONS** ON THE IMPORTANCE OF IUNS AND ITS ACHIEVEMENTS OVER THE LAST 75 YEARS
- 26 **REFLECTIONS** ON INTERNATIONAL CONGRESSES
- 43 **REFLECTIONS** ON COMMITTEES AND TASK FORCES
- 51 **REFLECTIONS** ON IUNS COLLABORATIONS
- 55 **THE WAY FORWARD** FOR IUNS?
- 60 APPENDIX
- 66 **ADVICE** FROM IUNS MEMBERS



IUNS Council 2017-2022. Left to right: Ali Dhansay, Hyun-Sook Kim, Benjamin Caballero, Vishweshwaraiah Prakash (Vice President), Alfredo Martinez (President), Catherine Geissler (Secretary General), Andrew Prentice, Francis Zotor. The Council Members not pictured are Lynnette M. Neufeld, Helmut Heseker (Treasurer) and Teruo Miyazawa.

# FOREWORD

It's a great pleasure for us, Alfredo Martinez and Vishweshwaraiah Prakash, to write this foreword to the updated history of IUNS from 1946, entitled 'Reflections on 75 years of IUNS', very ably edited by Professor Catherine Geissler and Dr Margaret Ashwell. This captures so well many historical events of IUNS and its activities that bring together nutritionists and scientists from many other fields to synergise specialist knowledge. It follows the first report that summarised IUNS from 1946-1960 by Dr Leslie Harris, the then Secretary General of IUNS and the second from 1960 up to 2001 by Professor Barbara Underwood, IUNS President during 1997-2001. This compilation reflecting 75 years of recollections of events and other documentation was no easy task and the wonderful effort by the editors is gratefully acknowledged.

The primary goal of IUNS is to bring nutritionists from all over the world on a single platform to discuss and find science-based responses for global problems of nutrition and human wellbeing. Progress in discussions and solutions all the way from protein-calorie malnutrition to today's obesity challenges is a hallmark of IUNS. This was possible because over these 75 years, IUNS and its member countries have deliberated these mega issues and challenges in seminars, meetings, workshops, national events, and Task Forces. The flagship events of IUNS are the World Congresses, well known as IUNS-ICN, from the first Congress in 1946 to the current IUNS-ICN at Tokyo in this year 2022. This work has been carried out along with NGOs and non-profit organisations to provide views from ground level, inputs from the governments and policy makers, and from international collaborations such as from UN summits, WHO, FAO, ICSS, ICSU and ISC meetings as well as commercial partnerships free of conflicts of interest and focused on science-based nutrition issues. It is noteworthy that the new ideas generated in these fora, and with the participation of early career nutritionists, experienced scientists and the student brotherhood at a global level, help to create future leaders in the subject of nutrition.

We remember the early days of ICN and other meetings which introduced us to global leaders from low income, middle income and high income countries. The accumulated knowledge from these propelled IUNS forward. This compendium of 75 years of IUNS is a document to treasure for ever. We are beholden to all the office bearers and Council Members as well as country members of IUNS who have contributed and continue to contribute in enriching it as IUNS moves towards its centenary in 2046.

IUNS has always flagged issues of concern in public nutrition and given highest importance to scientific knowledge from academia, research and development institutions, industrial research centres as well as societal knowledge of sustainable traditional practices of food and nutrition at affordable prices using local resources. This is achieved through the

interface between food and nutrition, agricultural and medical scientists, as well as science policy specialists at the global level. We are grateful to many of these agencies and organisations for their committed support of IUNS throughout these 75 years.

Focus has ranged from protein-calorie malnutrition to reasonably healthy societies today achieved through sustainable food crops, and from biomolecules and gut health to nutrigenomics of planetary and personalised nutrition. The journey of IUNS has had lots of ups and downs, including the COVID-19 pandemic recently when ICN had to be postponed. Many of the details of this journey of IUNS are well documented by Catherine and Margaret and celebrated as this volume is released at the IUNS – ICN Congress in Japan in December 2022. Nowadays, IUNS is aiming to face nutritional challenges concerning social, security, safety and sustainable dimensions including health and quality of life features related to physical, mental, occupational, and environmental questions. Thus, personalised, preventive, predictive and participative approaches are being analysed by IUNS Adhering Bodies assuming personalised, population and planetary perspectives. Indeed, IUNS has always been bold to flag issues of concern in Public Health Nutrition. Furthermore, emphasis has been given to capacity building endeavours in the last 10 years in low and middle income countries (LMICs) with a focal point on Latin-American, African and Asian educational requirements.

With gratitude to all the IUNS associations who built the institution to this level in a span of 75 years of hard work and optimistically moving forward, we share the pride of being part of IUNS.

## THANK YOU FOR YOUR CONTINUED SUPPORT AND COOPERATION WITH IUNS.

**Alfredo Martinez**  
President of IUNS  
(2017-2022)

**Vishweshwaraiah Prakash**  
Vice-President of IUNS  
(2017-2022)

# ABOUT THE EDITORS

## PROFESSOR CATHERINE GEISSLER

Professor Catherine Geissler, is Secretary General of IUNS (2013-2022) and Professor Emerita of Human Nutrition at King's College London. She was previously President of The Nutrition Society (of the UK and Ireland). She is one of the editors and authors in the textbook 'Human Nutrition' (Geissler and Powers) from the 11th edition, Elsevier (2005) to the 14th edition OUP, in press (2023).



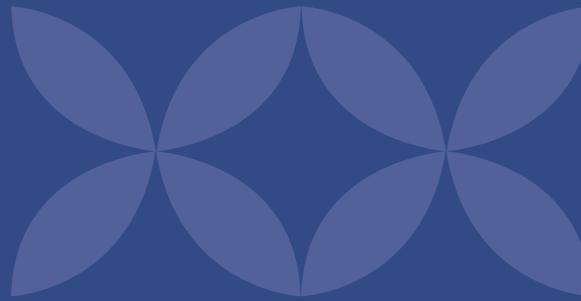
The Editors would like to thank all the contributors to this book, including those who produced photographs from their private collections.

## DR MARGARET ASHWELL

Dr Margaret Ashwell has attended many IUNS Congresses starting in 1985. She was President of the Association of Nutrition in the UK from 2016 to 2021. She edited a book about the 60-year scientific partnership of the nutrition pioneers McCance and Widdowson in 1993 and also collated the autobiographies of the Presidents and Fellows of The Nutrition Society (of the UK and Ireland) in 2021.



# INTRODUCTION



The International Union of Nutritional Sciences (IUNS) was founded in 1946 in London, UK. The vision of IUNS is to promote healthy wellbeing at a global level and a life without malnutrition as a fundamental human right. The persistence of malnutrition (undernutrition and overfeeding), especially among children, mothers and the elderly in a world of plenty is immoral. Nutrition improvement anywhere in the world is not an act of charity but a societal, household and individual right to enhance quality of life and longevity.

## IUNS HAS TWO MISSIONS:

**To promote advancement in nutrition science, research and development through international cooperation at the global level.**

**To encourage communication and collaboration among nutrition scientists as well as to disseminate information in nutritional sciences through modern communication technologies.**

As the IUNS has reached its 75th anniversary, the Council decided to update its history and asked us to undertake this task. We were delighted to find that there were already two excellent histories (see <https://iuns.org/about-iuns/history/>.)

The first was by Dr Leslie Harris, who was Secretary General from 1946 to 1960 and wrote so comprehensively about the formation of IUNS in 1946 and events up to 1960. The second was by Professor Barbara Underwood, who was IUNS President from 1997 to 2001, and chronicled events from 1960 up to and including 2001.

Many of the historical facts about IUNS are now on the website or can be found within the two articles.

We therefore decided to prepare this updated history rather differently and entitle it 'Reflections on 75 years of the International Union of Nutrition Sciences'. We have based these reflections on personal contributions from those who were happy to help us. We have incorporated recollections of the many people who have been involved with IUNS. This includes current and past Presidents, Vice Presidents, Treasurers, Secretaries General, Council Members, Task Force Chairs, and local organisers of the International Congresses of Nutrition. We also dipped into the Archives of IUNS to look for records of speeches and written material from those no longer with us so that we could 'ghost write' the reflections

of these people too. Lastly, we included factual data such as lists of Presidents, venues for Congresses and IUNS Awards in our Appendix.

The aspects of IUNS that we categorised were:

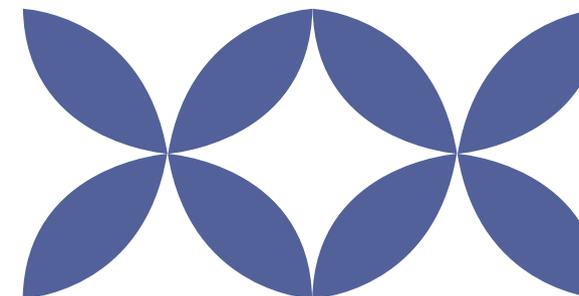
- Evolution of IUNS over 75 years
- Importance and achievements of IUNS
- IUNS Congresses
- IUNS Committees and Task Forces
- IUNS collaborations
- The way forward for IUNS

We also asked our contributors to let us have any photographs relating to IUNS from their private collections. These are interspersed throughout the book. Together with those in the IUNS archives, they tell the changing story of 75 years.

We hope you will enjoy reading these Reflections and that, from them, you gain a very good idea of the progress made by IUNS over the last 75 years. Finally, we hope that someone will be inspired to do something similar when IUNS reaches its 100th anniversary!

**Professor Catherine Geissler, BDS, MS, PhD, HonFNS, FASN, FHEA**  
Secretary General, International Union of Nutritional Sciences (IUNS)  
Professor of Human Nutrition, King's College London

**Dr Margaret Ashwell OBE, DSc, EdD, HonFNS, FAFN, RNutr (Public Health)**  
Immediate Past President, Association for Nutrition  
Honorary Senior Visiting Fellow, Bayes Business School, City, University of London  
Founder and Chair of SENSE, Professional Nutrition Consultants



# THE EVOLUTION OF IUNS OVER 75 YEARS (1946-2021)



## HISTORICAL RECORDS ABOUT IUNS

Since the inception of IUNS in 1946, there has been an evolution of its activities and structure influenced by changing concepts of nutritional issues and the changing economic and technical context. Unfortunately, it has been difficult to follow the exact timescale of this evolution as some of the historical records have largely been dissipated.

When I, Catherine Geissler, took office in 2013 as Secretary General I was surprised at how little information was easily available about the past activities and outputs of IUNS. The only readily available source on the website was the Underwood review of IUNS dating from 1981. In 2013 all hard documents, but only dating from 1989, were held by a professional conference organiser called Kenes, in Amsterdam, who were acting as IUNS Secretariat. Prior to 2013, the home country of the Secretary General moved from country to country, no doubt along with the documents. The Secretary General during 1985-1989 was from the Netherlands, and before that from the UK following on from Sweden, Switzerland, Federal Republic of Germany, France, the Netherlands and the initial post holder in the UK (see Appendix).

Professional secretarial services were briefly contracted to manage the IUNS office, namely Viajes Iberia Congresos (VIC) in 2009. In 2011 an application to provide management services to IUNS was received from Kenes Associations Worldwide, a company located in Geneva, Switzerland, but Council Members were concerned about rushing into another union with a new company considering the negative experience with VIC. It was felt that it would not be wise to consider another management company until the association with VIC was formally ended. A contract with Kenes was therefore signed in 2012.

An example of the cost of document transfers was recorded in the Council minutes from 2012 in which it was noted that, “There are still a number of boxes of documents with VIC, the previous Secretariat in Sevilla, Spain. Some of these are deemed to be important. To transport these by air to Amsterdam (where Kenes was located) will be too expensive (appr. EUR 3.000). It should be investigated if travel via land is cheaper. Alternatively, Dr Belahsen [the then Secretary General] should investigate the costs of travelling to Valencia to sort out the relevant documents. A further alternative was discussed, namely, to have all documents transported to Granada, where the documents can be sorted out prior to the ICN Congress”.

Not until 2016 did technology allow the scanning of those documents that had survived all these transfers. This was finally carried out by Professor Helmut Hesecker, Treasurer, and his secretary after the IUNS contract with Kenes was terminated. The documents were moved for safe keeping to the relatively close domain of the Treasurer in Paderborn in Germany after the UK Nutrition Society assumed the role of Secretariat in 2015. This means there is now a better assured control of IUNS documents electronically on the IUNS Sharepoint platform hosted by The Nutrition Society. However, detailed scanned records are available only from 1989. A few hard copies of documents also exist in The Nutrition Society and are stored in their archives under IUNS. This is where the extremely valuable history from Dr Leslie Harris from 1963 was found. Some other documents from these archives will also be scanned to complete the electronic archive as much as possible.

## EVOLUTION OF ACTIVITIES

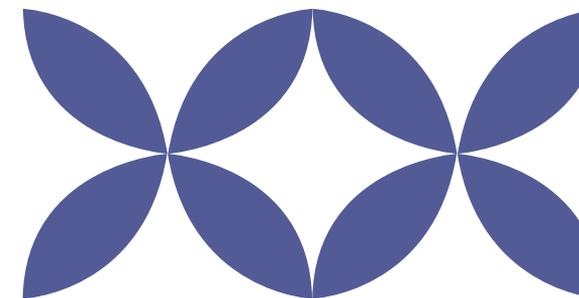
From 1946 through to the end of the 1960s, the main IUNS activity was restricted to the International Congress held every three or four years and this has remained the most visible aspect of IUNS. However, by 1969, Council decided to make better use of the international membership and create groups to draw up reports on key issues in nutrition. For this purpose, a working conference on Committees was held in Belgrade in August 1969, attended by 59 members from 22 countries (Working Conference on Committees 1969). It was sponsored by the Union of Medical Societies of Yugoslavia. The introduction to the report noted that IUNS has as its function not only sponsorship of international Congresses but also the coordination of nutrition research and applied nutrition programmes at the international level.

The widespread occurrence of malnutrition had been described in the reports of UN Agencies especially WHO, FAO and UNICEF, and the US President’s Science Advisory Committee report ‘The World Food Problem’ (1975). It was expected that the IUNS programmes developed through the Commissions would be of great significance in the development of successful approaches to these serious problems.

The purpose of the working conference was to develop guidelines for Commission operation and plans for international coordination of nutrition research in their respective subject areas. Five Commissions were established with an appointed Chairman, later led by IUNS Vice Presidents.

**Commission I** on Nomenclature, procedures and standards comprised five committees on specific topics: 1. Nomenclature 2. Procedures for appraisal of protein energy malnutrition 3. International Congresses (including plans for the 8th in Prague 1969) 4. Food standards 5. Recommended Dietary Allowances

**Commission II** on Operational programmes with three committees: 1. The international biological programme 2. Nutrition surveys 2. Publications



**Commission III** on human development with special reference to the preschool child with three committees 1. Physical development (age, sex, height, weight, etc.) 2. Functional development (mental, psychomotor, glandular, enzymatic, etc. 3. Ecological factors and practical management

**Commission IV** on Genetic patterns of special nutritional importance with three committees: 1. Etiology of diabetes mellitus 2. Identification and epidemiology of metabolic discrasias (sic) related to the intake of specific amino acids and sugars 3. Etiology and epidemiology of anaemias

**Commission V** on Nutrition education and training (no committees mentioned)

A revised structure was established after the 14th ICN 1989 in Seoul, Korea and this structure of Commissions and Committees was reported in 1993 at the Adelaide ICN. There were now only three Commissions, each with 12-16 Committees, led by three IUNS Vice Presidents. However, in 1993, Vice President Rérat expressed dissatisfaction with the cooperation of others to balance the representation of different countries and said that the US, France and Germany were over-represented in the committees.

In 1998 there were still three Commissions led by Vice Presidents. A new Task Force (this was the first time this term was used) on informatics was mentioned, that had been set up in 1995 to establish a website for IUNS. Following the Montreal meeting in 1997 the Secretariat was provided with hard and software to allow electronic communication and to broaden the profile of IUNS. In 2002 it was decided to terminate Commissions and reduce the number of Committees now called Task Forces, which were to report annually, with specific objectives to be achieved in a limited time. By the 2009 ICN in Bangkok, the nomenclature was clearly changed to Task Forces and eight were listed, as is currently the case.



IUNS Council in 2017. Left to right: Lynnette Neufeld (President Elect), Alfredo Martinez (President), Teruo Miyazawa, S.K. Roy, Anna Lartey (Immediate Past President), Catherine Geissler (Secretary General) Vishweshwaraiah Prakash (Vice President), Helmut Hesecker (Treasurer).

