



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

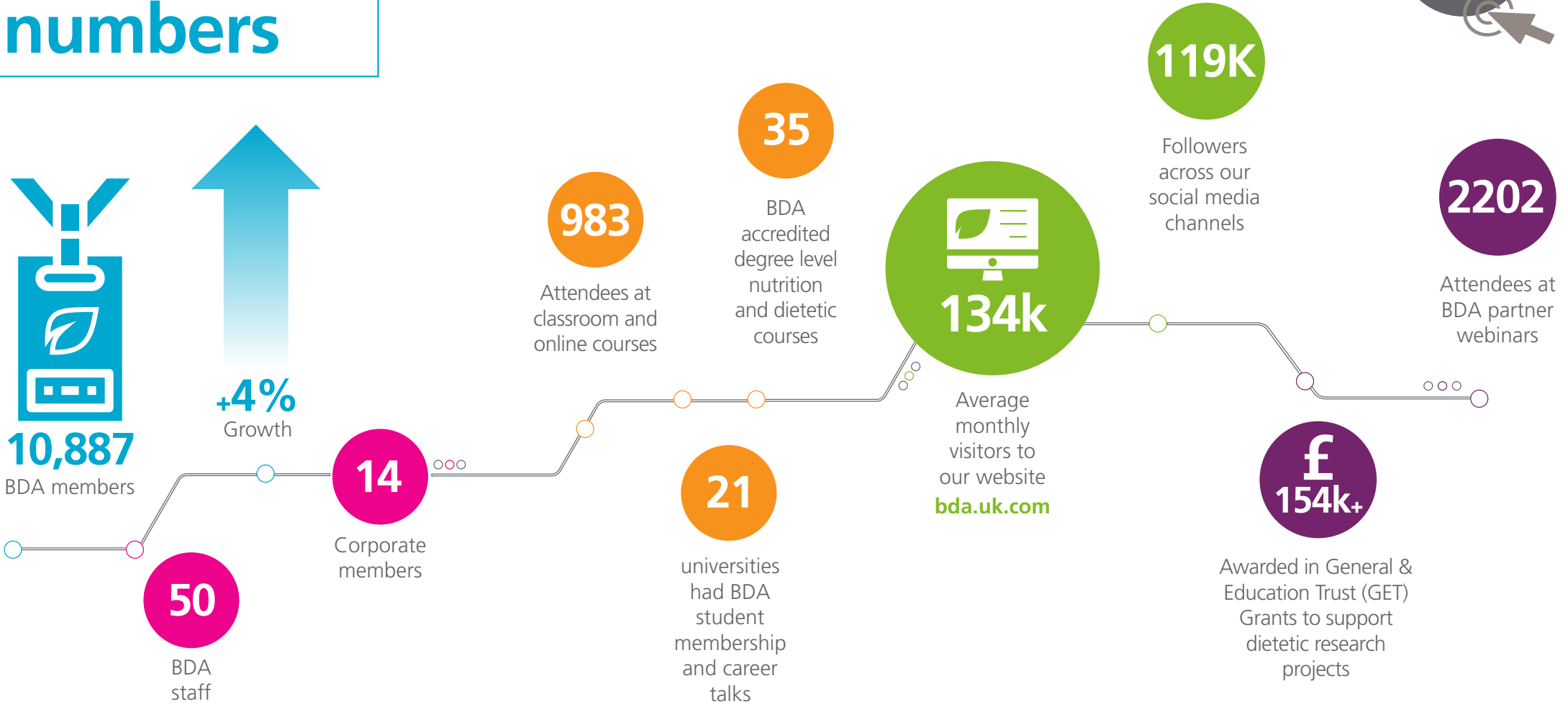
The BDA Annual Report showcases our achievements between March 2022-February 2023 towards our strategic priorities of:



[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.

AUGUST



JULY



JUNE



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

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

APRIL

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



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.



Linda Hindle (l) & Anne Mensforth (r)

Milestones



SEPTEMBER

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

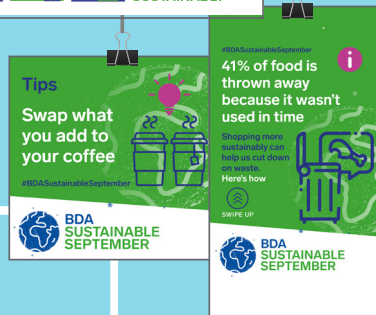
This was followed by the Elsie Widdowson Memorial Lecture, delivered by Dr Clare Pettinger on how dietitians can protect the planet.



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

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!



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



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.



