



BDA

The Association
of UK Dietitians

ANNUAL REPORT
2022-2023



Forewords

As this 2022/23 Annual Report is published I have completed my first year with the organisation. I have thoroughly enjoyed getting to know the association and most importantly, the broad, deep reaching and impactful work of our members. One of the things that has impressed me is the generous nature and commitment of our member volunteers, without whom we would be unable to make progress in furthering the profession and improving the impact of dietetics.

During the year we have made progress in the ongoing development of the association's governance structure, including the introduction of the Professional Committee and the further development of the Equality, Diversity and Inclusion Committee. We have also been flexing our strategic thinking, working with you individually, through country boards, branches and specialist groups, preparing the draft of our next BDA Strategic Plan 2024-2027.

This strategy will be presented to you in draft for further consultation at the AGM in September 2023 and I look forward to releasing the final version to you after this consultation. The themes of the new strategy reflect the desire of our members for the BDA to support them in leading the advancement of dietetics and in their delivery of inclusive, evidence-based services for the population. To achieve this, we need to sustainably grow our workforce and ensure all our members are both protected and supported throughout their career and developed to meet the future needs of the population. This means furthering the agenda of advanced practice, supporting entry to the profession through dietetic support worker and apprenticeship routes, growing the profession and celebrating the broad portfolios of the modern dietitian.

We need to continue to support the development of the evidence-base and promote the science behind the profession. You will see these themes reflected in the strategy. Finally, I would like to say a huge thank you to the BDA staff team who have been dedicated to improving our services to meet the needs of members.



Liz Stockley
BDA CEO

Forewords

As I reflect on the 2022/23 year, I get a sense of gaining momentum for both the association and the profession. Not only have we seen our membership numbers increase during this year, but we are laying important cornerstones that will support the growth of the profession in the years to come.

During this year, we secured resourcing for a significant programme of work with Health Education England, that will enhance the BDA's work in developing and securing the dietetic workforce throughout the UK both now and in the future.

Also, during this year, we have experienced momentous activity in the industrial relations space, with members demonstrating their willingness to take action to protect and preserve the NHS workforce in the face of continuing inadequacies in resourcing and unacceptable working conditions. It is reassuring that whilst the trade union strives for better terms and conditions for the current workforce, the association is simultaneously working on sustainable growth and development.

The voice and visibility of the organisation is growing, with the delivery of several engaging campaigns including 'New Year, New You? No Thank You', which garnered notable media attention and positive engagement with large media outlets. We are also doing more to engage directly with our members and to increase the transparency of our activities for members.

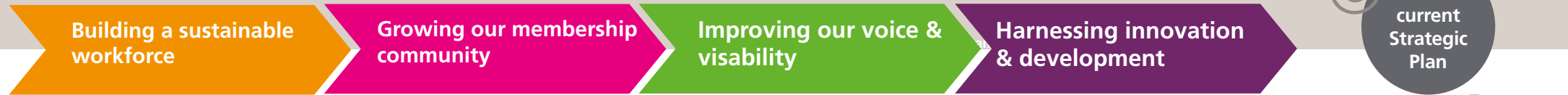
I hope you are enjoying the video updates and communications following Board meetings. The association has hosted a number of successful in-person events during the year (including the BDA Awards, Groups and Branches Day, Education Forum and Research Symposium), and there has been a real sense of celebration as we reconnect in-person which, for me, is testament to the strength of the dietetic community which surrounds our activities.

It would be remiss of me not to highlight the Board's successful recruitment of a new CEO, Liz Stockley, and to express my deepest thanks to our outgoing CEO, Andy Burman, for nineteen years of exemplary service and commitment to our association. Since joining the BDA in August, I can confidently say, on behalf of the Board, that Liz continually impresses in the way she embraces and promotes the values and interests of our membership, and of the association as a whole. Following on from the successes of this year, and with a new strategic planning cycle underway for the period 2024-2027, I am optimistic that the future of dietetics looks very bright indeed.