## EVOLUTION OF COUNCIL STRUCTURE

The structure of the Council has been modified at various times. It has generally included a President, Vice President, President Elect, Secretary General, Treasurer, several Honorary Presidents and a number of other Council Members. For several decades the number of Vice Presidents was three, each responsible for one of the three Commissions. In addition, there was a Finance Committee. At the time of the ICN in Edinburgh in 1963 the post of Honorary President was held by Lord John Boyd Orr, father of FAO and its first Director General from 1945, and Nobel Peace Prize winner in 1949. In 2002, Council was slimmed to 11 members including two Vice Presidents, one of which was President Elect, and the Finance Committee was abandoned, leaving the responsibility to the Treasurer and other officers. Until recently, Council and Officers' meetings were often also attended by representatives of international organisations with which IUNS has collaborated such as FAO, WHO, and UNICEF. The Council has become far more diverse than it was in 1946.



Lord John Boyd Orr

## EVOLUTION OF THE ECONOMIC, TECHNICAL AND HEALTH CONTEXT

International collaboration in nutrition has managed to thrive despite many economic, technical and health issues. At the start in 1946, scientists from 18 countries were able to meet in London and were hosted by scientific institutions around the UK (see Harris, 1963 <https://iuns.org/about-iuns/history/>) despite post-war financial restrictions. Apart from the financial restrictions there were other bureaucratic hurdles such as the government's Paper Controller who had to sanction the purchase of certain quantities of paper.

## EVOLUTION OF IUNS FINANCES

IUNS finances were always limited but, despite this, it has managed to hold a successful International Nutrition Congress (IUNS-ICN) every four years. Apart from membership and occasional ICN income, they relied on grants such as that from the International Council of Scientific Unions (ICSU), which became the International Council of Science (ICS) when it merged with the International Social Science Council (ISSC) in 2018. Income also came from special projects such as that with Unilever, the Ford Foundation, Nestle and Astra Nutrition, and in 2005 a World Bank funded graduate level Training for Nutrition project in Iran, whose principal investigator was Osman Galal, a former Secretary General of IUNS.

The cost of transferring archives from country to country along with the Secretariat has already been mentioned. However, the cost of printing documents and sending them to Adhering Bodies was also extremely high. For example, in 2001 it was reported that a shift from hard copy reports to electronic reports would save \$25,000 in publication costs. At that time only 30% of Adhering Bodies submitted electronic annual reports, partly because not all had internet access yet. Currently all Adhering Bodies have internet access, so communications have become much easier and faster so long as the Secretariat is informed about any changes in personnel and email addresses.

The financial situation remained precarious until 2009 when Council agreed that the interest from ICNs should be shared differently: 40% to the host country, 40% to IUNS, and 20% to the region of the host society for capacity development. The contract between IUNS and the host country states that the host country is responsible for any deficit. Thus, IUNS has significantly more funds at its disposal, for example to promote the early career of young nutrition scientists, to financially support its Task Forces or for capacity development in nutrition at the global level.

Until now, the change of Treasurer has also been associated with a change of the IUNS bank account, which has always involved a considerable technical effort including clarification of the tax aspects and has sometimes caused irritation among our members. Now that the financial situation has stabilised and more professional financial management is required, it is suggested that a permanent bank account be set up at a fixed location.

The annual IUNS membership fees with graduated fees from 100 to 6000 USD have not been changed since 2001. In the meantime, the economic and membership situation in some countries has changed significantly. Changing annual dues is always a very sensitive and problematic issue, especially in case of an increase, an adjustment is nevertheless an inevitable necessity. It is proposed to base this mainly on the gross national product, as is done at the United Nations.

## EVOLUTION OF COMMUNICATIONS

Communications with the Adhering Bodies and others initially had to be with a hard copy of any materials sent by mail until IUNS was brought into the electronic era by the special Task Force on informatics mentioned above. Following 1997, the Secretariat was provided with hard and software to allow electronic communication and to broaden the profile of IUNS. In 2012 a contract for the IUNS website was signed with iFocus Systec India, facilitated by Dr Prakash. Any changes to the website had to go through Prakash although updates were the responsibility of the Secretary General. However, by 2013 it was decided to migrate the website from iFocus to Kenes before the end of the year. The IUNS website was, by then, getting many visits, probably because the ICN in Granada was happening later that year.

## EVOLUTION OF HEALTH CONTEXT

The most recent context to affect IUNS has been the COVID-19 pandemic which has severely limited activity, face-to-face meetings and travel. This has meant that most interactions and conferences have had to be held electronically on streaming services, severely limiting the advantages of social interaction and encounters with fellow scientists that have frequently led to renewed scientific collaborations. However, as some of our contributors have mentioned, remote communication has been a great bonus to many and has allowed participation in events that they would not otherwise have attended.

# REFLECTIONS ON THE IMPORTANCE OF IUNS AND ITS ACHIEVEMENTS OVER THE LAST 75 YEARS

We looked back at the Archives in some cases, and we asked those who had been involved with IUNS in some way, to tell us what they felt was the importance of IUNS and what were its greatest achievements in their time of involvement.



**SIR JOSEPH BARCROFT**  
(PRESIDENT NUTRITION SOCIETY, FROM 1945 TO 1947)

I have to reflect back to 1941 when a small group of British scientists, including myself, agreed that there was a need to establish a Nutrition Society. Sir John Boyd Orr convened a meeting of workers interested in nutritional problems at the Royal Institution in London in 1941. The main objective of the new Society should be to provide '...a common meeting place for workers in various fields of nutrition' and the main function of the Society would be to hold conferences to discuss special themes, particularly those of importance during the war. Boyd Orr became the President of the newly formed Society, and I was its second.

On the Agenda Paper for the sixth meeting of the Council of The Nutrition Society, held in London on 30 November 1945, there appeared as item No. 3, the heading 'Proposed International Conference on Nutrition'. Among the papers circulated at this meeting was a letter from Sir Jack Drummond (the Scientific Adviser to the Ministry of Food), addressed to me as President, in which the idea of holding such a Congress was formally put forward. The thought had, in fact, germinated in the course of earlier informal discussions, in which Dr S. K. Kon (Editor of the Society's publications) had taken a lead. Others working to the same end behind the scenes included Dr John (later to become Sir John) Hammond (also a later President of the Society), Mr Alfred Bacharach (then Hon. Treasurer) and Dr Leslie Harris (then Hon. Secretary).

Not that long after, on 8 July 1946, a 'Special Business Meeting' was called in London, the object of which was to 'Discuss the proposal to form an International Union of Nutrition Societies'. The meeting was attended by representatives from most of the countries participating in this 'European Conference', including Belgium, Denmark, East Indies,

Finland, France, Iceland, Netherlands, Norway, Poland, Switzerland and USA, and by the Hon. Officers of the British Society. Also present were observers from UNESCO (United Nations Educational, Scientific and Cultural Organisation) and FAO (Food and Agriculture Organisation of the United Nations). Three resolutions were adopted:

- The first stated that this meeting favours steps being taken for the formation, under the United Nations Organisation, of an International Union, representative of nutritional workers all over the world.
- The second resolution dealt with the holding of further International Congresses, and recorded that, encouraged by the great success of the present European Conference, this meeting desires that an International Nutrition Conference should meet from time to time.
- The third resolution, which was concerned with plans for future action, was that the Hon. Secretary of The Nutrition Society, Dr Leslie J. Harris, be requested to approach leading nutritional scientists throughout the world and discuss with them how the foregoing resolutions could best be implemented.

Such international ‘approaches’ were duly made; and the next step was to call a meeting of an ‘International Provisional Committee’. Sessions were held in London on 10 and 11 of June 1948. The countries represented were as listed above with the addition of Canada. Professor E. J. Bigwood, of Belgium, was appointed Chairman of this Committee and Dr Leslie J. Harris, of Britain, was requested to continue his work as Secretary. Decisions made at that meeting were as follows:

- **Title** It was held that the Union was a ‘Union of Nutritional Sciences’ rather than of ‘Nutritional Societies’.
- **Objects** Its principal objects were defined as: (a) the exchange of information, (b) the organisation of International Congresses, and (c) the publication of the results of scientific investigation.
- **Statutes and By-laws** A Drafting Committee was appointed and, subsequently, the Draft Statutes and By-laws, as drawn up by that body, were approved.
- **Representation** Societies or similar bodies already existed, and it was considered that these constituted the appropriate national contacts. These National Societies would be responsible for appointing delegates to serve on the Union, and for maintaining relationship with it in other ways. In a country where no national Nutrition Society had yet been formed, an ad hoc committee, or group, of the leading nutritional workers in that country would be able to act in the same capacity.
- **Relationships with United Nations Organisations** At the earlier meeting in 1946, the importance of establishing an affiliation with UNESCO had been appreciated, and, at the 1948 Committee, the claims of FAO, WHO (World Health Organisation) and other international agencies were also underlined. As will be mentioned later, IUNS was subsequently granted expert ‘Specialized Consultative Status’ in relation to the work of FAO; and is also a Member of the Executive Committee of CIOMS (Council for

International Organisations of Medical Sciences). Relations have been likewise regularly maintained with WHO, UNESCO and IICD (International Interim Committee of Dietitians, now called the International Committee of Dietetic Associations). Negotiations with ICSU (International Council of Scientific Unions), on the other hand, were destined to be long and drawn out.

- **Finances** The decision was left to a subsequent meeting of the General Assembly of IUNS to establish the size of the financial contribution to be paid by each adhering country to the funds of the Union, and to consider the fees due from the Union to the several International Councils.

### **PROFESSOR DAVID P. CUTHBERTSON** (PRESIDENT IUNS, FROM 1960 TO 1966)

In my President’s address in 1963, I reflected upon the changes since the formation of IUNS in 1946. Changes in techniques used to study nutrition science included chromatography and electrophoresis, direct and indirect calorimetry and the application of radionuclides to shed light on new pathways of metabolism and new approaches to the study of metabolic disorders.

In terms of science, these 17 years had seen advances in fat metabolism and in the relation of fats to human health. Identification and investigation of folic acid and then vitamin B12 and the treatment of pernicious anaemia in humans had made great strides. The discovery of gluten intolerance as a factor of coeliac disease and the recognition of metabolic abnormalities such as phenylketonuria and vitamin D resistant rickets were big advances, though benefitting a very small minority. In livestock nutrition the application of antibiotics has been of considerable economic importance in certain situations. Intensivism (sic) in livestock production has increased widely in some countries. And, of course, who would have dreamed in 1946 that we would be feeding humans in outer space or that the oceans could supply at least twice the protein yield now achieved on land?

I ended my address by praising the Commonwealth Bureau of Animal Nutrition in Aberdeen for a pilot scheme on a retrieval system for scientific literature. Dips into the past using this service will mean that nutrition communication will be vastly improved.

### **PROFESSOR HARRIET KUHNLEIN** (TASK FORCE CHAIR FROM 1990 TO 2018)

The existence and activities of the IUNS since 1946 are themselves an achievement! I salute the Executives and Councils over all these years since the establishment of IUNS with the United Nations Organisations. In reading the Harris history document, I am honoured to note Canadian representative E. W. Crampton whose name is also on McGill University’s E. W. Crampton Award for Distinguished Service in Nutrition that I received in 2001-2002. Many commenters will undoubtedly note their special memories of distinguished IUNS representatives, Presidents, and Secretary Generals.



The importance of the breadth and scope of global nutrition that the IUNS is called upon to address with diligence cannot be underestimated. It is excellence in this breadth that attracts many in nutritional sciences to attend the ICN Congresses. The importance of the IUNS Committees and Task Forces (TF) and activities other than the ICN's have been well noted in the Underwood history document. These need attention and financial means to be successful. Committee and TF members and other attendees are often invited to ancillary meetings adjacent to Congresses which further expands the impact of IUNS.

## **PROFESSOR BARBARA UNDERWOOD** (PRESIDENT IUNS, FROM 1997 TO 2001)



Left to right: Professor Vernon Young, Presidents IUNS Barbara Underwood (1997-2001), Nevin Scrimshaw (1978-81), C. Gopalan (1975-78), Aree Valyasevi (1993-97), M. K. Gabr (1985-89) and President of FANS Ismail Noor (1993-95). At the 7th Asian Congress of Nutrition, Beijing, China, 1995.

I was honoured to be IUNS President at the turn of the millennium. This was a special time in my career as it provided communication with colleagues worldwide. International nutrition concerns, especially those in less developed countries were, and remain, the major focus of my professional work.

Contacts made through IUNS led to collaborative research, especially on the problem of

vitamin A deficiency, its health consequences, and in turn, programmes to alleviate the problem in the developing world. The International Congresses allowed us to communicate our research results to interested colleagues and to seek their suggestions for additional research and alleviate programmes. Although the worst of the population level under-nutrition problems have been lessened, we still need the cross-country communication provided through periodic international meetings to address the problem of over-nutrition and obesity. In addition, research on the relationship between nutrition and the causes and treatment of cancer and other chronic disease states is needed. These are international problems and there is a need to communicate research to a diverse international audience.

## **PROFESSOR MARK WAHLQVIST** (PRESIDENT IUNS, FROM 2001 TO 2005)

I have been reflecting on some highlights in my inaugural address in 2001. First, I indicated that the new Council would have the opportunity to revitalise the Union in several ways given the revised Constitution now in place. One way was that priorities could be set, and Task Forces charged with actioning them. Those Task Forces chosen included Indigenous Food Systems (Chair: Harriet V. Kuhnlein), Life Course Nutrition (Chair: Noel Solomons), Evidence-Based Nutrition (Chair: Jim Mann) and Econutrition (Chair: Claus Leitzmann).

In conjunction with the International Council of Scientific Unions (ICSU) and other international scientific unions, we embarked on giving a greater emphasis to the regions and the wish for them to be regionally active. Council Members would have regional responsibilities. Council would meet in the regions and involve regional representatives.

Regional meetings would be an integral part of IUNS action plans. Leadership training would be regional. This would involve FENS (Federation of European Nutrition Societies) for Europe, FANS (Federation of Asian Nutrition Societies) and APCNS (Asia Pacific Clinical Nutrition Society) for Asia, SLAN (Societies for Latin American Nutrition) for the Americas, FANUS for Africa, and a newly formed MENANA (Middle East and North African Nutrition Societies) for the Middle East. There would be some overlap, especially for North Africa regarding FANUS and MENANA. This would leave Australia, New Zealand and the Pacific with only the more specialised APCNS; an Oceanic regional body was mooted, but not pursued pending the approach of FANS to its neighbours.

IUNS had also sponsored the International Union of Food Science and Technology (IUFoST) membership of ICSU and entered an arrangement where the President of each Union was ex-officio in attendance at the other Union's Council deliberations. This facilitated cooperation in a programme of online food science and technology training in Africa, chaired by Professor Daryl Lund. Joint initiatives in ICSU were established through the offices of Professor Walter Spiess, President of IUFoST and myself from IUNS.

After working through strategies to strengthen a more ecological and sustainable approach to nutrition science, it was resolved that we would establish a successor Task Force (New Nutrition Science) to that on econutrition which would look at the future of nutrition science at large, but also embrace environmental science. This was led by Claus Leitzmann and Geoffrey Cannon and convened for a final deliberation at Giessen University where Justus von Liebig had first developed recognisable nutrition science. It involved a wide spectrum of scholars from within and without traditional nutrition science. The decisions formed the Giessen Declaration of a New Nutrition Science. It, and the background papers, were published as a special issue of Public Health Nutrition in 2005. It concluded that there should be three dimensions of nutrition science, namely, biomedical, environmental and societal. Later, a fourth was added, the economic dimension.

Finally, as the pace of IUNS activities quickened and it became a day-by-day rather than a quadrennial conference organisation, the need for a paid Secretariat became more pressing. The strategy to put this into effect was to change the focus to projects and generate income over and above that of major Congress revenue.

## **PROFESSOR BARBARA BURLINGAME** (PAST CHAIR OF INFOODS TASK FORCE, CURRENT CHAIR OF SUSTAINABLE DIETS TASK FORCE)

Food composition is an area of activity that is often, but should not be, underestimated, underfunded or marginalized by the nutrition community. Food composition data are fundamental to everything that we do in nutrition. It is perhaps the most boring, yet most important, of all research and science service activities in nutrition. Without food composition data, we could not competently evaluate dietary surveys, or understand diet/disease relationships. We couldn't valorise the contribution of food biodiversity to dietary adequacy, or understand the impact of climate change on the nutrient content of foods.