Building a sustainable workforce

/01 DEVELOPING TOMORROW'S WORKFORCE

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

35
DIETETIC
COURSES

2
NEW BDA
ACCREDITED DEGREE
LEVEL NUTRITION &
DIETETIC COURSES
LAUNCHED

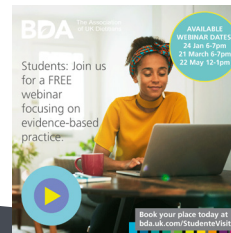
NEW DIETETIC
DEGREE
APPRENTICESHIP
LAUNCHED AT
TEESSIDE
UNIVERSITY

331
STUDENTS
ATTENDED

3
EVIDENCE
BASED PRACTICE
WEBINARS

74 CPD activities endorsed
by the BDA.

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



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

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

Refreshed the practice
educator online training
module.

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%



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

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

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



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

/03 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.



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



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 FAQ

Dietitians Demand Better!

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

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

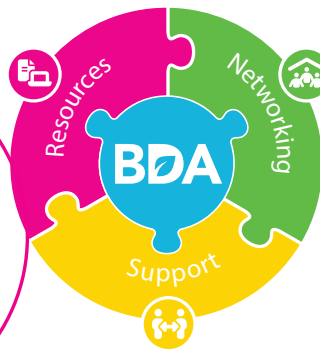
TUC



Building a sustainable workforce

Growing our membership community

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



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

/02
RECRUITING, RECOGNISING & REWARDING OUR AMAZING VOLUNTEERS



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 lbex and 3 Fellowships.

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.

/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



Increasing our voice & visibility

/01
**SHARING
EVIDENCE BASED
INFORMATION
WITH THE PUBLIC**

250 +

media enquiries via the BDA Press Office responded to by our expert media spokespeople

1600

BDA mentions in the media (print, broadcast and online).

16,054

references to dietitians/ dieticians in the media across the year.

**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.



1.27M

views of our 60+ Food Fact Sheets - a 20% increase on the previous year. **+ 20%**

**108K
VIEWS**

Folic Acid

**71K
VIEWS**

IBS

**61K
VIEWS**

Menopause

Irritable bowel syndrome (IBS) and diet: Food Fact Sheet



**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

/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



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.



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.

/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.

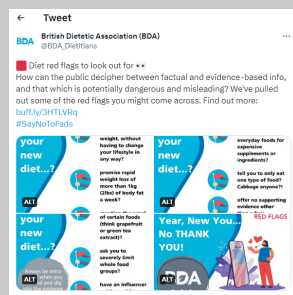


Work Ready is a technical partner of the Workforce Nutrition Alliance, a global initiative countering the impact of poor nutrition on individuals, businesses and economies.



"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.



Harnessing innovation & development opportunities

/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.
.....

59
classroom courses
delivered to
905
attendees

78
registrations to
online courses

60
attendees at the
PENG Clinical
Update Course
held virtually

50+
attendees at the
PENG Clinical
Skills training
course in
Birmingham.

6
Paediatric Module
courses held with
250
attendees

80
students gaining MSc
credits.

PEN

6
Documents
endorsed

14
PEN reviews
completed

9
conference
grants
awarded

6
research
grants
awarded

2
GET Awards
presented

13
grant
applications
considered

£116K
paid out to
grants during
the year

£154K
in new grants
awarded

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.

**The
Nutrition
Society**

About Us Publications Me

Home > Membership

Workplace diet and

Workplace health is starting to emerge
three or more decades is essential to
work stress have all been associated
choices. Understanding the relative a
management of existing cardioembolic

[Aims and Objectives](#)