Caroline Bovey
BDA Chair

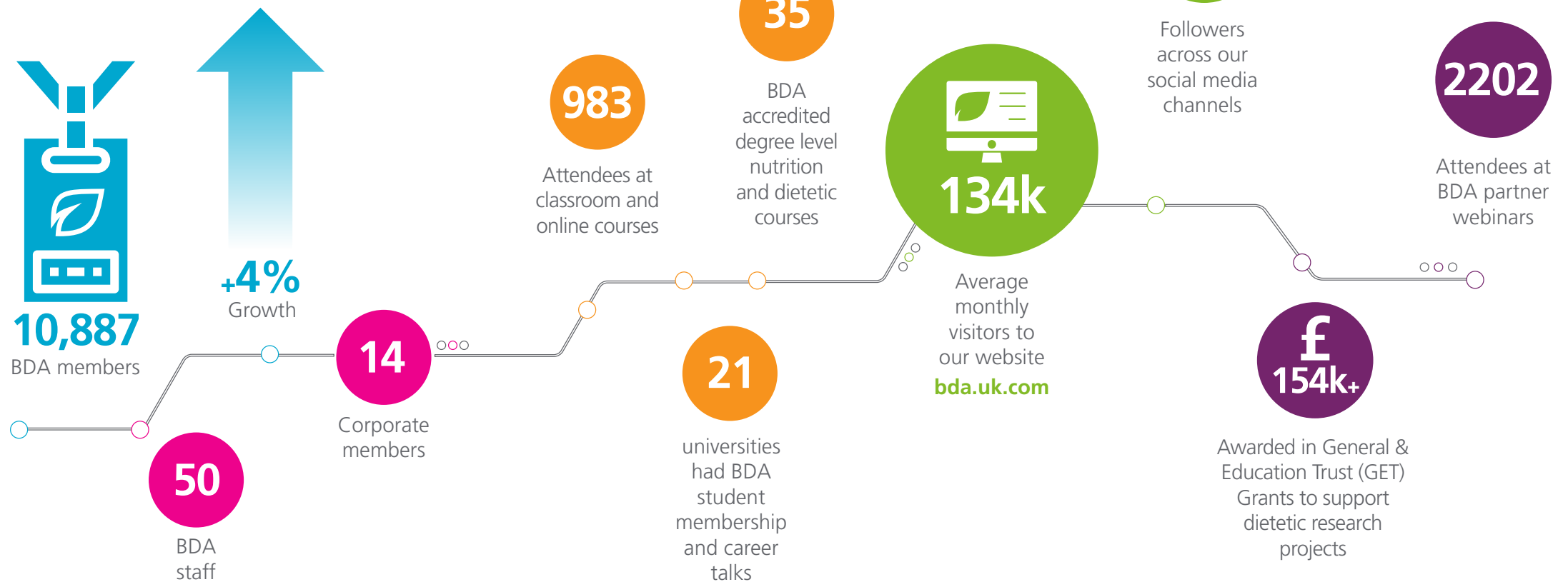
The BDA Annual Report showcases our achievements between March 2022-February 2023 towards our strategic priorities of:



View our current Strategic Plan

View a plain text version of this report

Our year in numbers



Milestones

Our very successful Dietitians Week explored #WhatDietitiansDo, promoting the impact and value of the profession and increasing awareness amongst the public, media and wider AHP colleagues.



Our new CEO Liz Stockley arrived and we said goodbye to Andy Burman after 19 years in the role.



APRIL

Lets Get Cooking and Barnardos launched 'Driving Healthy Futures' to help vulnerable families eat well for less.



JUNE



Members were recognised in our highly anticipated and prestigious BDA Awards and Honours ceremony celebrating excellence across the profession.



JULY



Groups & Branches Day saw 70 engaged member volunteers attend a jam-packed day of networking, learning and sharing.



AUGUST



Linda Hindle (l) & Anne Mensforth (r)

JUNE 2022 - QUEENS BIRTHDAY HONOURS

Dietitian Linda Hindle, Deputy Chief AHP Officer for England, was awarded an OBE for services to public health and BDA member and dietitian Anne Mensforth, Home Enteral Nutrition Service, Nutrition and Dietetic Service, Families, Young People and Children's Directorate, at the Leicestershire Partnership Trust was awarded an MBE for services to dietetics.

Milestones



Industrial action ballots on pay for NHS workers ran in Scotland, Wales and England between October 2022 and February 2023. A mandate for action was achieved in England and Wales.



Our Research Symposium returned face-to-face in Birmingham with 65 abstracts presented across 13 streams.



DECEMBER



SEPTEMBER

The AGM was held virtually on 6 September with 210 attendees.

This was followed by the Elsie Widdowson Memorial Lecture, delivered by Dr Clare Pettinger on how dietitians can protect the planet.



SEPTEMBER

Working with partner Oatly, Sustainable September promoted the benefits – both for health and the planet – of a sustainable diet and highlighted the small steps we can all make to do our bit.



OCTOBER

We celebrated the amazing work and impact of Black dietitians in Black History Month, including a look at culture and of course food!



JANUARY 2023

Our hugely popular 'New Year New You? No Thank You!' campaign successfully highlighted dieting red flags at this vital time of year, and asked hundreds of members to correct misinformation shared online.



We were deeply saddened with the news of our Patron, HM The Queen passing away.

Building a sustainable workforce



Six
online practice-based learning model and process modules for pre-registration learners launched...

7.5
...hours of learning provided from each module

Four-part
online practice-based leadership module for pre-registration learners launched...

up to 4.5
...hours of practice-based learning for each part

74 CPD activities endorsed by the BDA.

25
HEI'S (HIGHER EDUCATION INSTITUTIONS) DELIVERED...

35
DIETETIC COURSES

2
NEW BDA ACCREDITED DEGREE LEVEL NUTRITION & DIETETIC COURSES LAUNCHED

NEW DIETETIC DEGREE APPRENTICESHIP LAUNCHED AT TEESIDE UNIVERSITY

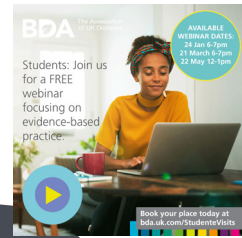
331
STUDENTS ATTENDED

3
EVIDENCE BASED PRACTICE WEBINARS

/01
DEVELOPING TOMORROW'S WORKFORCE



Engaged with school aged children at the New Scientist event, promoting dietetics as a career.