Food industries couldn't correctly manufacture parenteral diets, infant formulas, or other therapeutic formulations. The list goes on. I have often likened food composition as analogous to writing a dictionary (boring but essential) so others could write the best-selling

books (much more exciting and usually much more rewarding). Nevin Scrimshaw, one of the most important nutrition scientists of the 20th-century (IUNS Past President, 1978; IUNS Fellow since 1993; World Food Prize laureate, 1991) understood this well, and thus started INFOODS, the International Network of Food Data Systems, in the 1980s.

 **PROFESSOR HINKE HAISMA**  
**(CHAIR OF TASK FORCE TOWARDS A MULTI-DIMENSIONAL INDEX OF CHILD GROWTH)**

After reading the early histories, I have realised that IUNS has grown from a small European initiative into a truly international nutrition society. The Congresses attract people from all around the world and this results in a representation of nutrition problems relevant to all of us.

 **DR WELMA STONEHOUSE**  
**(KEY PLAYER IN THE OCEANIC NUTRITION LEADERSHIP PLATFORM (ONLP) AND THE FEDERATION OF OCEANIC NUTRITION SOCIETIES (FONS))**

The two main IUNS achievements from my perspective are its commitment to the development of early- and mid-career researchers and its commitment to leadership development in nutrition.

 **PROFESSOR RICARDO UAUY**  
**(PRESIDENT IUNS, FROM 2005 TO 2009)**

Early on in my Presidency, we set ourselves six priority targets for the next four years. I'm delighted to say that we made good progress in all of them:

*Our first priority was to improve communication with Adhering Bodies to increase our dialogue with the broad international nutrition community.*

We certainly did this. Notable achievements included building a new website and establishing a permanent office. A challenge we are still confronting is how to become more results oriented, and how to get more effective action. We need to concentrate more on how to get things done rather than on what to do and why. We need to review the progress in capacity building for effective nutrition action.

*Our second priority was to review and assess the scientific quality of ongoing Task Forces and to establish new ones based on needs.*

We have been able to provide each Task Force with a modest budget to facilitate its work. The International Malnutrition Task Force that was launched in Durban in 2005 has contributed towards standardising the management of child malnutrition, and also managed to integrate the theory and practice of community and hospital-based treatment. Progress was achieved thanks to a close collaboration with WHO/IAEA/UNICEF. Two new Task Forces that were approved in 2006 (Prevention and Control of Severe Malnutrition, and Redefining Quality of Diets for Lifelong Health) initiated activities immediately.

Despite of the limited funding available, the IUNS has supported efforts to strengthen and consolidate leadership skills in food and nutrition as an essential component for national development. In 2006-8, we contributed to many nutrition leadership courses in Asia and Africa, in collaboration with the national nutrition societies.

*Our third IUNS objective was to develop fundraising efforts with clear objectives and strategy, and to increase the visibility of IUNS at all levels.*

We have collaborated with the International Nutrition Foundation (INF), WHO and others to develop a funding base that will strengthen institutions in developing countries, and promote participation from such countries in major scientific meetings. We have expanded the IUNS guidelines concerning relationships with the private sector, and have specified that IUNS officers may collaborate as technical advisors to industry, but will not receive personal payment for this. Funds generated from consultancies to industry by IUNS officers will go to a special fund for capacity development that will be disbursed after the term of the present Council has been completed.

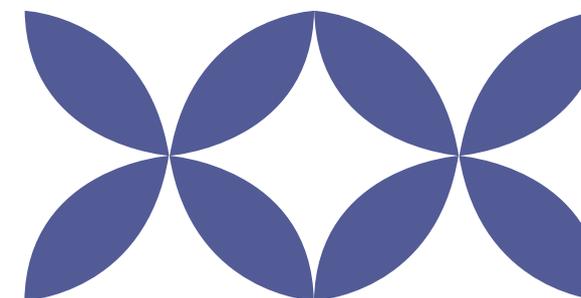
*Our fourth priority was to ensure the scientific quality and integrity of the programme for the next ICN and other meetings sponsored by the IUNS.*

Over the past four years, we sponsored meetings in virtually all continents, and participated in joint sessions of the International Union of Food Science and Technology (IUFoST) and other bodies related to the International Council for Science. We have worked closely with the United Nations University on both scientific aspects of nutrition work, as well as in capacity development efforts. The debate about relationships between scientists and the private sector has recently resurfaced. The IUNS has contributed to the Standing Committee on Nutrition (SCN) statement on this issue. We have decided that sessions on conflict of interest and on scientific integrity at all major international meetings sponsored by IUNS.

*Our fifth priority was to review and strengthen our governance and participation systems.*

The present IUNS Council approved norms and procedures to be followed in the future to avoid the problems exemplified in Durban in 2005. These norms will secure due process and prevent confusion within the limited time of the IUNS General Assembly meetings.

The organisational aspects of ICN bids and the selection process of sites have been reviewed by Council. We have revised the present agreement between the IUNS and the national organising committees, so that starting in 2013 the IUNS will receive 50% of the total earnings from the meeting and not 10% of the registration. Furthermore, the ICN 2013 organisers are contemplating working with a professional Congress organising (PCO) selected through competitive bidding to optimise the administrative process and financial outcome, leaving the organisers more time to concentrate on the programme.



Finally, I would like to thank my fellow IUNS officers and Council Members for their friendship and support over the past four years. What I report in these pages is only a fraction of what has been done, and this is fruit of the labour of all, working as a team in terms of the thinking and the doing. On a more personal note, I would like to thank my wife and family for their patience; and many others who have contributed to making the challenge of leading the IUNS a rewarding experience. The vote of the IUNS General Assembly in Vienna named me President Elect for 2006-2010. This was a turning point in my career; this call to duty demanded taking a broader look at what I was doing. In part this led me to take a part time position in London, which enabled me to have a greater global presence. It has been an exciting four years; I have worked hard... however most of what has been achieved is directly related to the support of the IUNS membership and the strength of the IUNS mission.

 **PROFESSOR IBRAHIM ELMADFA**  
(PRESIDENT IUNS, FROM 2009 TO 2013)

The IUNS was established in 1946 as a non-profit, also a non-governmental association. The guiding principle of its mission was, and still is, to promote the advancement of the science of nutrition, research and development through international cooperation globally. In all its activities IUNS was always science based and independent. As I finish my four-year term of office, I would like to reflect on the strengths, opportunities and threats which face IUNS in 2013.

These I see as strengths:

- Leadership, enthusiasm and commitment of committee members who are scientists
- Global representation, presence and scope
- Multidisciplinary approaches with players representing full diversity
- Established record in capacity development
- Independent, science-based and credible
- Interactions with key International Congress agencies
- International Congresses serving as global for interactions in research information exchange

These I see as opportunities:

- Enhance collaboration between Adhering Bodies regional networks in order to influence policy and community level decision makers
- Increase awareness of significance of malnutrition in all its forms by promoting multinational training and research activities
- Promote research collaboration between industrialised and low income countries in the fight against malnutrition and NRCs
- Lead process of harmonisation of NB and FBDGs
- Facilitate public/private interactions for improved nutrition
- Provide direction for training/research/technical development
- Be a leader in nutrition capacity development/strengthening activities

These I see as threats:

- Competing interests of Committee Members and Officers with IUNS needs
- IUNS is labelled as *NO Action Talk Only* (NATO) Organisation
- Unable to work efficiently in partnership with other organisations using existing networks
- Loss of independence in efforts to raise funds, pleasing industry
- Conflict with other organisations with overlapping goals
- Governance issues continue to plague the IUNS
- Adhering Bodies are progressively less supportive and interested in IUNS and not committed to its vision and mission

These I see as priorities for action in the future:

- Increase communication with Adhering Bodies, promote regional collaboration and network development
- Review and assess the scientific quality of ongoing Task Forces, establish new ones based on needs
- Strengthen and consolidate leadership training efforts
- Develop fundraising efforts with clear objectives and strategy
- Increase visibility of IUNS at all levels
- Ensure scientific quality of the programme for the next ICN
- Review and strengthen governance and participation systems

 **PROFESSOR ANNA LARTEY**  
(IUNS PRESIDENT, FROM 2013 TO 2017)

My tenure as President started in September 2013 and ended in 2017. My Council decided to take up the task of revising the IUNS Statutes as it almost always came up as a point of contention when it came to interpretation for decision making. Under the initial leadership of the Lindsay Allen Statutes Revision Committee and later with the huge support of The Nutrition Society UK, we ended up totally rewriting the Statutes. The IUNS Statutes and Rules of Procedures of IUNS were published in January 2017. The new Statutes were developed with broad consultation and inputs from Adhering Bodies. As far back as 2017, not knowing COVID-19 would emerge in 2020, provision was made for IUNS virtual meetings and virtual General Assemblies.

Other achievements of my Council were to strengthen IUNS work on capacity building. The Capacity Task Force was moved under the direct leadership of the President. At the IUNS Congress in Argentina in 2017, 50 early career and graduate students in nutrition science were provided with IUNS travel fellowships to attend. Other achievements included the institution of the Reorientation Grant for graduate students from Africa, Asia and Latin America who had completed their studies and were ready to start their professional careers in their countries of origin.

For several years, IUNS did not have a stable home for its Secretariat. It moved every time a new Secretary General took office. To bring some stability, Council negotiated with The Nutrition Society UK, to host our Secretariat. This has turned out to be a great decision. I give credit to Catherine Geissler who facilitated this during her tenure as IUNS Secretary General and as President of The Nutrition Society UK.

I take this opportunity to thank the great Council that worked with me for these achievements – Alfredo Martinez (President-Elect, Spain), V Prakash (Vice-President, India), Catherine Geissler (Secretary General, UK), Helmut Heseker (Treasurer, Germany). Other Council Members were Lynnette Neufeld, Canada, Reynaldo Martorell, USA, S.K. Roy, Bangladesh, Teruo Miyawaza, Japan, Godwin Ndossi, Tanzania, and Andrew Prentice, Gambia/UK.

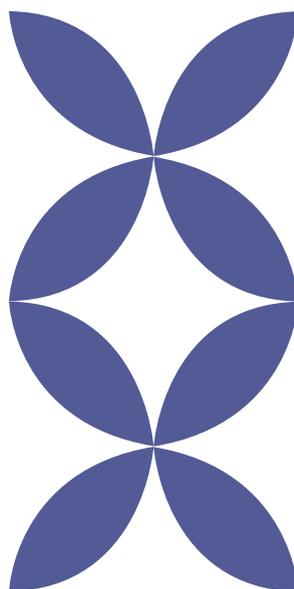
### **PROFESSOR CATHERINE GEISSLER** (IUNS SECRETARY GENERAL, FROM 2013 TO 2022)

A major aspect of the importance of IUNS is the bringing together of scientists from all over the world at the International Nutrition Congresses held every four years. It also has a role in encouraging national and regional nutrition organisations through Adhering and Affiliated Bodies. IUNS supports young scientists to present their work widely and to learn from other presentations and discussions at IUNS-ICNs and other scientific meetings. An important role has been the establishment of Task Forces (originally within Commissions and Committees) to allow the development in depth of selected topics by scientists from many countries. These Task Forces are reviewed by each new Council and either continued or completed, while new proposals are considered.

### **PROFESSOR NGOZI NNAM** (PRESIDENT, FEDERATION OF AFRICAN NUTRITION SOCIETIES (FANUS), FROM 2017 TO 2022)

In my opinion, the greatest achievements of IUNS are:

- Sponsoring young scientists to IUNS Congresses and regional conferences of their Affiliated Bodies. As the current President of FANUS, I witnessed the sponsorship at our last FANUS Conference in Rwanda in 2019 when IUNS sponsored a lot of young scientists to come to the conference, and this helped in building capacity.
- Identifying with IUNS Affiliated Bodies in their regional conferences. Professor Alfredo Martinez, the IUNS President, attended the Rwanda Conference in person and stayed almost to the end.
- Organising IUNS sessions in the plenary sessions of regional conferences of Affiliated Bodies where presentations can be made about IUNS, its activities and Task Forces. This happened in 2019 when Professor Martinez and the African representatives of the IUNS Council made presentations in Rwanda.



- Organising workshops to build the capacity of different country's nutrition societies in the region. This again happened in Rwanda which helped the African countries to exchange ideas and learn from one another.

### **PROFESSOR ALI DHANSAY** (IUNS COUNCIL MEMBER, FROM 2017 TO 2022)

The full name of the IUNS captures its importance very well. It is a Union ('a society or association formed by people with a common interest or purpose'), which is *International*, and focused on *Nutritional Science/s*. Over the years, there has been a (welcome) expansion of the dimensions of nutritional science, to reflect the current reality of our world and its challenges. The Giessen Declaration should be read, understood and internalised by all IUNS bodies, and perhaps be part of the IUNS website.

In addition to the successful quadrennial conferences, the IUNS has fostered cooperation between regional bodies and supported capacity building and leadership in nutrition through strategic and financial support. Personally, the 2005 18th ICN in South Africa stands out – the IUNS' faith in the Adhering Body to organise and host a successful event, was justified. Professor Anna Lartey's term as IUNS President is another highlight.

### **PROFESSOR ALFREDO MARTINEZ** (PRESIDENT IUNS, FROM 2017 TO 2022)

IUNS, since its establishment in 1946, has had two major aims. One is related to nutrition progress in terms of advances in health and knowledge and the second is encouraging communication and networking among nutritionists and allied scientists.

These endeavours are being focused for the benefit of the globe, specifically on humans, involving planetary, population and personalised nutrition. Therefore, sensitive, rational, psychological, environmental and professional features need to be taken into account. Moreover, according to the latest developing health setups, food consumption should be judged in association with community, fulfilment, satiation, safety, security and sustainability aspects.

Two seemingly different approaches, one based on a global public health perspective, and another based upon a precision-personalised nutrition paradigm, should be coordinated. In fact, they are complementary to each other and as such, personalised, participative, preventive and predictive approaches are all needed in order to maintain healthy wellbeing as well as to prevent and manage endemic and pandemic malnutrition.

IUNS actions in the period from 2017-2021 are focusing on the current seven Task Forces and a Capacity Building Committee coinciding with the 75th anniversary, where collaborations with WHO/OMS, FAO and IAEA Regional/Continental Associations and of course with nearly 100 Adhering Bodies and IUFOST.

# REFLECTIONS ON INTERNATIONAL CONGRESSES

## FIRST INTERNATIONAL CONGRESS IN LONDON 1946

 **DR LESLIE HARRIS**  
(FIRST SECRETARY GENERAL IUNS, FROM 1946 TO 1960)

The proposal to found an International Union for Nutrition, analogous with those already established for physiology, biochemistry, and several other sciences, first took shape at the so-called 'European Conference on Nutrition' convened by The [British] Nutrition Society in 1946. The title, 'European Conference' was itself something of a misnomer, because in fact delegates from several countries outside Europe (e.g. the United States, Canada, India, East Indies) also attended this gathering, which became in effect the first in the series of International Congresses of Nutrition.

I was very much involved in the planning of this Congress, although I must give due credit to Miss Ethel Cruickshank who 'threw herself with untiring zest into the continuous work of helping'. The officially accredited delegates, from some 15 countries, were accommodated for the first 10 days of their Programme at the hotel near Hyde Park in London, where they were the guests of the British Council. It is a reminder of the conditions that were still prevailing at the time that the first item on the 'Programme for Visiting Delegates' was a visit to Caxton Hall, Westminster, where the necessary ration cards were issued to our guests.

There followed five days of scientific conferences at the London School of Hygiene and Tropical Medicine. At these, reports from each country in turn were presented, dealing either with new developments in knowledge or else with personal experiences of the nutritional conditions prevailing under the pressure of enemy occupation or of wartime food shortages. There was a rough division of topics into those of 'human (clinical)' and of 'animal (agricultural)' interest.

Perhaps the most distinctive feature of this First Congress was that it included not only a series of scientific sessions in London, but was also followed by an organised tour of some of the more important centres of research throughout England and Scotland. Various research centres were inspected, at the following places: Reading, St. Albans, London, Cambridge (the Dunn Nutritional Laboratory where I was the Director), Oxford,

Edinburgh, Aberdeen, Glasgow and Ayr. At the farewell dinner, we reassured one another that we had indeed been present at the birth of a new International Union, and had participated in what was sure to be the first of a series of International Congresses. In one of the speeches, it was wittily observed that there was one feature at least that applied equally to after-dinner speeches, to new enterprises such as ours, as well as to new-born babies – namely that they were 'easy to conceive but difficult to deliver'!



