

Michael Nelson | Public Health Nutritionist

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Professional Profile

I am Director of Public Health Nutrition Research Ltd. (<http://www.phnresearch.org.uk/>), Emeritus Reader in Public Health Nutrition at King's College London, and former Director of Research and Nutrition at the Children's Food Trust (School Food Trust).

I have a strong track record in research design and implementation, SPSS analysis, reporting and publication. Research interests include the diets of UK school children and links between diet and poverty, cognitive function, behaviour and attainment. I collaborate nationally and internationally to promote a strong evidence base for school food policy and monitor the impact of standards on school lunch take up and consumption. I have extensive experience teaching undergraduate and post-graduate students.

I am strongly motivated when working on my own and collaborating with colleagues.

I deliver work on time.

Core skills

- Designing and managing research
- Project evaluation
- Nutritional epidemiology
- Dietary assessment
- Questionnaire design
- Statistics
- SPSS and Excel data analysis
- Measurement validity
- Lecturing
- Group teaching

Career summary

April 2013 – present

**Director, PHN Research Ltd.
Emeritus Reader in Public Health Nutrition,
King's College London**

Overview

- Research:
 - Classroom intervention in Year 5 pupils to encourage healthier eating
 - Impact of Brexit on school food provision

- School food policy, implementation and evaluation
- Collaboration:
 - School Food Plan Alliance: promoting school food policy and practice
 - EU: International conference on school food policy in Europe
 - Tehran and Kermanshah Universities of Medical Science, Iran
 - Advisor, cohort study on nutrition and non-communicable diseases
- Teaching:
 - Nutritional epidemiology
 - School food policy

Key responsibilities

- Directing research
- Data collection and analysis
- Report preparation
- Teaching students
- Supervising MSc students

Key achievements

- Report on international meeting on school food policy
- Design of online software for assessing diet in primary school children
- Research in the impact of Brexit on school food provision
- 7 publications

**April 2006 – March 2013 Director of Research and Nutrition
Children’s Food Trust (formerly School Food Trust)**

Overview

- *Director*: led 14-strong team of nutrition researchers
- *Research*: wide ranging, including impact of better school food on children’s nutrition, health, behaviour and attainment, and assessment of school food policy and impact
- *Monitoring*: assessed changes in school food provision and compliance with new standards
- *Regulations*: Drafted school food standards with Department for Education

Key responsibilities

- Management:
 - One of five Directors responsible for delivery objectives of the Children’s Food Trust
 - Develop research programme for the Trust
 - Team leadership
- Research: Originate and develop research on all aspects of school food provision and consumption
- Collaborate with government, school food caterers, local authorities and academic

researchers

Key achievements

- Development and implementation of food and nutrition-based standards for school food
- Strong research output:
 - 22 peer-reviewed publications
 - 22 reports for the Trust in the public domain
- Strong collaboration and links nationally and internationally

Oct 1985 – Sept 2012

**Lecturer/Senior lecturer/Reader in Public Health Nutrition
Department of Nutrition and Dietetics
King's College London**

Overview

Teaching: statistics, nutritional epidemiology, public health nutrition, dietary survey methods, Dietary Reference Values, economics of food choice

Research: Nutrition, poverty and health; school meals; nutrition and cognitive function and mood in secondary school children; food budget standards; new methods in dietary assessment; nutritional epidemiology and validity of dietary assessment techniques

Key responsibilities

- Teaching:
 - Lecturing
 - Seminars
 - MSc and PhD supervision
- Research
 - Led 12-strong research team for MAFF-funded Low Income Diet and Nutrition Survey
 - Supervised undergraduate, post-graduate (MSc and PhD), post-doc and research staff over 20 years
- Administration:
 - Year tutor: first, second, third years, MSc students (at different time points)
 - Exam board head (5 years)
 - Co-convener of UK Nutritional Epidemiology Group
 - Member editorial board, Public Health Nutrition

Key achievements

- Publication of over 130 peer-reviewed publications, reports and books, including:
 - Low Income Diet and Nutrition Survey
 - *Design Concepts in Nutritional Epidemiology*
- Founder-member, Family Budget Unit
- Raised over £3 million in research funding

May 1977 - Oct 1985 **Research Officer/Scientific Officer**
Medical Research Council
Cambridge (Dunn Nutrition Unit, 1977-1980)
Southampton (Environmental Epidemiology Unit, 1980-1985)

Overview

- Research on validity of National Food Survey data
- Devised new dietary assessment methods
- Introduced nutritional epidemiology techniques to case-control and cohort studies

Key responsibilities

- Design and implement new methodology for collecting food consumption data from multiple family members simultaneously
- Nutritionist input on multi-disciplinary studies of acute and chronic diseases with possible nutritional aetiology
- Analysis and reporting of studies in nutritional epidemiology
- Teaching public health nutrition to local health visitors

Key achievements

- Publication of over 30 peer-reviewed publications
- Introduction of nutritional epidemiological principles in research on non-communicable diseases
- Challenge to established methodology for National Food Survey
- Founder-member of UK Nutritional Epidemiology Group

Education and qualifications

McGill University 1966-1970 BSc Chemistry II,i 1970
Montreal, Canada

Queen Elizabeth College 1971-1973 MSc Nutrition 1973 (Thesis commended)
University of London

University of London 1978-1983 PhD Nutrition 1983
(external student)

Professional Membership

The Nutrition Society

Association for Nutrition (Registered Nutritionist (Public Health)) (Click [here](#) to see certificate)

The Society for Social Medicine

Committee membership

School Meals Review Panel (Nutrition Team Leader)

Caroline Walker Trust school meals guidelines

National Food Survey, DEFRA

British Nutrition Foundation Scientific Advisory Committee

School Food Plan Expert Panel

School Food Plan Alliance

Department for Education School Food Standards Advisory Panel

Prizes

1985. Van den Berghs & Jurgens Reporting Award

1986. Winner Category A - Specialist (Original Research)

1996. Caroline Walker Trust. Winner of Award in Science Category for work on food and low income.

Other activities

1986-1999 Co-convenor, Nutritional Epidemiology Group UK

1994-1996 Chairman, Department of Health Nutrition Task Force Low Income Project Team

1995-2002 Deputy Director, Family Budget Unit

2005-2011 Trustee, Family Budget Unit

2016-2019 Visiting Professor in Public Health Nutrition, Tehran University of Medical Sciences, Iran

2016-2019 Visiting Professor in Public Health Nutrition, Kermanshah University of Medical Sciences, Iran

Publications

Peer-reviewed publications, book chapters, and other publications (click [here](#))

Books, reports and workshops (click [here](#))

School Food Trust and Children's Food Trust reports and publications (click [here](#))