Ran our Education and Workforce Forum for HEIs and dietetic managers.

/02
SUPPORTING & RETAINING THE WORKFORCE



641
total employment-related cases were supported by the trade union team across the UK.

420
member queries answered by the trade union team



Produced guidance document for practice-based learning in non-clinical settings.

Refreshed the practice educator online training module.

Launched the revised introduction to the Model & Process online module, which is accessible to all BDA members on the BDA Learning Zone.

1400+
BDA members



provided vital feedback (exceeding target of 15%) by completing our biannual member survey, which we used to support our strategic planning and annual workplans.

Over 90%
members retained in 22/23*

85%
would still recommend (65% highly) the BDA to colleagues

*Of those leaving the association, a majority were due to leaving the profession, retirement or relocation.

PRESCRIBING NOW Working with other AHP professions, launched our Prescribing Rights Campaign, writing to the Secretary of State for Health to begin the process of securing independent prescribing rights for dietitians across the four nations.

New courses developed/ delivered:

- Introducing behavioural science to understand and change the dietary behaviours of athletes
- Introduction to Critical Care
- Advancing Dietetics in Learning Disabilities

103
FIGHTING
FOR FAIRNESS



Our trade union continues to be a leading voice in the campaign for better pay across the UK NHS workforce. A major campaign was undertaken involving thousands of members across Wales, Scotland and England.

**Your NHS
Your BDA
Your Voice
Your Vote**

The British Dietetic Association (BDA) is the trade union & professional body for the entire dietetic workforce.

We are balloting our members working in the NHS on strike action – please vote today and join us in demanding better for the NHS.

Join the BDA and ensure your voice is heard!
Not a BDA member but would like your voice heard in the upcoming industrial action ballot? Please join us today and we will post a ballot form out to you immediately.
bda.uk.com/join

View our FAQs

Dietitians Demand Better!



With Work Ready we teamed up to show solidarity with workers taking industrial action with a new 'Eating well on the picket line' resource.



Working with other trade unions, a pay deal for NHS staff in Scotland was achieved.

Hundreds of members attended webinars for vital NHS pay updates. Trade union representatives also had several update webinars.

A mandate for industrial action was achieved in 42 Trusts in England and Wales.

BDA Trade Union @BDA_TradeUnion · Nov 22, 2022
We are continuing our drive to ensure details are up to date for #NHS industrial action ballots.
bda.uk.com/nhs-pay-indust-

NHS Workers - take urgent action now.
If you want to have your say on industrial action, demanding better for Dietitians, we need your information.
Go to bda.uk.com/NHSWorkerUpdate

Dietitians Demand Better!

Work against the growing use of agency workers in the NHS continued.

Played a key role in the national development of work on adoption, kinship and childcare for the NHS workforce.

**YOUR UNION
YOUR VOICE**

Your BDA Trade Union Update Webinar
Tuesday 29 November 2022
12.30pm - 1.30pm

Your Trade Union
Protecting your rights at work

Register your place
www.bda.uk.com/calendar

Took a leading role in the TUC work on:



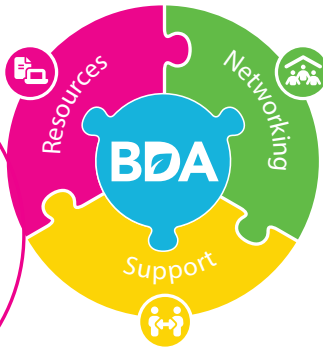
- Women and food bank reliance
- National Food Strategy
- Inequalities in health
- Tackling and preventing sexual harassment
- Access to eating disorder services for the LGBTQI+ community and people with mental health conditions



Building a sustainable workforce

Growing our membership community

/01
BUILDING A DIVERSE & ACTIVE MEMBERSHIP COMMUNITY THAT'S ACCESSIBLE FOR ALL



4%
 growth of our membership community, focusing on full members, the vital support workforce and our students studying at HCPC approved and BDA accredited courses.

+ 16%
 growth of our specialist group networks.

50%
 of all BDA members choosing to join one or more specialist groups.

117
 free BDA International Memberships provided to Ukrainian dietitians.

WORK READY!

+ 9
 new accredited Work Ready dietitians were trained, a total of 134 members have completed Work Ready training with us.

4
 corporate Work Ready licenses given, to support members in healthcare settings.



24
 trade union representatives received initial training, bringing the total number of active reps in workplaces across the UK to 193.