Delegates in London in 1946. Sir Joseph Barcroft is sitting in the centre of the front row holding the papers. Dr Leslie Harris is to the right behind him in the second row. Ethel Cruickshank who did so much work is only just visible on the left hand side of the third row.

## SECOND INTERNATIONAL CONGRESS IN BASLE 1952

 **PROFESSOR F VERZAR**  
(PRESIDENT OF THE SECOND INTERNATIONAL CONGRESS)

The main work of this Congress took the form of a symposium on 'Present Problems in Nutrition Research', at which 19 main papers were presented, each of which was followed by a detailed discussion.

We had proposed, in 1946, that such symposia should be held in conjunction with the international organisations which are concerned with turning the physiological knowledge into practice. It was, therefore, with special joy that I greeted Dr W. R. Aykroyd, Director of Nutrition Division of FAO of the United Nations, and Miss Thelma Norris, Representative of WHO of the United Nations.

During the course of the Basle Congress, the opportunity was taken to convene once again a meeting of the Executive Committee of IUNS, which was attended by representatives of fourteen different nations and of the various affiliated international organisations (FAO, WHO, International Dietetics Congress). Included in a long agenda of 19 separate items was probably the most important, dealing with Vitamin Nomenclature. It was wisely decided to maintain existing contacts with the other interested bodies, including the Commission on Biochemical Nomenclature of the International Union of Pure and Applied Chemistry. In this way, it was rightly held, decisions generally acceptable throughout the world, both by biochemists and by nutritionists, could best be assured.

## PRIOR TO THIRD INTERNATIONAL CONGRESS IN AMSTERDAM, 1954

### DR ALFRED L. BACHARACH (PRESIDENT OF THE NUTRITION SOCIETY, FROM 1959 TO 1962)

I was very happy with the way that the Basle Congress covered a great variety of nutritional topics because, at this early stage in the development of an international organisation, we needed a general survey of problems that called for discussion. However, when I received notification in 1953 of what was planned for the Congress in Amsterdam, I was rather unhappy with the suggested programme. Some time slots would permit only the most superficial and didactic exploration of most of the subjects mentioned such as Nutrition and Liver Disease which I thought might occupy the whole time of a week's international symposium. On the other hand, I thought that there were certain subjects that did not seem to lend themselves to much discussion; an example being the session on Antibiotics in Human Nutrition. Of all the subjects on the list, I thought the one most likely to lead to a brisk discussion and to some possible important interactions was that of food additives. I wrote to the Dr van Eekelen, one of the Dutch organisers, who I knew personally, and asked him to share my suggested outline of the programme (with three appendices) with his colleagues, should he consider my proposals seriously. To save him the trouble of making copies, I had stencils cut and sent him, by separate mail, 25 copies and I kept the other 25 copies myself.

## THIRD INTERNATIONAL CONGRESS IN AMSTERDAM, 1954

### PROFESSOR BCP JANSEN (PRESIDENT OF THE THIRD IUNS INTERNATIONAL CONGRESS IN AMSTERDAM IN 1954)

In 1954, I was Director of the Netherlands Institute of Nutrition and was honoured to be asked to be the President of the Congress. We had a series of 'lecture sessions' which centred around the following topics: (1) Overnutrition and Disease; (2) Nutrition and Liver Disease; (3) Psychological Aspects of Nutrition; (4) Non-nutrient Chemical Substances in Foods, (a) Intentional Additives, (b) Non-intentional Additives. Perhaps it was topic No. 4 that created as much interest as any, and the Congress passed a resolution expressing the hope that firmer action should be taken, through international agencies, to examine the possible hazards of chemical additives to food, and to seek to control them. Dr Bacharach (see above) was right in his prediction.

## FOURTH INTERNATIONAL CONGRESS IN PARIS, 1957

### PROFESSOR E. F. TERROINE (PRESIDENT OF THE FOURTH INTERNATIONAL CONGRESS IN PARIS IN 1957)

I was fortunate enough to be the President of the Paris Congress, and, as others have remarked, I was the 'organising spirit' behind the whole occasion. At that time, I was Emeritus Professor at the University of Strasbourg, and Director of the Centre National de Coordination des Etudes et Recherches sur la Nutrition et l'Alimentation au C. N. R.S. In Paris, a useful innovation was that Congress Members were classified into five distinctive categories, as follows: Benefactors, Donors, Associates, Active Members and Full Members.

The main business of the Congress took place at the Faculty of Pharmacy, in the Avenue de l'Observatoire, and a number of us lodged nearby at the Maison des Mines, in Rue Saint Jacques. The proceedings began with a 'Seance solonelle d'ouverture'. Here I delivered my 'Inaugural Address', which paid homage to those who had played important roles in the establishment of IUNS in the early days.

After the opening ceremony, the work of the Congress was divided into five separate Specialised Sections: (1) Nutrition and Lactation, (2) Nutrition and Reproduction, (3) Nutrition and the Skin, (4) Nutrition and Digestive Flora, (5) Nutrition and Senescence, and, in addition, one General Section: (6) Miscellaneous Topics. The last mentioned was further divided into nine Sub-Sections: (A) Regional Nutritional Problems, (B) Foodstuffs, (C) Nitrogenous Substances, (D) Carbohydrates, (E) Lipids, (F) Mineral Components, (G) Vitamins, (H) Pathology, (I) Various.

As far as the Specialised Sections were concerned, they each had before them for consideration one or two invited contributions, consisting of a General Introductory Report. An especially helpful feature of this Congress was that full abstracts of all the papers to be presented were required in advance, and, in consequence, were already available to us, in printed form, during the Congress itself. The Abstracts of Papers formed a handsome volume, 280 pages in length.

Outside the hours of the hard-working scientific sessions, Congress attendees were entertained with truly delightful Gallic hospitality and charm, on a succession of public and private occasions. One recalls a reception given by the Paris municipality late one afternoon in the Hotel de Ville. Then, one evening, at the Louvre, there was a soiree with various rooms and galleries specially kept open and illuminated. Perhaps the highlight of the social events was a Banquet at the Hotel du Palais d'Orsay. Here we were the guests of the French Society of Wine Producers and of the French Guild of Cheese Manufacturers. We were kept supplied by these two bodies with an almost unending series of samples to enjoy, as well as with an appropriate carnival, and speeches.

As the Secretary General was able to say, at the closing ceremony, 'It is always a great joy (for us foreigners) to come back again to Paris, and each time we see Paris again we appreciate how fully it merits its description of being 'la plus belle ville du monde!'



Delegates at the Banquet at the 1957 Paris Congress.

## FIFTH INTERNATIONAL CONGRESS IN WASHINGTON, 1960

 **DR LESLIE HARRIS**  
(FIRST SECRETARY GENERAL IUNS, FROM 1946 TO 1960)

The Fifth Congress was truly on a mammoth scale, being attended by well over 2000 participants. To those of us who had the responsibility of preparing the ground for these international meetings, it was certainly most gratifying to have been able to watch their steady growth and development, both in size and usefulness. Mere size, of course, has its drawbacks, because at Congresses of this kind it generally implies the necessity for simultaneous sessions; and, on more than one occasion, some of us had but one regret, namely, that we were not able to be in several places at one time.

A very special privilege for attendees was the opportunity at the opening ceremony to see and hear the Head of State, President Eisenhower himself, when he delivered the official speech of welcome. In the course of his remarks, the President observed:

“... Since you have met before in London, Basle, Amsterdam, and Paris, and this is your first visit to Washington, I bid you a hearty welcome to this side of the Atlantic and to this City.

The 20th-century is unique in many ways – not the least of which is the fact that ours is the first generation which has dared to think in terms of food enough for all. And our age is the first to be deeply concerned about the quality as well as the quantity of the food supply. For the first time in history, man’s ancient enemies-hunger and malnutrition-are on the defensive. They are not whipped. But ours is the first generation to catch the scent of victory...”

On a personal note, the Washington Congress gave me an immense feeling of pride and pleasure when, at the close of the Congress, I received an inscribed silver tray. This overgenerously referred to my ‘pioneer services, for 14 years to the International Union of Nutritional Sciences’. This was a charming, but scarcely deserved, a reward for what was, after all, in itself a sufficiently rewarding undertaking.



President Eisenhower addressing delegates in Washington. Dr Cuthbertson is nearest him and Dr Harris is in the middle of the row.

## NINTH INTERNATIONAL CONGRESS IN MEXICO CITY, 1972

 **PROFESSOR JO HAUTVAST**  
(IUNS SECRETARY GENERAL, FROM 1985 TO 1997)

When I attended a IUNS Congress in Mexico for the first time, I saw that several of my colleagues were buying a coke at the hotel bar before going to bed. I was very surprised and asked them why they were buying a coke. The answer was very simple. The coke was used to brush their teeth because they did not trust the tap water and in doing so it may prevent gastro-intestinal problems!!!

## TWELFTH INTERNATIONAL CONGRESS IN SAN DIEGO, 1981

 **PROFESSOR MOHD ISMAIL NOOR**  
(IUNS COUNCIL MEMBER, FROM 1997 TO 2001)

My first introduction to the ICN series was in 1981 when I was a post-graduate student in QEC, London and supervised by Derek Miller. In San Diego, we had two posters on ‘Diet-induced thermogenesis in rats and mice on cafeteria-diet’ and I received a travel grant from the organisers. It was a wonderful exposure for me scientifically but, more importantly, I had the pleasure of meeting two IUNS Asian giants, Professor Gopalan (India) and Professor Aree (Thailand). One of the first questions they asked me was – “do Malaysia have a Nutrition Society?” My response was negative so they then talked about FANS and suggested that we should establish a society in Malaysia and join FANS.

On my return from London in 1983, and with support from Dr Chong Yoon Hin, Deputy Director and Dr. Tee E. Siong, from the Institute of Medical Research in Malaysia and several colleagues from academia, we established The Nutrition Society of Malaysia in 1985. We became a member of IUNS and FANS in the same year.

In 1981, I was also fortunate to meet Professor Anna Ferro Luzzi who was at my poster session. As years passed, I was offered a fellowship to spend my sabbatical with her at the Institute of Nutrition, Rome in 1988. Looking back, the two ICNs that were significant to my career as a nutritionist would certainly be ICN 1997 (Montreal, Canada) where I was nominated into the Council and ICN 2005 (Durban, South Africa) when I was nominated as a Fellow of IUNS. I have not missed the ICN series since San Diego!



Professor Noor receiving his IUNS Fellowship from Professor Mark Wahlqvist.

## THIRTEENTH INTERNATIONAL CONGRESS BRIGHTON, 1985

 **DR MARGARET ASHWELL**  
(HONORARY SECRETARY OF THE NUTRITION SOCIETY, FROM 1984 TO 1988)

The first question I asked before agreeing to stand as Honorary Secretary of The Nutrition Society in 1984 was ‘Will I have to plan the International Congress of Nutrition in Brighton in 1985?’ ‘No’, I was told, ‘there is a separate committee and plans are well underway’. Phew. Anyway, I thought it would be a good opportunity to tell all our international colleagues about our Nutrition Society which had been formed in the UK in 1941. It was these early members (such as Joseph Barcroft and Leslie Harris) who had the idea to form the International Union in 1946. Together with June Schulkes, who at that point ran the Society almost singlehandedly as its Executive Secretary, we mounted a poster display at Brighton. This was my first International Congress, and I thoroughly enjoyed it, meeting so many scientists whose work I had only read about. I was certainly very proud of the way we Brits do pageantry when we saw a full marching band at the opening ceremony.

My steep learning curve came later, though, when Dr David Buss, the then Honorary Treasurer of the Society, and I had to help the Society’s accountant sort out how the Congress could have been such a scientific success but made such a large financial loss. This taught me more about financial management than any subsequent course on the subject. The simple answer was that



The band plays at IUNS in Brighton.

the professional conference organisers (PCO) had not put ceilings on expenses. The academics, who had been so relieved to have the services of a PCO, had not noticed this. It was also my first experience of the business and management side of life, and I was told later, was what impressed the head-hunter who persuaded me to leave behind the hands-on world of research for new pastures in 1986.

 **DR ANN PRENTICE**  
(PRESIDENT UK NUTRITION SOCIETY, FROM 2004 TO 2007)

My earliest memory of The Nutrition Society was in 1985 when I attended the 13th International Congress of Nutrition in Brighton. The Nutrition Society hosted this Congress on behalf of the International Union of Nutrition Sciences. It was attended by over 2000 participants from 92 countries. I had recently returned to my post-doctoral studies after having spent five years researching in The Gambia, and it was inspiring to hear and meet so many enthusiastic nutritional scientists from all over the world.

## FOURTEENTH INTERNATIONAL CONGRESS SEOUL, 1989

 **PROFESSOR JO HAUTVAST**  
(IUNS SECRETARY GENERAL, FROM 1985 TO 1997)

The first day of any Congress is often very hectic. I remember at the first IUNS Congress day in Seoul in South Korea in 1989 that we decided to walk to the Congress Centre. We were so surprised that on every corner of the street a very friendly South Korean student with a Congress flag told us the direction to the Congress Centre. I had never experienced this before, but I found this a very positive action of our hosts.



Dr Margaret Ashwell admiring the inspirational poster by Dr Louise Davies in Seoul. She encouraged delegates to tell her about warning signs for malnutrition for the elderly in their own country.

## FIFTEENTH INTERNATIONAL CONGRESS ADELAIDE, 1993

 **PROFESSOR BARBARA BURLINGAME**  
(PAST CHAIR INFOODS TASK FORCE, CURRENT CHAIR SUSTAINABLE DIETS TASK FORCE)

The most memorable IUNS ICN was my second – Adelaide in 1993. The theme of the conference, ‘Nutrition in a sustainable environment’, was encouraging and motivating for me. Looking back, I realise that the concept of human nutrition as inexorably linked to environmental sustainability was an idea way ahead of its time, with few nutritionists embracing the research and policy implications and applications. Nevertheless, as time went on, more and more professionals in the field of nutrition have come/are coming around to what in 1993 was an innovative concept. For that, I am grateful to the organisers of that ICN: Mark Wahlqvist, Stewart Truswell, Richard Smith, and Paul Nestel.



Professor Barbara Burlingame and colleagues in Adelaide.

 **PROFESSOR JO HAUTVAST**  
(SECRETARY GENERAL IUNS, FROM 1985 TO 1997)

I do remember a very unusual happening at the IUNS Congress in 1993 in Adelaide, Australia. When arriving one day at the Congress centre, I saw a small uproar at the entrance doors and there were quite a number of burning candles. We were told that the protesters were drawing our attention to the situation that providing babies with commercial baby foods instead of breastfeeding could seriously harm children and could even cause the death of the baby due to poor hygienic measures when preparing such foods. I experienced some panic among several IUNS colleagues because we had no answers on this subject. Of course, we were not in a position to do anything about this concern, but it made many of us think that it could be a serious issue.

## SIXTEENTH INTERNATIONAL CONGRESS MONTREAL, 1997

### PROFESSOR ANNA LARTEY (PRESIDENT IUNS, FROM 2013 TO 2017)

My earliest recollection of IUNS was in 1997 with the IUNS-ICN in Montreal, Canada. I was then a doctoral student at the University of California, Davis, USA. My co-PhD Supervisor, Professor Ken Brown had registered me to give a keynote presentation on 'Complementary foods in developing countries'. This fitted with the theme of my doctoral thesis research. This was really intimidating for me. I remember walking into his office to let him know I wanted to give up. I could not stand before the crowd at IUNS to do this presentation. His response was a simple: "Oh yes, you can do it."



IUNS Council Members elected at the 16th ICN, Montreal, Canada. Professors Claus Leitzman (Treasurer IUNS), Barbara Underwood (President IUNS), Mark Wahlqvist (President-Elect IUNS), Ismail Noor (Council Member), Dr Vinodini Reddy (Vice-President IUNS) and Dr Richard Orraca-Tetteh (Vice-President).

IUNS-ICN in Montreal was huge and overwhelming for me. I was impressed to see the big names in nutrition in person, many of whose publications I had been digging into. I recall people like Nevin Scrimshaw, Noel Solomon, Stephanie Atkinson. One person had quite an influence on me: Julia Tagwireyi. Julia gave one of the high-flyer keynote presentations at the Congress. Being an African she impressed me more. I happened to run into her in a hallway. I took the opportunity to congratulate her on the great presentation. She asked me my country of origin and what I was currently doing. I told her I was a Ghanaian doctoral student at UC Davis. She then asked me, "Will you go back to Africa after your studies?" I told her, "Yes". Her response was "Good, then there is hope for Africa".