134K + 12%
 average monthly visitors to our website www.bda.uk.com

4.9M web page views
109K resource downloads

147 new articles, news pieces & blog posts
36K clicks on 900 articles

/03
ENGAGING WITH OUR MEMBERS

10
 issues of Dietetics Today magazine published

104
 members contributed to articles

19
 clinical articles published



Communicated with our members:
268K

newsletters sent - to share the latest news, hot topics and research, plus student and volunteering updates.

Created new opportunities for members to talk:

215
 joined an Supplementary Basecamp

178
 joined an Advanced Practice Basecamp

253
 joined a Primary Care Basecamp

475
 new student members (exceeding our target of 400)

6
 student membership & careers talks, presented to 21 universities

/02
RECRUITING, RECOGNISING & REWARDING OUR AMAZING VOLUNTEERS

2
 new BDA sub groups launched: Prehabilitation Sub Group & Learning Disabilities Sub Group



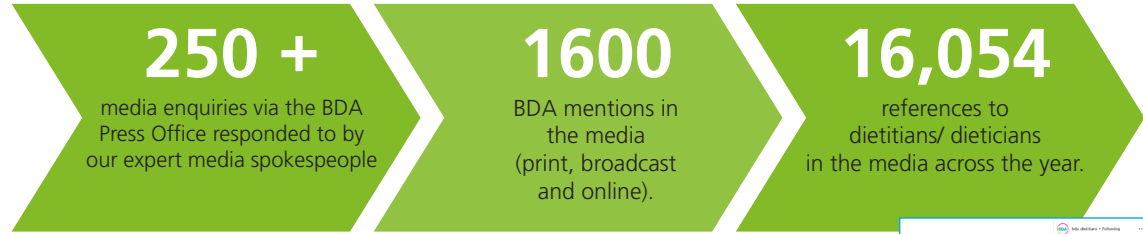
70
 member volunteers attended Groups & Branches Day for a fun and jam-packed day of networking, learning and sharing.

We celebrated our **1000** member volunteers on International Volunteers Day by showcasing their projects, committees, and impact, and thanking them for supporting all that we do.

BDA Awards and Honours ceremony returned on 5 July with more than 100 in attendance. 10 awards were presented, 2 GET, 4 Ibx and 3 Fellowships.



/01
SHARING EVIDENCE BASED INFORMATION WITH THE PUBLIC

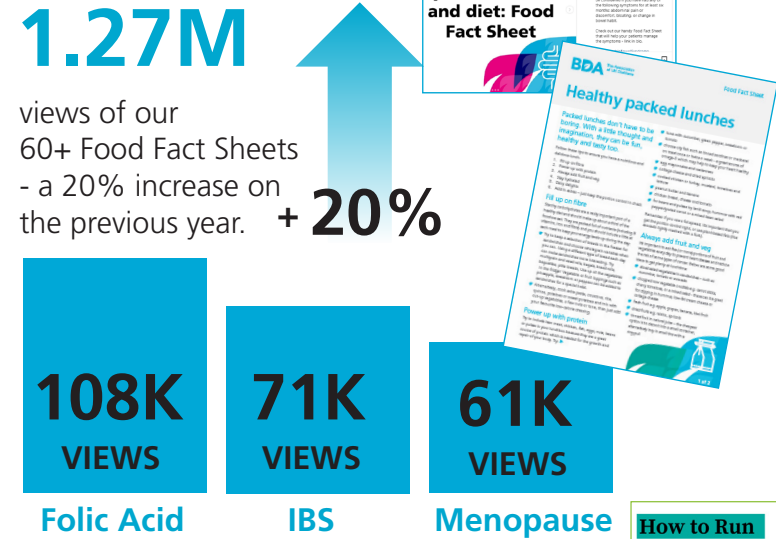


WORK READY!

The BDA's national network of accredited workplace specialist dietitians.

45 Work Ready interventions delivered directly across the UK.

5 new Work Ready resources produced for the public.



Let's get cooking

A British Dietetic Association initiative

Supports local authorities and commercial organisations to offer practical cookery sessions designed to improve health.

150 people trained by Let's Get Cooking to run cookery activities in their communities.

How to Run Practical Cookery Clubs

New eLearning

Driving Healthy Futures

92 Barnardo's staff and volunteers trained by our eLearning course and custom videos, as part of the Driving Healthy Futures programme.

1031 people received a healthy cooking session.

88% of participants agreed that their understanding of using affordable ingredients to make healthy meals had increased

Essex Food for Families

3256 families reached.

500 families received a hard copy of our resource and recipe pack with hints and tips on menu planning, shopping and cooking on a budget. Even more families received an electronic pack via the Let's Get Cooking club network based in primary schools and community settings.

93% said they would use the new skills at home.

Gill Crabb Foundation

30 schools involved

885 children cooked with

88 cooking sessions run

Merseyside Waste Warriors

36 sessions run

10 waste saving clubs set up

688 people cooked from scratch, whilst learning how to reduce food waste.


Increasing our voice & visibility

Increasing our voice & visibility

/02
INFLUENCING AT THE HIGHEST LEVELS

6 round table meetings were held with corporate partners to generate insights and influence health strategies.


We formed key political and trade union alliances in the campaign against food poverty and free school meals.


Strong voice within the TUC, holding our seat on the General Council and Charing the TUC Women's Committee.

/04
WIDENING OUR REACH



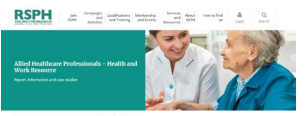
Attended party conferences to raise the key issues facing the NHS and dietetic workforce.

Continued to submit to Government and Parliamentary consultations and inquiries, as well as attending Parliamentary events to ensure dietitians help shape the policy agenda.

9 partner surveys shared, meaning our members had their say on big health and nutrition topics more than 2800 times.

Worked with the TUC and others to make sure that the lived experiences of our members are heard at the Covid-19 Inquiry and that lessons are learned.

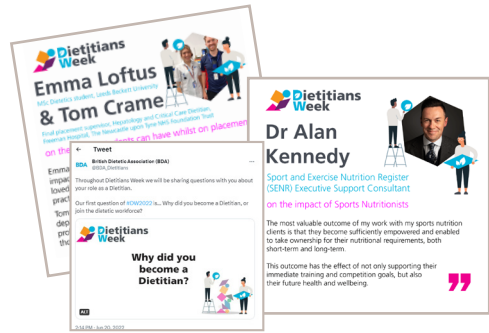
Our Work Ready policy lead worked with the Royal Society of Public Health on a digital resource on 'AHPs and Work,' which highlights the value of Allied Health Professionals in the wider policy agenda to support people to remain well in work.



/03
PROMOTING THE PROFESSION



5000 social media posts
1000 promotional packs posted



June 2022's Dietitians Week engaged the membership, with 1700 dietitians joining the conversation on social media. The week has been shortlisted for Best Campaign on a Shoestring at the 2023 Memcom Awards.

THE BDA ON SOCIAL MEDIA

+16%
6.9 million impressions
119K

Increased total followers across our social channels by 16% on the previous year to 119,000.



302,000

Over 302,000 people, including members of the public and companies, used our *Find a Dietitian* directory at bda.uk.com to search and send more than 3700 enquiries to freelance dietitian members and their businesses.

BDA ATTENDED EVENTS INCLUDING:

Primary Care and Public Health Conference	IDDSI Festival NHS Scotland Conference	
Welsh NHS Confederation Annual Conference	Healthcare Support Worker Conference	
		Work Ready attended Health and Wellbeing at Work - Sue Baic led a talk on the nutrition and health impacts of shift work.



Work Ready is a technical partner of the Workforce Nutrition Alliance, a global initiative countering the impact of poor nutrition on individuals, businesses and economies.



"New Year, New You – No Thank You!" campaign – January 2023

Our hugely popular New Year campaign was picked up and featured in all major newspapers, including a front page splash in The Times. It was discussed on LBC, across the BBC radio network and featured in Grazia magazine.



/01
**STRENGTHENING
THE EVIDENCE
BASE**



120
attendees at our Research Symposium, including many students in person and via live stream.



50
Attendees at Symprove's breakfast session on the morning of the Research Symposium.

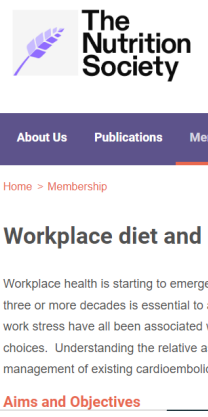


Continuing Professional Development (CPD)

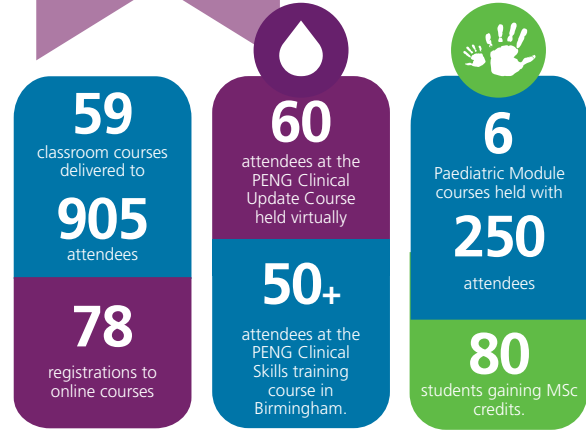
Ran a session on CPD at Groups and Branches Day.