## SEVENTEENTH INTERNATIONAL CONGRESS VIENNA, 2001

### PROFESSOR CLAUS LEITZMANN (TREASURER IUNS, FROM 1997 TO 2005)

At the closing ceremony in Vienna, a British food campaigner, Geoffrey Cannon, gave a spontaneous flaming speech criticising the commercial influence of food companies on nutrition in general and on IUNS in particular. A representative of the sugar industry called him a troublemaker. Actually, I was convinced that we needed more "troublemakers" to speak outright about controversial issues in nutrition.

### PROFESSOR ALI DHANSAY (IUNS COUNCIL MEMBER FROM 2017 TO 2022)

My attendance at this Congress was memorable in more ways than one. South Africa (SA) was confirmed as the host of the 2005 ICN in Durban, the first on African soil. I had volunteered to man the SA stand while the meeting and voting took place and downed a

couple of (small, concentrated) dairy-based drinks from one of the exhibitors. The product will remain unnamed but, in a matter of half an hour, my tummy started rumbling and I had the runs! While the SA team was out celebrating, hosted by the SA Ambassador, I was confined to the hotel bathroom!

## EIGHTEENTH INTERNATIONAL CONGRESS DURBAN, 2005

### PROFESSOR ANNA LARTEY (PRESIDENT IUNS, FROM 2013 TO 2017)

IUNS-ICN in Durban South Africa was particularly memorable for me. That was when I was first proposed for IUNS Council Member. The IUNS General Assembly and the voting for new Council Members was particularly tense. There were issues with the interpretation of the Statutes that could favour the nomination of certain candidates. The politics and lobbying behind the scenes were rather disturbing. The General Assembly elections lasted until well over 12 midnight. I was one of the 11 names that got on to the new Council. I had no idea what the future held for me, but serving under Ricardo Uauy's Council was very educational. Under his leadership, IUNS developed its vision and strategy. I was ready to complete my term as Council Member and step aside, but that was not to be.

I was surprised when my name came up to stand for IUNS President-Elect after one term on Council. This was too shocking for me. I had never imagined sitting at the helm of affairs for the great and mighty IUNS. It took a lot of encouragement and convincing power of great predecessors and friends like Barbara Underwood, Lindsay Allen, Kay Dewey, Osman Galal, Paul Amuna and Francis Zotor to get me to put forward my name. To my surprise, I was elected IUNS President-Elect at IUNS-ICN 2009 in Bangkok. This development was not only shocking for me but also for my close friends. I recall the headline in an African scientific journal which read "What a Bangkok!".

### PROFESSOR MARK WAHLQVIST (PRESIDENT IUNS, FROM 2001 TO 2005)

In 2001, I stressed that a concerted effort would be made in all the Union's work, in conjunction with the International Science Council and the International Union of Food Science and Technology (IUFoST) to build capacity in Africa. The logic of this was underpinned by the fact that the next Congress would be in Africa and Council had the advantage of two African members. There was a keen sense that the Union, in its more than 50-year history, had not yet had the leadership of an African President. To this end, the prevailing loose arrangement of a few African Affiliated Bodies would be encouraged to formalise as FANUS, a Federation of African Nutrition Societies, to grow, to generate its own activities and to be the IUNS regional body for Africa. By 2005, there were some 38 actual, or mooted, African Affiliated Bodies making the African effort by IUNS more attractive and effective.

The Durban Conference was a significant achievement for nutrition in Africa. Its Safari Nutrition events on the fifth day, combined with activities over the ensuing weekend, in various South African locations, proved visionary. Many are to be congratulated, but Professor H. H. (Esté) Vorster, as Chair, and Professor Pauline Kuzwayo, representing IUNS Council, deserve special credit as leaders, food and nutrition professionals, community bridge-builders and event organisers.

 **PROFESSOR ALI DHANSAY**  
(IUNS COUNCIL MEMBER, FROM 2017 TO 2022)

I am pleased to be able to provide a personal view on this Congress! As an African, South African, member of the local organising committee (LOC), I was part of a great Congress team that hosted the first ICN to be held in Africa.

Besides being a scientific success, with over 2000 delegates, the Congress was also the most profitable ICN up to that point. We provided IUNS with around 134 000 USD of the profit, and formed a non-profit company (Nutrition Safari 2005) that currently uses the interest from investment to provide annual grants to undergraduate students (Nutrition & Dietetics) at South African universities.

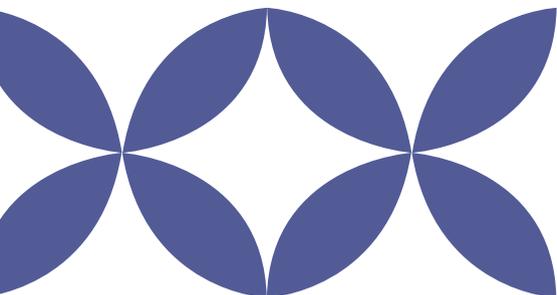
One of my unofficial jobs was to organise twice-daily security briefings with the police on Congress security. One incident comes to mind that provides a good lesson in not jumping to conclusions! A Congress delegate (African) was robbed of her bag, containing her money and her passport, while at an ATM. Because of the image of SA being a crime-riddled country, everyone assumed that a local had been involved. At the briefing, however, it turned out that in fact one of the (non-African) delegates had been the perpetrator! Fortunately, with the speedy help of the various authorities, the delegate obtained an emergency passport. Bottom line: do not jump to conclusions! The issue of crime in SA was one that we discussed during our LOC deliberations and it had been raised when the Congress was being promoted.

 **PROFESSOR NGOZI NNAM**  
(PRESIDENT, FEDERATION OF AFRICAN NUTRITION SOCIETIES (FANUS), FROM 2017 TO 2022)

The International Congress I remember most is the IUNS Congress hosted by South Africa in 2005. I remember it because FANUS had a slot in the programme and that was the first time I attended a FANUS meeting. This gave me an opportunity to interact and network with African scientists.

 **PROFESSOR CLAUS LEITZMANN**  
(TREASURER IUNS, FROM 1997 TO 2005)

I remember the long delay of the opening of the Durban Congress, because the Minister arrived over an hour late. No problem. The chairperson of the first session managed to entertain the audience with never-ending stories of her country and made memorable jokes.



**NINETEENTH INTERNATIONAL CONGRESS OF NUTRITION IN BANGKOK, 2009**

 **PROFESSOR EMORN UDOMKESMALEE**  
(THAILAND) CHAIR OF SCIENTIFIC PROGRAMME

Thailand was chosen as the host of the 19th International Congress of Nutrition (ICN) at the 17th ICN in Vienna, Austria in 2001. I was honoured to be the Chairman of the Scientific Programme and to be guided by Professor Emeritus Dr. Kraissid Tontisirin (Congress President); Professor Emeritus Dr Thep Himathongkam (Secretary General) and Professor Ricardo Uauy as the IUNS President and the IUNS Council at the time.

When I participated in the 18th ICN in Durban in 2005, two aspects that captured my attention were the scientific programme and promoting the participation of young professionals. From the Congress's theme of 'Nutrition Security for All', the scientific programme was built to be 'audience friendly' to cover the fields of science related to nutrition and food; the agriculture and food systems; as well as relevant policy and programmes. The symposium proposal template was crafted to provide a brief overview, the objectives and expectations of the session as well as the proposed chair/moderator and speakers. This was to be reviewed with constructive comments by the international advisory members as well as the national scientific committee. The rationale was to support the idea that the speakers and panellists suited the session purposes and not the other way around. The submitted abstracts for oral or poster sessions went through a similar rigorous review with scoring and recommendations. When the scientific programme was launched, it was well received. For oral and high-score poster presenters, efforts were made to raise funds to support their participation with an emphasis on young professionals. I was delighted that we were able to bring over 300 of them and the conference attracted slightly over 3000 attendees.

For the first time in 2009, the International Union of Nutrition Sciences (IUNS) recognised legendary nutrition scientists around the world as Living Legends in Nutrition (see Appendix). This was the original idea of Professor Ricardo Uauy. A video programme was constructed to honour their contribution and their messages to future generations of nutrition scientists.



Ruth Charrondiere, Nevin Scrimshaw, Barbara Burlingame at ICN dinner in Bangkok.



Mirjana Gurinović and Maria Glibetić enjoying the social event.

**Living Legends criteria:**

1. Age over 80 years old and still living
2. Prominent and highly respected person whose contribution in nutrition is recognised at national, regional or international levels
3. Nominated by the IUNS Adhering Bodies at National level or by the International Nutrition Peers with strong support of contribution

Finally, we were deeply honoured by the presence and active participation of HRH Princess Maha Chakri Sirindhorn of Thailand from the inauguration of the conference to the symposia as well as social events for four days. These were indeed moments to remember for years to come. We were careful in asking the Living Legends to speak for a set time. They were at the age when talking about the past brought happiness, they may have kept talking too long and it would be embarrassing to stop them!

**PROFESSOR FRANCIS ZOTOR**  
(IUNS COUNCIL MEMBER, FROM 2017 TO 2022)



Delegates in Bangkok with the Princess.

I recollect ICN 2009 in Bangkok, Thailand: the nutrition fraternity approached the then Princess of Thailand and got her interested in nutrition issues and with her proactive involvement, we worked actively to reduce malnutrition to single figures. Maybe Adhering Bodies should identify high profile champions in their country and work with them to address their pressing nutrition needs?

**TWENTIETH INTERNATIONAL CONGRESS OF NUTRITION, GRANADA, 2013**

**PROFESSOR ANNA LARTEY**  
(PRESIDENT IUNS, FROM 2013 TO 2017)

The best day in my life was when I took over as IUNS President at the Granada Congress in 2013. That year was quite significant for me. While I was preparing to take up my role as IUNS President, in September 2013, I was also appointed the Director of Nutrition at the Food and Agriculture Organisation of the United Nations, Rome, Italy. This raised some concerns among IUNS senior colleagues about my having to take up two global roles at the same time. Again, issues about the clarity of the IUNS Statutes came up. Looking back, relocating to Europe turned out to be a good decision, it ironed out the visa problems we faced with travelling outside Africa. I was able to attend all IUNS Council meetings and visa were never an issue. The day I took over as IUNS President was a proud day for me and for my many colleagues around Africa. I recall Joyce Kinabo, then President of FANUS, Jane Badham, my keen supporter, Paul Amuna and Francis Zotor. Osman Galal, former IUNS Secretary General, at the time not in good health, came all the way to congratulate me.

IUNS Buenos Aires 2017: Johanna Dwyer, Barbara Burlingame, Joyce Nettleton

**PROFESSOR CATHERINE GEISSLER**  
(SECRETARY GENERAL IUNS, FROM 2013 TO 2022)

One of the main issues in Granada was the setting up of Coca Cola stands all around the venue as well as in the city. The Congress organisers had no control of the use over the area around the venue, but it looked to outsiders and to attendees as though they had condoned the advertisement of a product that most nutritionists would not support. This led to much discussion in planning future ICNs about the use of Congress space for food organisations to advertise their products and the controversial distribution of free foods and drinks to participants as part of their advertising campaign.



Paul Finglas, Ruth Charrondiere, Barbara Burlingame, Harriet Kuhnlein and Thingnaganing Longvah in Buenos Aires.

**TWENTY-FIRST INTERNATIONAL CONGRESS OF NUTRITION BUENOS AIRES, 2017**

**PROFESSOR CATHERINE GEISSLER**  
(IUNS SECRETARY GENERAL, FROM 2013 TO 2022)

Preceding the Congress in Buenos Aires, the IUNS Council became concerned that progress in the planning was very slow and inadequately reported. There was discussion about changing the host to the Indian runner up, however Professor Angel Gil, who had so efficiently organised the Congress in Granada, was called upon to lead an executive group to guide and finalise the organisation of the Congress. This indicated the importance of collaboration between local organisers. It also precipitated a change in the Statutes. Previously, bids to host a Congress were requested eight years before the Congress, to allow time to find and book appropriate venues, however with this long lapse in time those who had requested to host were likely to have retired or been in another position at the time of organising the Congress. To alleviate this problem the 2013-17 Council led by Professor Anna Larthey decided to change the Statutes so that the selection of host would be made at the previous Congress i.e. only four years before.

**PROFESSOR HINKE HAISMA**  
(CHAIR OF TASK FORCE: TOWARDS A MULTI-DIMENSIONAL INDEX TO CHILD GROWTH)

At the ICN in Buenos Aires, we were presenting the work of our Task Force in a symposium. We were quite nervous as our work stepped out of the regular nutrition science comfort zone. In the audience was Noel Solomon (in fact, I remember he came in late and sat in one of the front rows). I knew him as quite a critical person and tried not to look at him or take note of his presence. When we had finished the presentation



(starting off with a boat on the open sea as a metaphor for our research), he walked to the microphone and said: ‘This is really exciting!’ He went on to talk about the importance of our work and that this was exactly what nutrition sciences needed. I did not need anything else or for anybody else to say anything. It made my day and my conference.

 **PROFESSOR ALI DHANSAY**  
(IUNS COUNCIL MEMBER, FROM 2017 TO 2022)

Although I was unable to attend this Congress, it holds good memories for me as I was elected to IUNS Council at the General Assembly.

**GENERAL REFLECTIONS ON CONGRESSES**

 **PROFESSOR HARRIET KUHNLEIN**  
(TASK FORCE CHAIR, FROM 1990 TO 2018)

I have attended, learned and contributed to every ICN Congress since Rio, 1978; that is 12, including Tokyo. I am honoured to acknowledge my compelling interest and grateful for the resources (academic and from IUNS) to have done so. Every Congress has its special memories for various reasons. As my first Congress, Rio was very impressive and led to my continuing commitment to IUNS as a new, young, internationally oriented academic. I experienced excellent research interactions, developing collaborations, meetings with like-minded friends, and wonderful facilities (Congress venue, hotel, food, entertainment, opportunity for excursions following the Congress).

I especially remember the venue, the music (!), food and entertainment provided at the Granada meeting (2013). I recall the excitement of the endorsement of Anna Lartey as Congress President at the same Congress. Our Task Force had special very memorable excursions hosted by local indigenous communities: following the (2005) Durban Congress, the KwaZulu, and after (2009) Bangkok, the Pwo Karen, and Mahidol University in Salaya.

Over the next 25 years, if pandemics persist, we will need to carefully consider virtual attendance, which will be unfortunate for those of us who embrace international travel and scientific adventure.

 **PROFESSOR FRANCIS ZOTOR**  
(IUNS COUNCIL MEMBER, FROM 2017 TO 2022)

I still remember the ICN in 2009, probably because it was my first. It was well organised and the numbers that attended were quite large. Not so well organised was ICN 2017. My guess was because the team that had to step in didn't have much time and had they had more time; it could well have been as successful as that of ICN 2013. In my view, planning for the next conference (2025) should involve the team who will be hosting the conference so that they can learn from the process, and it will also be good to have participation from people with past experience.

 **DR WELMA STONEHOUSE**  
(KEY PLAYER IN THE OCEANIC NUTRITION LEADERSHIP PLATFORM  
AND THE FEDERATION OF OCEANIC NUTRITION SOCIETIES)

I have great memories of every IUNS conference I attended at different stages of my career, first as an early career researcher in 2001 (Vienna), then as mid career researcher in 2005 (Durban) and in 2009 (Thailand) to 2017 (Argentina) as more established in my career. The IUNS conferences have been some of the best scientific conferences I've ever attended over my career – big and diverse and a great opportunity to build networks.

 **PROFESSOR ANNA LARTEY**  
(PRESIDENT IUNS, FROM 2013 TO 2017)

The COVID-19 pandemic has forced the world to think outside the box. Hybrid conferences have come to stay. The immediate change is the format of IUNS Congresses. IUNS must structure its Congresses to accommodate this development. This will significantly expand the organisation's reach.

The IUNS Congress should be organised as a truly global Congress. The scientific content should not be left to the hosting country. An international scientific committee should be in place. A Council Member and the hosting country member should serve as Chair and Vice-Chair respectively. IUNS Council should approve the theme of the Congress.