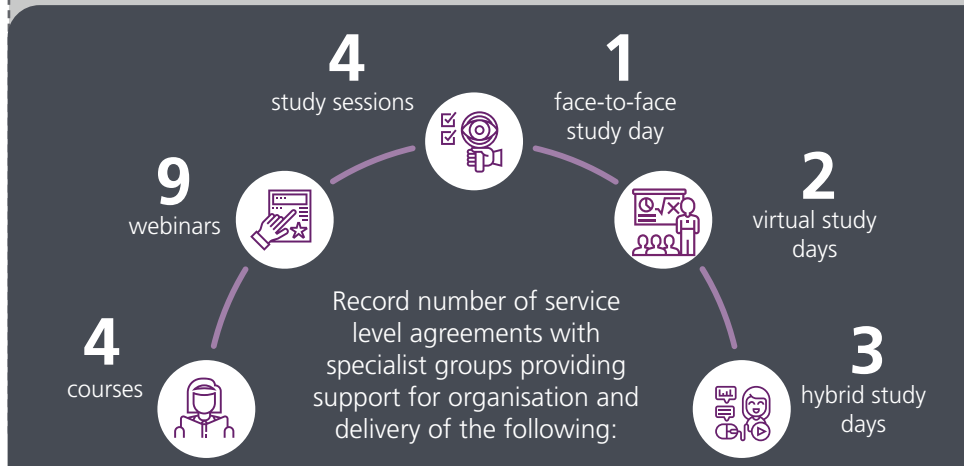
Worked with other nutrition organisations as part of the Nutrition Society's 'Workplace Diet and Health' Special Interest Group to form a platform for the promotion of high-quality nutritional research.



Harnessing innovation & development opportunities



Service level agreements



Welcomed **PrecisionBiotics** and **Benecol** as new members

36

pieces of contracted work for our members via partnerships activities

Produced two discussion videos with partners to show how our members can influence

A
A visit to natural source water sites (with Natural Source Waters)

B
The challenges of at home texture modification of meals (with Wiltshire Farm Foods)

1/2
THE STRENGTH OF OUR PARTNERSHIPS

Precision Biotics

Benecol

▶ **PLAY VIDEO A** ▶ **PLAY VIDEO B**

Our strategic partners:

Abbott

DANONE
ONE PLANET. ONE HEALTH

MeadJohnson Nutrition reckitt

NUTRICIA

Precision Biotics

Quorn

Our supporter members:

Benecol
PROVEN TO LOWER CHOLESTEROL

DrSchär

THE ORIGINAL OATLY!

Symprove

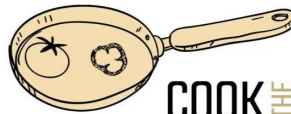
BIMUNO

NATURAL SOURCE WATERS ASSOCIATION

Yakult

Vitaflor

Partnered with Birmingham City Council on the Cook the Commonwealth project, which shared recipes representing all 72 Commonwealth Games participating regions and nations.



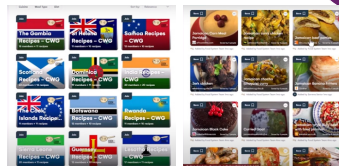
19

freelance dietitians employed

£16K+
worth of work for our members from the project

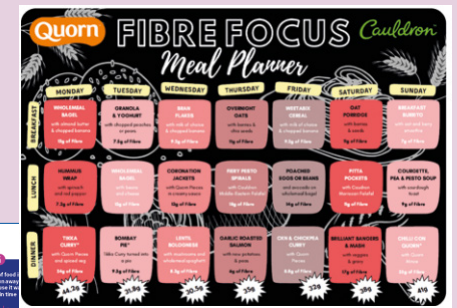
267

recipes tweaked, tested and photographed



FIND OUT MORE

Supported Fibre February with partner Quorn, creating a fibre-focused meal planner.



Worked with Oatly to create a Sustainable September calendar, promoting activities we can all do to help protect the planet.

Harnessing innovation & development opportunities

Delivered and handed over the final year of a 5-year successful communications SLA to support EFAD with their communication strategy, and across daily activities.

SENR

SPORT AND EXERCISE NUTRITION REGISTER

The BDA hosts the highly regarded Sport and Exercise Nutrition Register (SENR), the only voluntary register recognised as the industry standard in sports nutrition.

18 SENR accredited/endorsed courses

2 documents endorsed by SENR

Attended International Sport + Exercise Nutrition Conference

Shaping the future of sport and exercise nutrition

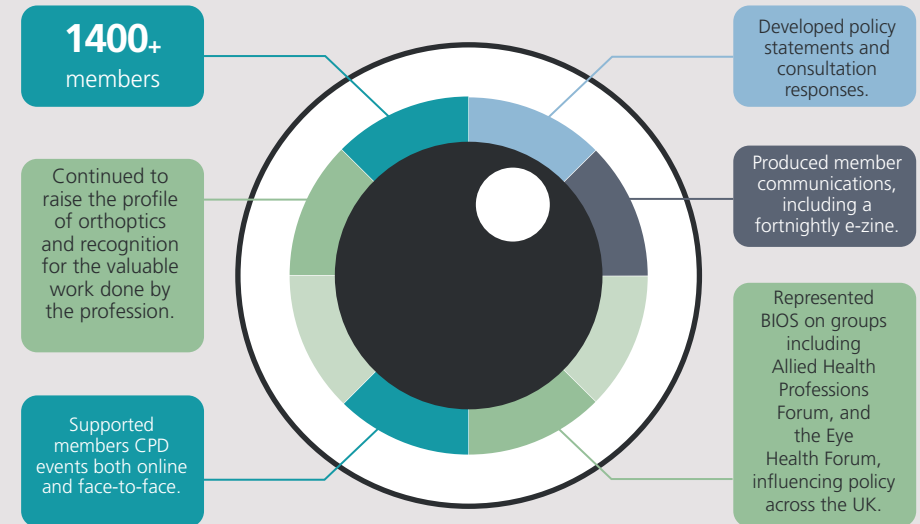
Harnessing innovation & development opportunities



BIOS

 | BRITISH AND IRISH ORTHOPTIC SOCIETY

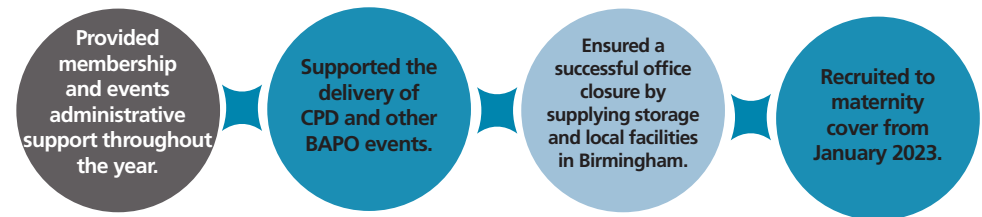
The BDA provides business and policy services to the British and Irish Orthoptic Society (BIOS), a fellow AHP professional association.



/03
BDA SUPPORTED PROJECTS



The BDA provides business support to the British Association for Prosthetists and Orthotists (BAPO).



BDA Branch Activity



Glasgow and West Scotland

The branch has continued to develop strong links with the BDA Scotland Board to enhance communication both locally and nationally, as well as contributing to the national workplan. As a result, the branch now has links to the Scottish Dietetic Leadership Network who share information and updates to their subsequent teams.



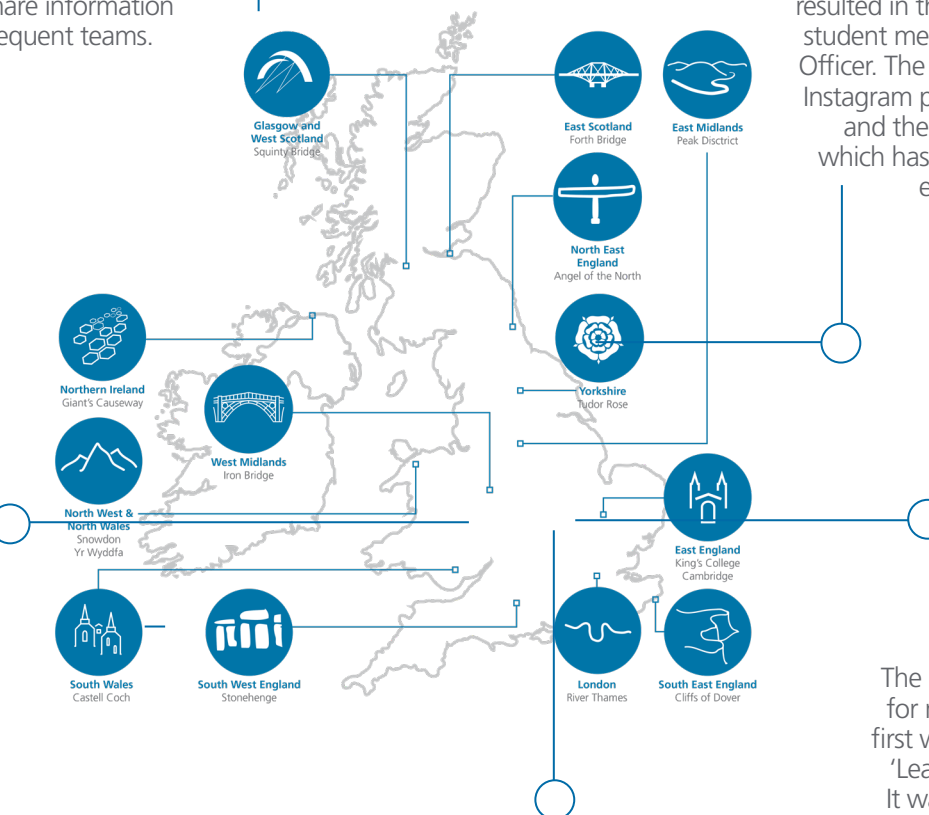
Yorkshire

The branch has been proactive in developing links with universities across the region. For example, they attended an online event at the University of Hull to promote the branch and BDA membership. This resulted in the recruitment of a new student member and Social Media Officer. The branch has a dedicated Instagram page to raise awareness and the profile of students, which has led to some excellent engagement.



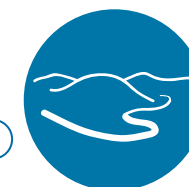
West Midlands

The branch has focussed on rebuilding the committee over the last 12 months. As a result, key volunteers have come onboard and there is a renewed enthusiasm. The branch has started to plan activities, and are looking forward to connecting with more members across the region.