In the coming years, engagement with the private sector will continue to be a point of contention. The incoming Council should develop an open, transparent and inclusive policy with the support of Adhering Bodies regarding how to engage with the private sector. Once approved by all Adhering Bodies, any country hosting IUNS Congress must abide by that policy.

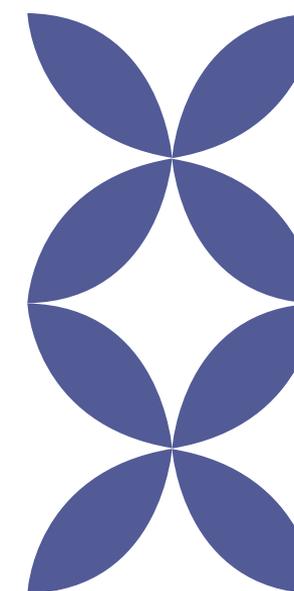
 **PROFESSOR ALI DHANSAY**  
(IUNS COUNCIL MEMBER, FROM 2017 TO 2022)

While agreeing that future Congresses in general and the ICN in particular will include hybrid formats, I am all for face-to-face meetings where one can network and debate matters freely.

 **PROFESSOR CATHERINE GEISSLER**  
(IUNS SECRETARY GENERAL, FROM 2013 TO 2022)

Surprisingly it is not the science that I remember most, apart from a general appreciation of hearing fascinating talks from authors whose names had been familiar in the literature and also from others that I had not heard of, meeting other scientists in my field, leading to research collaborations, and also listening to talks on subjects that were not my specific area of research that widened my horizons, and in some cases were useful for teaching.

What became most memorable was the social side of the Congresses, meeting old friends and new people, being introduced to local culture



and sites, the opening ceremonies, various issues in the organisation of a couple of Congresses, and my appointment as Secretary General.

Issues in relation to the organisation included, most memorably, the Brighton Congress, for which the finances were not adequately controlled, leaving The Nutrition Society in financial difficulties. However, this was not evident in the Congress itself, it was only through my being on the Council of The Nutrition Society that I knew of the situation. The experience led to subsequent Congresses being better controlled financially. Things that should be done differently have already been instigated following the issues described above.

Over the next 25 years Congresses will be hybrid in view of our current pandemic experience and also the environmental impact of air travel across the world. This will affect little the transfer of science, but it will certainly impact the social aspects of Congresses that have been most memorable to me.

### **PROFESSOR LYNNETTE NEUFELD** **(IUNS PRESIDENT ELECT)**

The greatest achievement of IUNS is the ICN conference legacy for two reasons:

First, the ICN meetings have delivered on IUNS's mission to convene. Over its 75-year history, the ICN meetings have brought together almost 50,000 nutrition experts, students and practitioners. Meaning probably almost as many nutrition science and practice presentations/posters. That is a lot of new knowledge and evidence shared, discussed and debated!

Second, the ICN meetings are a testament to the "I" in its name – International. Since 1960, the average number of countries represented among participants has ranged from 55 (in 1975) to 113 (in 2001). As a membership-based organisation this is central to the achievement of IUNS's mission.

The only ICN meetings that I have not enjoyed thoroughly – professionally enriching, and socially enjoyable – are those that I wasn't able to attend (or which happened before I was born).



Dr Lynnette Neufeld, IUNS President Elect 2017-2022.

# REFLECTIONS ON COMMITTEES AND TASK FORCES



We have described in Reflections on the importance of IUNS and its achievements over the last 75 years how the Task Forces arose from the original five Commissions established in 1969. Summaries of the names of the Task Forces as they existed in 2001, 2009, 2013 and 2017 are given at the end of this chapter. For the current Task Forces, we expand a little to show their key tasks. Here are the reflections of some of those involved.

### **PROFESSOR HARRIET KUHNLEIN**

For the past three decades, the International Union of Nutritional Sciences (IUNS) has provided a very important international platform for raising the profile of the food systems of Indigenous Peoples. Since 1990, my Task Force colleagues have been documenting nutritional values and contributions of culturally based food biodiversity used and maintained by Indigenous Peoples to improve nutritional status.

Some of the highlights over more than 30 years of work include partnerships with over 50 culture-specific communities to document and publish their traditional and Indigenous food systems. This has resulted in several publications of methodological guides and case studies.

This body of work, led by IUNS Task Force teams, has influenced and inspired continued study to benefit people who are among the most marginalized globally.

A full description of the work of this Task Force from 1990 to 2021 is available on the IUNS website. See <https://iuns.org/about-iuns/history/>



Task Force academic and community partners' meeting in 2008 at the Rockefeller Bellagio Study and Conference Center, Bellagio, Italy.



Professor Kuhnlein with colleagues in the 2009 Task Force on Traditional and Indigenous Food Systems and Nutrition in Thailand at Post IUNS Conference with Karen Community, Thailand, 2009.

### PROFESSOR ANNA LARTEY

Committees and Task Forces as they operate now are weak and ineffective. They lie dormant until the IUNS Congress when they surface. The operations of the Task Forces must be reviewed. Task Forces must focus on cross-cutting issues of global concern. Task Forces must organise events at regional conferences. Scientific publications from Task Force activities should be highly encouraged.

IUNS may want to consider a Committee/Task Force allied to each IUNS Congress. This Task Force will work closely with the Congress host and report on progress to the IUNS Council.

### PROFESSOR CLAUS LEITZMAN

The major focus of the most important Task Forces in the next 25 years will be malnutrition, hunger and poverty.

### PROFESSOR CATHERINE GEISSLER

The aim of Task Forces is to fill gaps in research on specific issues of importance. Some Task Forces have developed into national organisation, e.g. the Obesity Task Force progressed through various stages to become what is now the World Federation of Obesity. As this is an international institution there is now no need for a Task Force on this issue. A recent one is the Cancer and Nutrition Task Force which was developed to fill the gap in links between cancer specialists and nutrition specialists to encourage better collaboration. Task Forces can use the support of IUNS as a springboard to start and then seek funding from other sources that can take up the baton. This is the case for several recent and current Task Forces such as those on International Malnutrition, Traditional and Indigenous Food Systems and Nutrition, INFOODS, Nutrition and Cancer (ICONIC).

### PROFESSOR BARBARA BURLINGAME

The most important Task Forces in the future will be those related to the right to food, environmental sustainability (climate change, biodiversity, agro-ecology and nutrition-driven agriculture), sustainable food systems and diets – including the current Sustainable Diets and Traditional and Indigenous Food Systems and Nutrition.



Professor Barbara Burlingame and Nigerian delegates.

### PROFESSOR HINKE HAISMA

Gretel Pelto and I presented the work of the Task Force “Towards a Multi-dimensional Index for Child Growth” at the Human Nutrition department at UNICEF HQ in 2019. This was very important for the work of the Task Force, and this is what I would like to pursue in the future (hopefully as a continuation of the Task Force). It also resulted in new collaborations and grant writing with Enrique Delamónica, UNICEF Statistics and Monitoring Senior Advisor.

Thinking about Task Forces for the future, I am already part of a FENS activity on creating new standards for nutrition science, chairing the Working Group on Concepts and Methods. This activity already has a collaboration with the American Society of Nutrition and I feel that it would be good if IUNS would also embrace this development, perhaps through making links.

“Leaving no-one behind” should also be high on the agenda especially if we are to achieve the Sustainable Development Goals (SDG) targets. This could be done in collaboration with UNICEF.

## DETAILS OF TASK FORCES

The following tables show how these have evolved over the years. For the current Task Forces, we have included their Key Tasks.

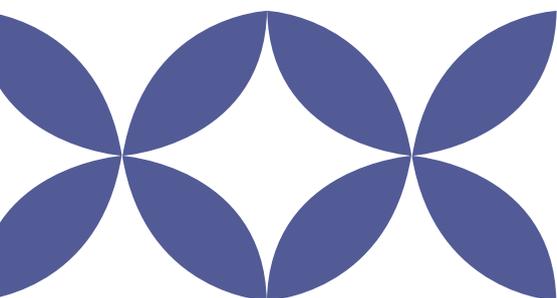
| Name of Task Force in 2001                        | Chair                            |
|---|----------------------------------|
| 21st Century Committee (task completed)           | M. Gabr (Egypt)                  |
| Indigenous Peoples' Food Systems and Nutrition    | H. Kuhnlein (Canada)             |
| Nutrition Transition                              | B. Popkin (USA)                  |
| Nutrition and Electronic Communication Task Force | B. Hsu-Hage (Australia)          |
| Task Force for International Food Data Conference | B. Burlingame (FAO/Australia)    |
| Terminology and Food Standards                    | R. English (Australia)           |
| Foetal/Infant Origin of Adult Disease             | C. S. Yajnik (India)             |
| Genetics, Nutrition and Chronic Disease           | A. P. Simopoulos (USA)           |
| Nutrition and Food Habits (joint IUNS/IUFoST)     | U. Oltersdorf (Germany)          |
| Nutrition and Urbanisation                        | N.W. Solomons (Guatemala/USA)    |
| Nutrition and Aging                               | M. L. Wahlqvist (Australia)      |
| Nutrition and Mental Development                  | S. McGregor (UK)                 |
| Food-based Approach for Nutrition Improvement     | M. Bloem (Indonesia/Netherlands) |
| Nutrition and Production of Fish and Shellfish    | S. J. Kaushik (France)           |
| Nutrition of Pigs                                 | C. Wenk (Switzerland)            |
| Nutrition of Poultry                              | D. J. Farrell (Australia)        |
| Nutrition of Ruminants                            | D. Sauvant (France)              |
| Nutrition and Environmental Pollution             | R. Gross (Peru/Germany)          |
| Comparative Physiology of Pregnancy and Lactation | A. M. Prentice (UK)              |

## 2009-2013 TASK FORCES

| Name of Task Force in 2009 to 2013             | Chair              |
|--|--------------------|
| Diet, Nutrition and Long-Term Health           | Noel Solomons      |
| Indigenous Peoples' Food Systems and Nutrition | Harriet Kuhnlein   |
| INFOODS  | Barbara Burlingame |
| Redefining Food Quality                        | Lindsay Allen      |
| Nutrition in Transition                        | Barry Popkin       |
| Eco-Nutrition                                  | Richard Deckelbaum |
| Nutrition and Technologies                     | V. Prakash         |
| Evidence-Based Nutrition                       | Jim Mann           |

## 2013-2017 TASK FORCES

| Name of Task Force in 2013 to 2017                                     | Chair                                      |
|--|--|
| Diet, Nutrition and Long-Term Health                                   | Hinke Haisma                               |
| Task Force on Traditional, Indigenous, and Cultural Food and Nutrition | Harriet Kuhnlein                           |
| INFOOD (Food Biodiversity)   | Ruth Charrondiere (FAO) and Suzanne Murphy |
| Prevention and Control of Malnutrition                                 | Ann Ashworth-Hill and Allan Jackson        |
| Redefining Diet Quality  | Lindsay Allen and Suzanne Murphy           |
| Capacity Development in Nutrition                                      | Anna Lartey                                |
| Gene-Nutrient Interactions: Knowledge to Action                        | Alfredo Martinez                           |
| Nutrition and Climate Change   | Cristina Tirado                            |
| Risk and Benefits of Iron  | Sant-Rayn Pasricha                         |
| Nutrition Security and Rural-Urban Transition                          |  |



## 2022 TASK FORCES

| Name of Task Force in 2022  | Chair                                 |
|---|---------------------------------------|
| ICONIC (International Collaboration on Nutrition in relation to Cancer) | Alan Jackson                          |
| Sustainable Diets   | Stineke Oenema and Barbara Burlingame |
| Dietary Fat Quality   | Bert Koletzko                         |
| Benefit-Risk and Cost Effectiveness of Micronutrient Interventions      | Sant-Rayn Pasricha                    |
| Precision Nutrition   | Ben van Ommen and Alfredo Martinez    |
| International Malnutrition  | Ann Ashworth and Alan Jackson         |
| Traditional and Indigenous Food Systems and Nutrition                   | Gina Kennedy                          |
| Towards A Multi-Dimensional Index to Child Growth                       | Gretel Pelto and Hinke Haisma         |

## KEY TASKS OF THE CURRENT TASK FORCES

### ICONIC (INTERNATIONAL COLLABORATION ON NUTRITION IN RELATION TO CANCER)

#### The key tasks undertaken by this Task Force include the following:

- Foster a global community of clinicians, oncologists, scientists, researchers, patients and the public to share knowledge, understanding and best practice.
- Jointly deliver high quality research; to build capability and capacity in the area of nutrition and cancer to foster excellence in research and practice and ensure continuity into the future.
- Raise awareness of the opportunities to improve prevention and care in people living with and beyond cancer through nutrition.
- Provide a robust base for public policy to address the increasing burden of cancer.

## SUSTAINABLE DIETS

#### The key tasks undertaken by this Task Force include the following:

- To contribute to the development and standardisation of nutrition indicators and methodologies for characterising and promoting sustainable diets.
- To provide a communication forum for multisectoral and multidisciplinary activities, including interactions with other relevant IUNS Task Forces.
- To provide a stable framework for the ongoing organisation of the International Scientific Symposia on sustainable diets, and inclusion of sustainable diets sessions in other scientific conferences/symposia, including IUNS- ICN and its regional conferences.

## DIETARY FAT QUALITY

#### The key tasks undertaken by this Task Force include the following:

- To systematically compile and review the existing evidence of the health effects of dietary fat and fat quality, starting with a compilation and review of existing systematic reviews and guidelines, and extending where deemed necessary into a systematic review of recently published original research.

## BENEFIT-RISK AND COST EFFECTIVENESS OF MICRONUTRIENT INTERVENTIONS

#### The key tasks undertaken by this Task Force include the following:

1. To evaluate the benefit-risk of iron supplementation as a public health intervention.
  - a. Sensitivities of assessments to age, intervention and context (e.g. malaria endemicity) will be incorporated.
  - b. If possible, an algorithm will be developed enabling re-evaluation of this assessment in different settings, with different interventions, or as evidence changes.
2. To undertake a health economic evaluation of iron supplementation as a public health intervention.
  - a. Sensitivities of assessments to age, intervention and context (e.g. malaria endemicity) will be incorporated.
  - b. If possible, an algorithm will be developed enabling re-evaluation of this assessment in different settings, with different interventions, or as evidence changes.
3. To identify the evidence gaps limiting benefit-risk and health economic analysis of iron supplementation interventions and make specific recommendations concerning the critical work needed.

## PRECISION NUTRITION

### The key tasks undertaken by this Task Force include the following:

- To promote scientific exchanges in different conferences (e.g. FENS) and summer schools (e.g., University of Navarra, UNAV).
- To strengthen links with existing consortia/societies concerning this field such as NUGO and the International Society for Nutrigenetics and Nutrigenomics.
- To generate documents/modules for educational purposes.

## INTERNATIONAL MALNUTRITION

### The key tasks undertaken by this Task Force include the following:

- Establish three regional networks (South and Southeast Asia; sub-Saharan Africa; Latin America) to coordinate technical expertise and develop capacity-building partnerships.
- Raise the profile of malnutrition among health policy makers and donor agencies and advocate for increased recognition of its importance in child survival.
- Work with partners to build the capacity to prevent and treat malnutrition, especially in countries with high child mortality.
- Advocate for the inclusion of malnutrition in medical and nursing curricula and for the WHO case-management guidelines to be implemented in all paediatric wards where severe malnutrition is found.
- Encourage health workers to undertake operational research to monitor and improve their performance and provide data for advocacy action.
- Publish and disseminate the findings and experiences.

## TRADITIONAL AND INDIGENOUS FOOD SYSTEMS AND NUTRITION

### The key tasks undertaken by this Task Force include the following:

- To review and inform, as comprehensively as possible, indigenous food systems.
- To represent the nutritional advantages and/or disadvantages of the systems.
- To engage Indigenous Peoples in the scientific work of the International Union of Nutritional Sciences.

## TOWARDS A MULTI-DIMENSIONAL INDEX TO CHILD GROWTH

### The key tasks undertaken by this Task Force include the following:

- To develop a capability approach to child growth, where growth is redefined as achieving a capability set. The different dimensions of healthy growth would then include, for example, not just physical growth, but other dimensions, such as access to shelter, care, and education (micro level).
- The approach would take into account factors that facilitate the capabilities that underlie these functionings, such as the quality of the health care system and of the infrastructure (meso level); and the country's nutrition transition stage, biological history, and political system (macro level).

# REFLECTIONS ON IUNS COLLABORATIONS



Over its 75 years, IUNS has set up collaborations or partnerships with various other official bodies. We have split these reflections into three: International, Scientific and Commercial.

## INTERNATIONAL AGENCY COLLABORATIONS

### PROFESSOR BARBARA BURLINGAME

The Food and Agricultural Organisation and the World Health Organisation are the key United Nations agencies with which I and other nutritionists have had collaborations. At least in the past (maybe the present?), they are the only two with actual nutrition divisions. While working in FAO's nutrition division, collaboration with IUNS was important, for the ICN and also for the regional groups.

The other food-related Rome-based agencies (IFAD and the World Food Programme) have occasionally been involved in nutrition, and thus IUNS. Into the future, collaboration with UN Environment and UNESCO will also be important. UN Environment provides a link between sustainable diets and sustainable food systems, along with biodiversity for food and nutrition. UNESCO provides a link with food culture, e.g. the area of intangible cultural heritage of foods and food systems (e.g. the Mediterranean Diet).

The Special Rapporteur on the Right to Food operates within the office of the UN Secretary General. There is an important role that IUNS can play in support of the work of the Special Rapporteur, and the Right to Food per se.

The UN General Assembly declares International Years/Decades of..., often with a relationship to nutrition, directly or indirectly. Involvement of IUNS here would be mutually beneficial for giving these Years/Decades high profile, and vice versa.

### PROFESSOR HINKE HAISMA

I was an employee at the International Atomic Energy Authority (IAEA) from 1995 to 1998 at the Section of Nutrition and Health-Related Environmental Sciences, currently led by Cornelia Loechl. I still work with them on a pooled database on breast milk intake. This international agency should not be forgotten when it comes to tackling nutrition problems;

it has a strong focus on science and offers the possibility of initiating programmes across the globe that are relevant for many fields in nutrition.

In general, I think we could aim for dissemination and implementation more through these agencies to achieve the real impact of nutrition research (which again would help building societal trust).

### PROFESSOR ANNA LARTEY

My personal view is that IUNS should strengthen its collaboration with international agencies such as the UN. Maybe IUNS should have a committee/Task Force on International collaborations? This is one way to really engage IUNS Fellows. In previous years, IUNS was actively contributing expertise to the WHO Expert Consultations. This must be revived.

### PROFESSOR CATHERINE GEISSLER

During my term of office as Secretary General (2013-2022) we have had official collaboration with WHO, FAO and the Intergovernmental Science-Policy Platform on Biodiversity and Ecosystem Services (IPBES) and receive extensive communication from them. More recently we have collaborated with IAEA.

The role of IUNS is, in part, to disseminate information from these international organisations to our members. At the level of the whole IUNS there is the potential to participate in the development of policy within these organisations, but we have taken little advantage of this. Perhaps this is due to lack of time and resources? However, several Task Forces have collaborated with some of these agencies in publications and meetings, e.g. International Malnutrition, Nutrition and Cancer, Traditional and Indigenous Food Systems and Nutrition, Nutrition and Climate Change, later incorporated into Sustainable Diets. Opportunities lie ahead.

### SCIENTIFIC PARTNERSHIPS

#### PROFESSOR BARBARA BURLINGAME

Collaborations with the food science and technology union ( IUFoST) have long existed, and are important. The overlap in interests is large.

#### PROFESSOR ANNA LARTEY

We are in an era when collaborations are key. IUNS should collaborate with scientific unions whose mandates align with that of IUNS. For example, IUFoST, International Paediatrics Association and International Dietetics Association. I believe that joint symposia should be organised at each other's conferences.

#### PROFESSOR CLAU LEITZMAN

As Treasurer of the Federation of the European Nutrition Society (FENS) there were exchanges of ideas and priorities and attempts to increase the income of both FENS and

IUNS with FAO being the main partner. I see a future in which collaborations will be with international medical unions that have a link to nutrition such as diabetologists, gastroenterologists and endocrinologists.

### PROFESSOR CATHERINE GEISSLER

The main international scientific unions with which we have collaborated are ISC, IUFoST, World Obesity Federation, partly to disseminate information to our members. I participated in a meeting in Oslo in which it was agreed that the social sciences should be merged with the then hard science organisation to form the international Science Council ( ISC). Since then, we have collaborated in online ICN meetings along with IUFoST. Similarly, with IUFoST we have prepared an IUNS symposium at their International Congress in November 2022.

There are extensive collaborations with regional organisations, e.g. SLAN: Sociedad Latinoamericana de Nutricion, FANUS: Federation of African Nutrition Societies, FENS: Federation of European Nutrition Societies, and FANS: Federation of Asian Nutrition Societies. IUNS supports each financially to promote their activities and support attendance of young professionals. We have been promoting the establishment of a federation of Nutrition Societies in Oceania. This is taking time to develop because of the small number of nutritionists and societies in that area. However, we have recently funded the nutrition societies of Australia and New Zealand to investigate the feasibility and promote the activity of the Federation of Oceanic Nutrition Societies (FONS).

IUNS has also supported other organisations through funding for participants or the provision of speakers from amongst Council Members at specific meetings. These have included the American Nutrition Society, International Congress of Dietetics, Asian Congress of Nutrition, and ANEC: African Nutritional Epidemiology Conferences. We have also recently supported the promotion of School Food and Nutrition.

The purpose of many of these collaborations is the policy of IUNS in capacity development. In addition to the funding of researchers and providing expertise in scientific meetings, IUNS also has a template of available online courses. Many of these are free, but some require fees and IUNS funds can be used for selected students to participate.



Harriet Kuhnlein, Catherine Geissler and Lindsay Allen at IUNS, Buenos Aires, 2017.



## COMMERCIAL PARTNERSHIPS

### PROFESSOR ANNA LARTEY

IUNS should have a cautious engagement with the private sector. The collaboration should be purely scientific, and devoid of any conflict of interest or activities that would appear to be endorsing a product. I recall IUNS had collaboration with Unilever around fats in nutrition and on capacity development. The agenda was controlled by IUNS.

### PROFESSOR BARBARA BURLINGAME

Commercial partnerships with producer groups/grower associations would be the most useful and least controversial. For example, in many countries, nutrition scientists have effective and mutually beneficial collaborations with producer boards (e.g. fresh fruits, vegetables) and growers' consortia.

### PROFESSOR CLAUD LEITZMAN

I believe commercial partnerships are risky because of (financial) dependencies and a likely loss in credibility. The 2013 Congress in Granada was an unforgettable experience with its overwhelming commercial dominance. I was shocked when I asked for directions to the IUNS Congress and received the answer: "Oh, you mean the Coca-Cola Congress".

### PROFESSOR HINKE HAISMA

As a researcher working on infant feeding and growth, I find commercial partnerships complicated. I try to avoid them, and do not have any involvement.

I am, however, a member of the Netherlands Working Group on International Nutrition, which includes quite a number of commercial partners as well as NGOs that aim to regulate industrial involvement (in relation to the double burden of malnutrition). This is quite an interesting example that perhaps could inspire IUNS for the future.

### PROFESSOR CATHERINE GEISSLER

The current Council has had no commercial partnerships. The previous one in 2013-2017 had inherited one from Unilever. Such partnerships are highly controversial in the nutrition world. Although commercial organisations are essential throughout the whole food chain, there is great fear that collaborations will divert policies and actions by the profit motive away from health and wellbeing.

# THE WAY FORWARD FOR IUNS?

We asked our contributors to tell us about their views on the way forward for IUNS for the next 25 years, when we hope the next set of reflections might be published to celebrate the 100th anniversary of IUNS. They could suggest new ideas for IUNS activities or the aspects of nutrition that it should cover.



### PROFESSOR HARRIET KUHNLEIN (TASK FORCE CHAIR, FROM 1990 TO 2018)

The greatest challenge for IUNS is to continue the seemingly insurmountable task of informing sufficient means for all in our global populations to enjoy nutritional health and wellbeing. Covid (now) and other inevitable pandemics in the future complicate this and will depend on IUNS to review and share the best science on nutrition and immunology. Activities, including the Congresses, must continue to be well-managed and most likely will require up-to-date resources for meaningful virtual attendance globally.

An issue and challenge for our Task Force has been the need for interdisciplinary participation and merging of interests with other Task Forces, particularly those related to INFOODS, Sustainable Diets, Food Based Approaches to Nutrition, Public Health Nutrition, and Food Science. Finding space and time at the ICNs and other related meetings for interaction with these colleagues has been fundamental to the success and continuation of our Task Force. It has also been fundamental to provide regular interaction with related interests in FAO, WHO, and other UN Organisations.



### PROFESSOR MOHD ISMAIL NOOR (IUNS COUNCIL MEMBER, FROM 1997 TO 2001)

IUNS has definitely progressed over the years. My only hope is that the future Council will maintain cordial contact with ex-Council Members and Fellows who are still active. I am sure they have a special role to play; either being involved themselves or being asked to suggest relevant names to the numerous IUNS Task Forces set up by the Council. The possibility of having a hybrid ICN in the future should also be explored by the Council, to allow a wider participation from member countries.

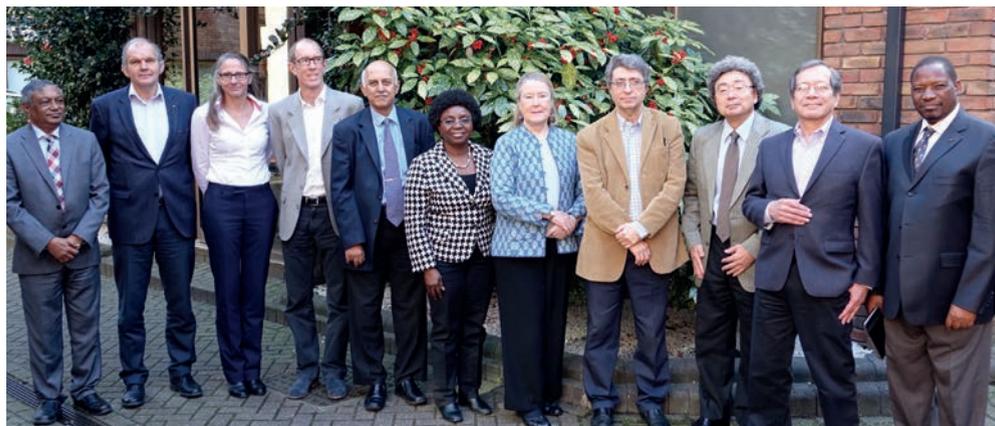
 **PROFESSOR EMORN UDOMKESMALEE**  
(CHAIR OF SCIENTIFIC PROGRAM AT ICN BANGKOK 2009)

Considering the current global situation, the field of nutrition science is at centre stage once again and the demand for new discovery and translational knowledge is at an all-time high. I envision the IUNS of the future bringing nutrition science and related professionals to a new level of capacity, leadership, connectivity with other disciplines, innovation and translational research, outstanding and impactful partnership, and most of all, we in nutrition sciences feeling proud of the organisation that contributes significant improvement to world nutrition.

 **PROFESSOR ANNA LARTEY**  
(PRESIDENT OF IUNS, FROM 2013 TO 2017)

IUNS has the potential to influence the direction of Nutrition Science research. With over 80 Adhering Bodies, the Organisation can set the global nutrition research agenda. While IUNS has been very successful with its global Congresses, there is more to be done to improve global nutrition. Seventy-five years ago, the world was besieged by global hunger. In 2022 we still have hunger on the agenda and all forms of malnutrition are on the rise. We have not succeeded in eliminating undernutrition. Overweight and obesity and nutrition-related non-communicable diseases are on the rise. About a third of the global population cannot access a healthy diet.

Going forward, IUNS should strengthen its position as the global Nutrition Science Association. IUNS has the human capacity to do a lot. Every four years, IUNS nominates at least 25 eminent scientists as Fellows. Their skills can be tapped into to promote the IUNS vision. IUNS should constitute its Fellows into an IUNS Academy with a well-organised structure under the leadership of an Academy Chair and be given the mandate to set the global nutrition research agenda as well as to harmonise the core curriculum for the training of nutrition scientists, among others. The Academy can work closely with the E-Nutrition Academy to develop content for nutrition courses.



Council 2013 to 2017. Left to right: S. K. Roy, Helmut Hesecker (Treasurer), Lynnette Neufeld, Andrew Prentice, V. Prakash (Vice President), Anna Lartey (President), Catherine Geissler (Secretary General), Alfredo Martinez (President Elect), Teruo Miyazawa, Godwin Ndossi.

 **PROFESSOR HINKE HAISMA**  
(CHAIR OF TASK FORCE TOWARDS A MULTI-DIMENSIONAL INDEX OF CHILD GROWTH)

For me, this is also related to the greatest opportunity/challenge that IUNS faces for the next 25 years, i.e. “leaving no-one behind”. What is needed from nutrition science to achieve nutrition equalities? This concerns geographic inequalities but also inequalities over the life course. What is needed for infants, toddlers, teenagers, pregnant women, working class people and the elderly? As many of today’s nutrition problems are complex, for the next 25 years, I feel the focus should move to include a stronger social science component. This would also require a stronger focus on qualitative and participatory methods. To shape this more interdisciplinary focus, I feel nutrition science could learn from adjacent fields such as demography, as a social science discipline with strong theoretical underpinnings. This is reflected in the work that we do in the Task Force: Towards a Multi-dimensional Index for Child Growth, where we bring together theories and concepts from economics, demography, biology, and anthropology. We have developed a Capability Framework for Child Growth that goes beyond anthropometry for monitoring and assessing child growth, but that includes parents’ and children’s opportunities and (dis)advantages. This framework is built on Amartya Sen’s and Martha Nussbaum’s Capability Approach and studies inequalities from a perspective of social justice. We feel such a perspective is urgently needed if we are to not “leave anyone behind”.

 **DR WELMA STONEHOUSE**  
(KEY PLAYER IN THE OCEANIC NUTRITION LEADERSHIP PLATFORM AND THE FEDERATION OF OCEANIC NUTRITION SOCIETIES)

I see the main future challenges for IUNS that of developing a policy around equity, diversity and inclusion and embedding it in all its activities. I also believe that IUNS should be a louder voice for nutrition using modern communication channels.

 **PROFESSOR ALI DHANSAY**  
(IUNS COUNCIL MEMBER, FROM 2017 TO 2022)

Clear, concise communication is critical to any endeavour or situation, and should be fostered. This applies especially to the IUNS with its multiple Adhering Bodies and organisations. Do we know when or what information reaches the target audience? I make a plea for clear definitions of terms and possibly a glossary, especially when jargon is used. For example, the word ‘objects’ is used in the IUNS Statutes – do all understand what it means, and what makes it different from ‘mission’?

The IUNS should continue with its broad definition of Nutrition Science, as per the Giessen Declaration, factoring in the realities of the world. It should embrace diversity, continue supporting emerging scientists and regions with its capacity building initiatives, and respond to new challenges, whether societal, political, environmental or biological. In its post-Congress report to the IUNS Council, the LOC of the 18th ICN in South Africa noted the following as part of its recommendations, “The IUNS Council needs to be more considerate of, and sensitive to, the advice provided by the local organising committee, pertaining to political issues of the host country.”

 **PROFESSOR CATHERINE GEISSLER**  
(SECRETARY GENERAL IUNS, FROM 2013 TO 2022)

The biggest challenge for IUNS today is the difficulty of organising face-to-face meetings for reasons of Covid and environmental pollution with travel. The greatest opportunity over the next 25 years is to help countries with no or poor nutrition societies develop nationally and/or regionally.

The most important current issue in nutrition is the relationship between agriculture; food production, distribution and demand; environmental degradation; and health. The most controversial issues are policies and interventions to stop and reverse increasing obesity, and the need for food banks in rich countries.

Maybe these points can be discussed by IUNS Council at the 22nd IUNS-ICN to be held in Tokyo, Japan in 2022?

 **PROFESSOR HELMUT HESEKER**  
(TREASURER IUNS, FROM 2013 TO 2022)

Until now, the change of Treasurer has also been associated with a change of the IUNS bank account, which has always involved a considerable technical effort including clarification of the tax aspects and has sometimes caused irritation among our members in the past. Now that the financial situation has stabilised and more professional financial management is required, it is suggested that a permanent bank account be set up at a fixed location.

The annual IUNS membership fees with graduated annual fees from 100 to 6000 USD have not been changed since 2001. In the meantime, the economic and membership situation in some countries has changed significantly. Knowing that changing annual dues is always a very sensitive and problematic issue, especially in the case of an increase, an adjustment is nevertheless mandatory. It is proposed to base this mainly on the gross national product, as is done at the United Nations.