South East England

The branch has collaborated with the NIHR Clinical Research Network and the Sustainable Diets Specialist Group. They have also introduced lunchtime webinars, and focussed on increasing their social media presence to connect with members.



East Midlands

The branch held two meetings for members in 2022-23. The first was in March with the topic 'Learning, Training and CPD'. It was a hybrid event, with 22 members in attendance and 31 members joining remotely. The second was a virtual event in October, with 32 members attending to enjoy the theme of 'New Opportunities in Dietetics and AGM'.



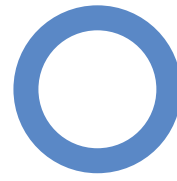
Critical Care

Developed and launched the highly anticipated 'Introduction to Critical Care' course which aims to build key skills including the dietetic and physiological principals. Revamped their webpages to provide members with resources, FAQ's and blogs.



Cystic Fibrosis

Collaborated with a number of external stakeholders to produce resources and guidance. Hosted webinars for members' CPD and learning needs.



Diabetes

Launched a resources library, bringing together members' expertise from across the country. Developed the Diabetes Dietetic Practice-Based Learner Workbooks.



Food Allergy

Created a friendly and active user forum to enable peer to peer networking and sharing. Collaborated with the Gastroenterology Specialist Group to produce a gluten free diet sheet.



Food Services

Produced the much-anticipated Nutrition & Hydration Digest 3rd edition, to be published in 2023. Scoped and began planning a food services dietitians' course, which will provide the knowledge and skills to work as a food services dietitian in a healthcare setting.



Freelance Dietitians

Commissioned a series of education courses to support freelance members build their business skills. Hosted monthly webinars on a range of topics to develop members clinical and business knowledge.



Gastroenterology

Collaborated with the Food Allergy Specialist Group to produce a gluten free diet sheet. Hosted a number of webinars to support dietitians working in gastroenterology.



HIV Care

Hosted members' 'drop-in sessions' to encourage peer to peer networking and support. Developed a competency framework for members.



Industry

Launched as a new specialist group to bring together and support all dietitians working in non-clinical roles in all areas of industry.



Maternal & Fertility

Ran the hugely successful Nutritional Management in Pregnancy Course and provided members with a range of CPD opportunities. Developed a fertility and pregnancy database for peer to peer sharing and bursaries for member education.



Mental Health

Launched the new Learning Disabilities Sub-Group to support dietitians working in this area. Developed new resources and education offerings for members working across mental health specialties.



Neurosciences

Responded to a number of consultations and NICE guidelines. Recruited a new Chair to lead the committee and support the group's development.

BDA Specialist Group Activity



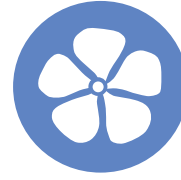
Obesity

Collaborated with the Royal National Institute of Blind People to produce new accessible resources. Collaborated with the Maternal and Fertility Specialist Group and the British Psychological Society to deliver free online fertility and obesity training to members.



Older People

Collaborated with internal and external stakeholders to develop a number of resources for member and public education. Worked with the Food Services Specialist Group to develop a successful business case for a 'Care Home Digest.'



Oncology

Launched the new Prehabilitation Sub-Group to support members working in this emerging area of practice. Collaborated with a number of external stakeholders to create, update and develop resources.



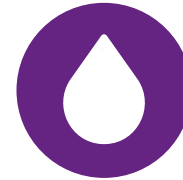
Optimising Nutrition Prescribing

Launched networking sessions to support members' peer to peer learning and networking, this includes developing a resources hub. Commissioned an education pack on how to get started as a prescribing support dietitian.



Paediatric

Developed and published the BDA ARFID position statement alongside the CAMHS Sub Group. Hosted a successful launch event offering members the opportunity for CPD and wider learning.



Parenteral and Enteral Nutrition

Hosted a webinar series on a number of clinical topics to support group members. Launched their elevator interview series to highlight the range of opportunities within this specialist area and raise the profiles of group members.



Public Health

Collaborated with Yorkshire Branch and the ASO Yorkshire Network to deliver the popular 'What's happening in Weight Management' CPD event. Submitted a grant application to develop education and resources for enhancing the dietitian's role in supporting those experiencing/at risk of feeding intolerance.



Renal Nutrition

Celebrated the group's 50th anniversary by hosting a free study day for members and celebrating with renal departments across the country. Launched free UKKA membership for members, providing additional CPD, networking and resources for group members.



Sports Nutrition

Developed relationships with key partners such as SDA and BASES, in order to offer networking and CPD opportunities to members. Hosted a successful behaviour change course and study day.



Sustainable Diets

Developed a two-year strategy to support members embed sustainability into practice across dietetics. Hosted a number of successful webinars and reviewed influential resources and documents published across the BDA.

BDA Specialist Group Activity



@BDA_Dietitians



@BDA_Dietitians



BritishDieteticAssociation



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