 **PROFESSOR FRANCIS ZOTOR**  
(IUNS COUNCIL MEMBER, FROM 2017 TO 2022)

The IUNS has, over the 75 years, had the opportunity to galvanise the nutrition fraternity across countries through its Adhering Bodies. By and large, this has been successful to some extent, however, the landscape has been dominated by the Global North. This has been rightly so because they make the biggest contribution to the Union.

What would allow for more inclusivity in future years would be to reach out to the Adhering Bodies to be more proactive and have active events on topical issues that relate to their specific regional challenges. Currently, Adhering Bodies are not making any headlines in their countries and are not called upon to appear to give statements or comment on matters of nutritional issues. The next 25 years must see Adhering Bodies make more impact. They must engage with their societies and governments and make the “right noises” to show their presence in their country e.g. how do countries facing malnutrition challenges, for example, organise effective workshops through radio, or TV, and how can these challenges be effectively addressed?

 **PROFESSOR ALFREDO MARTINEZ**  
(PRESIDENT IUNS, FROM 2017 TO 2022)

As the IUNS President for the Council period 2017-2022 I would like to highlight several areas of future action including the intention to pay more attention to communicating with Adhering and Affiliated Bodies. Creating a portal where Adhering Body members can access a variety of free online nutrition courses will be a priority, as will implementing new Task Forces. IUNS Council will seek unrestricted increased funds to extend its activities, update the current Private Sector Engagement Policy and would like to promote IUNS in specific publications.

 **PROFESSOR LYNNETTE NEUFELD**  
(PRESIDENT ELECT IUNS)

Twenty-five years is a long time to look ahead – and we have seen an enormous shift in international Congresses in just two years. Now I think we need to find a balance. Virtual events have an enormous advantage to enhance inclusiveness, but they have the enormous disadvantage in their lack of human interaction. Virtual interaction does not replace the chat in the corridor or over coffee, or the opportunity to meet collaborators. I doubt the world will want to drop the opportunities that the virtual meetings have presented – but we have to find the balance.

I think that the biggest future challenge is also one of our biggest strengths; the sheer diversity of disciplines, research, and research contexts that IUNS has, and must continue to draw under its umbrella. For example, we need cutting-edge advances in biological sciences to build the ever-evolving evidence at the core of nutrition. However, we equally need agriculture, food science, anthropology, ethnography, ethics, behaviour sciences, economics, among other disciplines, to understand nutritional determinants, behaviours, health and other outcomes and to effectively address the growing – not diminishing – problem of malnutrition. Nevertheless, this broad diversity of disciplines, research, and research contexts brings equally varying perspectives. Again, it is our greatest strength, but can be our biggest weakness if rather than embracing that diversity and seeking to understand and respect varying perspectives we let them slip into points of contention. IUNS and ICN must be proactive to identify issues and create the space for their resolution.



Left to right: Ali Dhansay, Hyun-Sook Kim, Benjamin Caballero, Vishweshwaraiah Prakash (Vice President), Alfredo Martinez (President), Catherine Geissler (Secretary General), Andrew Prentice, Francis Zotor.

# APPENDIX



## IUNS PRESIDENTS, SECRETARIES GENERAL AND TREASURERS

| Year    | President                        | Secretary General   | Treasurer                 |
|---------|----------------------------------|---|---------------------------|
| 1946-60 | E. J. Bigwood (Belgium)          | L. J. Harris (UK)   | n/a                       |
| 1960-66 | D. P. Cuthbertson (UK)           | 1960-63 M. van Eekelen (Netherlands)<br>1963-66 H. Gournelle de Pontanel (France) | n/a                       |
| 1966-69 | C. G. King (USA)                 | R. Ammon (FRG)  | n/a                       |
| 1969-72 | P. K. Roine (Finland)            | J. C. Somogyi (Switzerland)   | n/a                       |
| 1972-75 | C. den Hartog (Netherlands)      | B. Isaksson (Sweden)  | J. A. B. Smith (UK)       |
| 1975-78 | C. Gopalan (India)               | B. Isaksson (Sweden)  | n/a                       |
| 1978-81 | N. S. Scrimshaw (USA)            | D. F. Hollingsworth (UK)  | n/a                       |
| 1981-85 | R. Buzina (Yugoslavia)           | D. F. Hollingsworth (UK)  | n/a                       |
| 1985-89 | M. K. Gabr (Egypt)               | J. G. A. J. Hautvast (Netherlands)  | E. Menden (West Germany)  |
| 1989-93 | J. E. Dutra de Oliveira (Brazil) | J. G. A. J. Hautvast (Netherlands)  | E. Menden (West Germany)  |
| 1993-97 | A. Valyasevi (Thailand)          | J. G. A. J. Hautvast (Netherlands)  | E. Menden (West Germany)  |
| 1997-01 | B. A. Underwood (USA)            | O. Galal (Egypt/USA)  | Claus Leitzmann (Germany) |
| 2001-05 | M. Wahlqvist (Australia)         | O. Galal (Egypt/USA)  | Claus Leitzmann (Germany) |
| 2005-09 | R. Uauy (Chile)                  | O. Galal (Egypt/USA)  | Suzanne Murphy (USA)      |
| 2009-13 | I. Elmadfa (Austria)             | R. Belahsen (Morocco)   | Suzanne Murphy (USA)      |
| 2013-17 | A. Lartey (Ghana)                | C. Geissler (UK)  | Helmut Hesecker (Germany) |
| 2017-22 | A. Martinez (Spain)              | C. Geissler (UK)  | Helmut Hesecker (Germany) |

## INTERNATIONAL NUTRITION CONGRESSES

| Place          | Year | Attendance | Countries represented |
|----------------|------|------------|-----------------------|
| London         | 1946 | 33         | 18                    |
| Basle          | 1952 | 150        | 20                    |
| Amsterdam      | 1954 | 360        | 32                    |
| Paris          | 1957 | 1000       | 22                    |
| Washington     | 1960 | 2000       | 65                    |
| Edinburgh      | 1963 | 1500       | 63                    |
| Hamburg        | 1966 | 2100       | 81                    |
| Prague         | 1969 | 1800       | 62                    |
| Mexico City    | 1972 | 2000       | 66                    |
| Kyoto          | 1975 | 2300       | 55                    |
| Rio de Janeiro | 1978 | 3500       | 92                    |
| San Diego      | 1981 | 2500       | 83                    |
| Brighton       | 1985 | 2300       | 79                    |
| Seoul          | 1989 | 3500       | 104                   |
| Adelaide       | 1993 | 2600       | 91                    |
| Montreal       | 1997 | 3250       | 121                   |
| Vienna         | 2001 | 3550       | 113                   |
| Durban         | 2005 | 2103       | 92                    |
| Bangkok        | 2009 | 4070       | 106                   |
| Granada        | 2013 | 3896       | 95                    |
| Buenos Aires   | 2017 | 3038       | 88                    |
| Tokyo          | 2022 |            |                       |



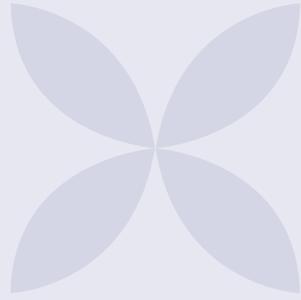
Derek Miller and Catherine Geissler at the ICN in Rio de Janeiro, Brazil, 1978.



Professor Don Naismith with Dorothy Hollingsworth who was Secretary General of IUNS from 1978 to 1985 at the 13th ICN in Brighton.

## LIFETIME ACHIEVEMENT AWARDS

- Philip James (UK), 2017
- Krasid Tontisirin (Thailand), 2013
- Barbara Underwood (USA), 2009
- Florentino Solon (Philippines), 2005
- Rajammal P. Devadas (India), 2001
- Noel W. Solomons (USA), 1997
- Fernando Rafael Mönckeberg Barros (Chile), 1993
- Coluthur Gopalan (India), 1989
- Tumsifu N. Maletnlema (Tanzania), 1985



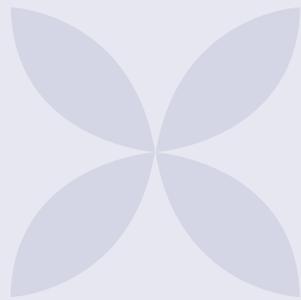
## LIVING LEGENDS 2017

- Rafael Tojo-Sierra (Spain)
- Jean-Pierre Habicht (USA)
- Mahtab S. Bamji (India)
- Maria Barna (Hungary)
- Shuhei Kobayashi (Japan)
- Wandee Varavithya (Thailand)
- Xuecun Chen (China)
- Mark Wahlqvist (Australia/Taiwan)
- Pila Ines Llanos (Argentina)



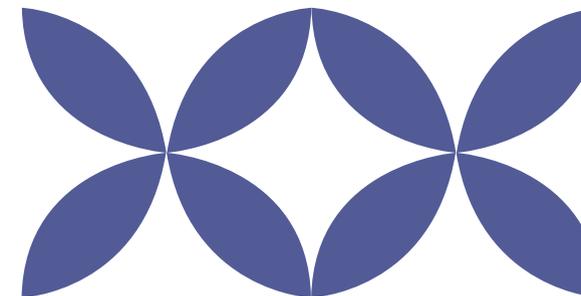
## LIVING LEGENDS 2013

- Basil S. Hetzel (Australia)
- György Biro (Hungary)
- Ge Keyou (China)
- Claus Leitzmann (Germany)
- Helio Vannucchi (Brazil)
- Salvador Zamora Navarro (Spain)
- Mamdouh Kamal Gabr (Egypt)
- Daniel Lemonnier (France)
- Malaquias Batista Filho (Brazil)
- Jose Eduardo Dutra de Oliveira (Brazil)
- Khun Sakorn Dhanamitta (Thailand)
- Jorn Dyerberg (Denmark)
- Vina Viravaidhaya (Thailand)
- Mankombu Sambasivan Swaminathan (India)



## LIVING LEGENDS 2009

- A. Stewart Truswell (Australia)
- Rudolf Wenger (Austria)
- Chunming Chen (China)
- Coluthur Gopalan (India)
- Monkombu Sambasivan Swaminathan (India)
- Masao Fujimaki (Japan)
- Jin Soon Ju (Korea)
- Ki Yull Lee (Korea)
- Sumi Mo (Korea)
- Carmen Llamas Intengan (Philippines)
- Stanislaw Berger (Poland)
- Priyani Soysa (Sri Lanka)
- Po-Chao Huang (Taiwan)
- Aree Valyasevi (Thailand)
- Amorn Nondasuta (Thailand)
- Charlotte Neumann (USA)
- Felix Bronner (USA)
- Leon Ellenbogen (USA)
- Michael Latham (USA)
- Myron Winick (USA)
- Nevin S. Scrimshaw (USA)
- Paul M. Newberne (USA)
- Ritva Butrum (USA)
- Milton Sunde (USA)
- Tu Giay Vietnam (USA)



## FELLOWS

### FELLOWS 2017

Alan Jackson (UK)  
Ann Prentice (UK)  
Gretel Pelto (USA)  
Ridwan Hardinsyah (Indonesia)  
Heiner Boeing (Germany)  
Helen Roche (Ireland)  
Kenneth Brown (USA)  
Ladda Mo-suwan (Thailand)  
Makoto Shimizu (Japan)  
Marcela Gonzalez Gross (Spain)  
Yuxin Yang (China)  
Salome Kruger (South Africa)  
R. Hemalatha (India)  
Johann Jerling (South Africa)  
Lindsay Allen (USA)  
Maria Puy Portillo (Spain)  
Miguel Angel Martinez (Spain)  
Juan Rivera (Mexico)  
Mohammad Abdul Mannan (Bangladesh)  
Joyce Kinabo (Tanzania)  
Helene McNulty (Ireland)  
Carmen Vidal (Spain)  
Rajkumar Hemalatha (India)

### FELLOWS 2013

Helmut F. Erbersdobler ( Germany)  
Anura Vishwanath Kurpad ( India)  
Michael J. Gibney (Ireland)  
Denis Lairon (France)  
Tola Atinmo (Nigeria)  
Luis Alberto Moreno Aznar (Spain)  
Ascensión Marcos (Spain)  
Zulfiqar A. Bhutta (Pakistan)  
Ian Macdonald (UK)  
Christine M. Williams (UK)  
Osman Mahmoud Galal (Egypt/USA)  
Este Vorster (South Africa)

### FELLOWS 2009

Ebenezer Asibey Berko (Ghana)  
Harriet Kuhnlein (Canada)  
Nahla Hwalla (Lebanon)  
Hirosige Itakura (Japan)  
Tadashi Noguchi (Japan)  
Charlotte Neumann (USA)  
Barry Popkin (USA)  
Ching-Jang Huang (Taiwan)

### FELLOWS 2005

Olaoluwa Akinyele (Nigeria)  
Corazon Veron Cruz-Barba (Philippines)  
Anna Ferro-Luzzi (Italy)  
Jean-Pierre Habicht (USA)  
Leif Hambræus (Sweden)  
Joseph Hautvast (Netherlands)  
Basil Hetzel (Australia)  
Gu Jing-Fan (China)  
Mohd Ismail Noor (Malaysia)  
Ruth Oniang'o (Kenya)  
Victor Adebambo Oyenuga (Nigeria)  
Alain Rerat (France)  
Michihiro Sugano (Japan)  
Barbara Underwood (USA)  
Aree Valyasevi (Thailand)  
Kyoden Yasumoto (Japan)

### FELLOWS 2001

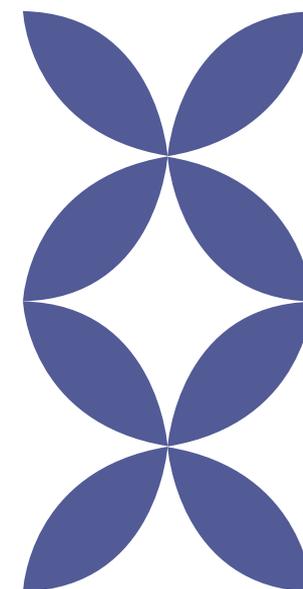
Christian A. Barth (Germany)  
Stanislaw Berger (Poland)  
Cecilia A. Florencio (Philippines)  
Keyou Ge (China)  
Kamala Krishnaswamy (India)  
Mohammad Aatur Rahman (Pakistan)  
Arthur Stewart Truswell (Australia)

### FELLOWS 1997

Jose Mario Bengoa (Venezuela)  
Chun-Ming Chen (China)  
F. Grande Covian (Spain)  
Patrocinio E. de Guzman (Philippines)  
R. Devadas (India)  
Jane Kusin (Netherlands)  
Adewale Olufunmilola Omololu (Nigeria)  
B.S. Narasinga Rao (India)  
Marion Robinson (New Zealand)  
Irwin Rosenberg (USA)  
Florentino Solon (Philippines)  
J.C. Somogyi (Switzerland)  
John C. Waterlow (UK)  
Roger G. Whitehead (UK)

### FELLOWS 1993

Gyorgy Biro (Hungary)  
Doris H. Calloway (USA)  
J.E. Dutra de Oliveira (Brazil)  
R.F. Florentino (Philippines)  
A.L. Forbes (USA)  
J. Gay (Cuba)  
Coluthur Gopalan (India)  
Yang Guangqi (China)  
Po-Chao Huang (Taiwan)  
Carmen L. Intengan (Philippines)  
J. Leibetseder (Austria)  
R. Luyken (Netherlands)  
Vinodini Reddy (India)  
Nevin S. Scrimshaw (USA)  
Antonia Trichopoulou (Greece)  
Alan R.P. Walker (South Africa)



## ADVICE FROM IUNS MEMBERS

-  Be confident in your abilities and avoid adopting extreme positions; rather embrace balance, context, and perspective in all situations.
-  Know the person before you know the task – take time to get to know your collaborators and building trusting relationships before embarking on the task.
-  Don't think careers can only be linear; sometimes the most interesting career paths take very deviant routes where you may learn unexpected things that help you grow and distinguish yourself from your peers.
-  For your personal career, it is always good to have a plan B in case plan A is not feasible. And you never know if a failure might result in a better personal perspective.
-  Who you talk to matters. Have a mentor to guide you along the way so you do not repeat their mistakes
-  Never compromise your integrity as a scientist. Be true to the science in the face of commercial and political pressures to do otherwise.