Service level agreements

4
study sessions

1
face-to-face
study day

9
webinars

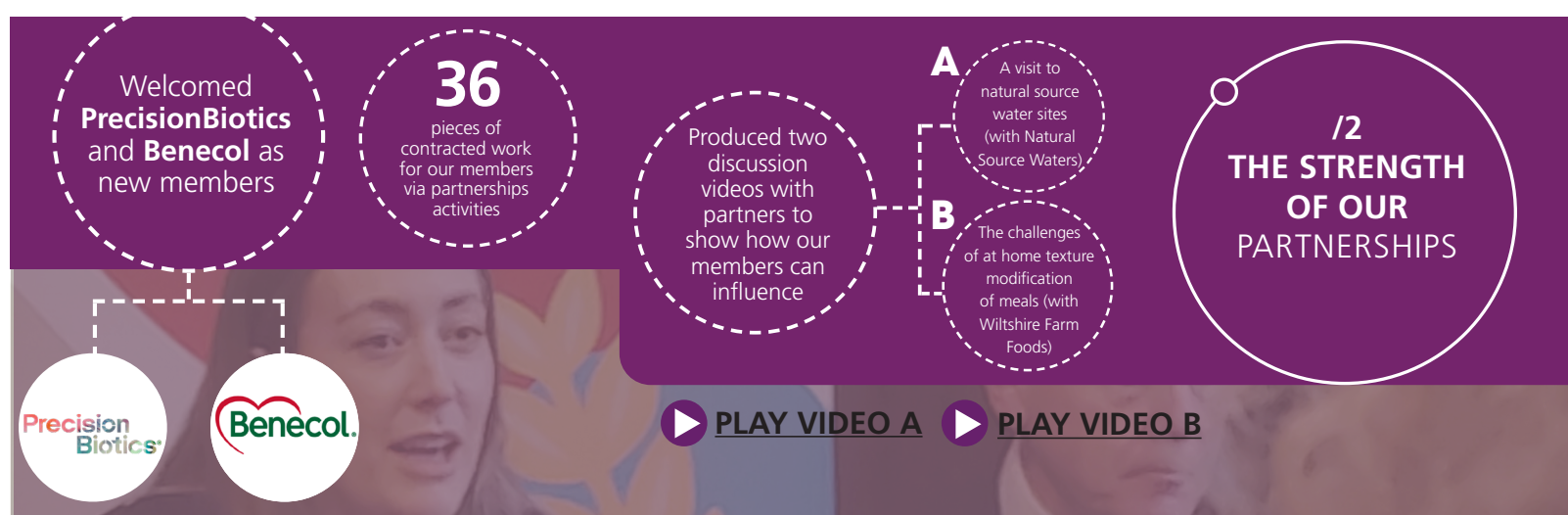
2
virtual study
days

4
courses

3
hybrid study
days

Record number of service
level agreements with
specialist groups providing
support for organisation and
delivery of the following:

Harnessing innovation & development opportunities



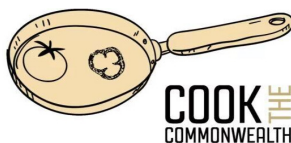
Our strategic partners:



Our supporter members:



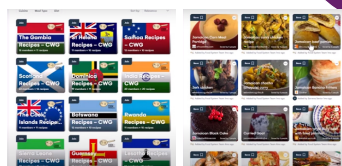
Partnered with Birmingham City Council on the Cook the Commonwealth project, which shared recipes representing all 72 Commonwealth Games participating regions and nations.



19 freelance dietitians employed

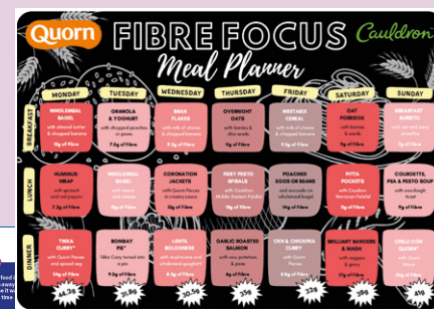
£16K+ worth of work for our members from the project

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

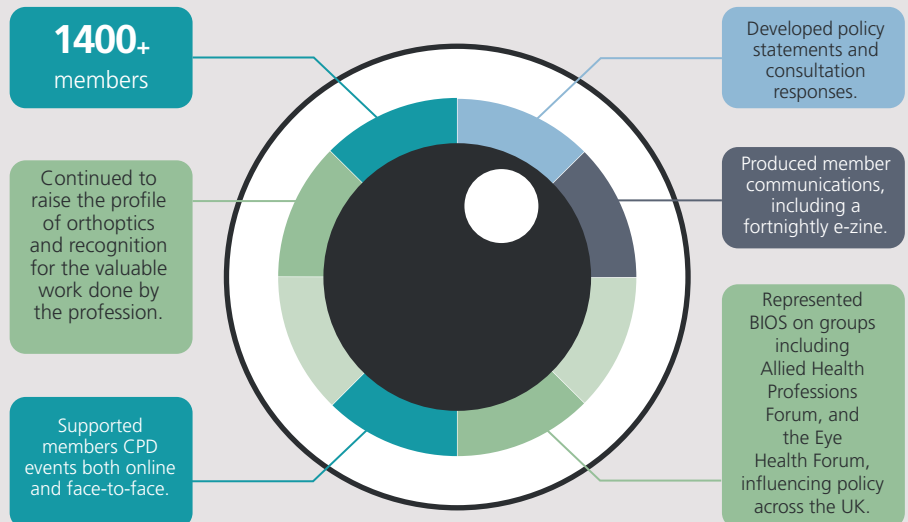
SPORT AND EXERCISE NUTRITION REGISTER

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



BIOS | BRITISH AND IRISH ORTHOPTIC SOCIETY

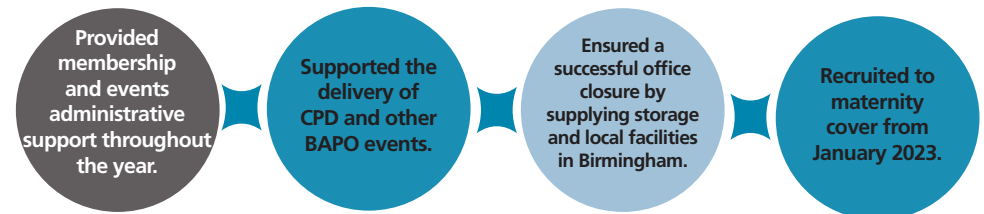
The BDA provides business and policy services to the British and Irish Orthoptic Society (BIOS), a fellow AHP professional association.



/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.



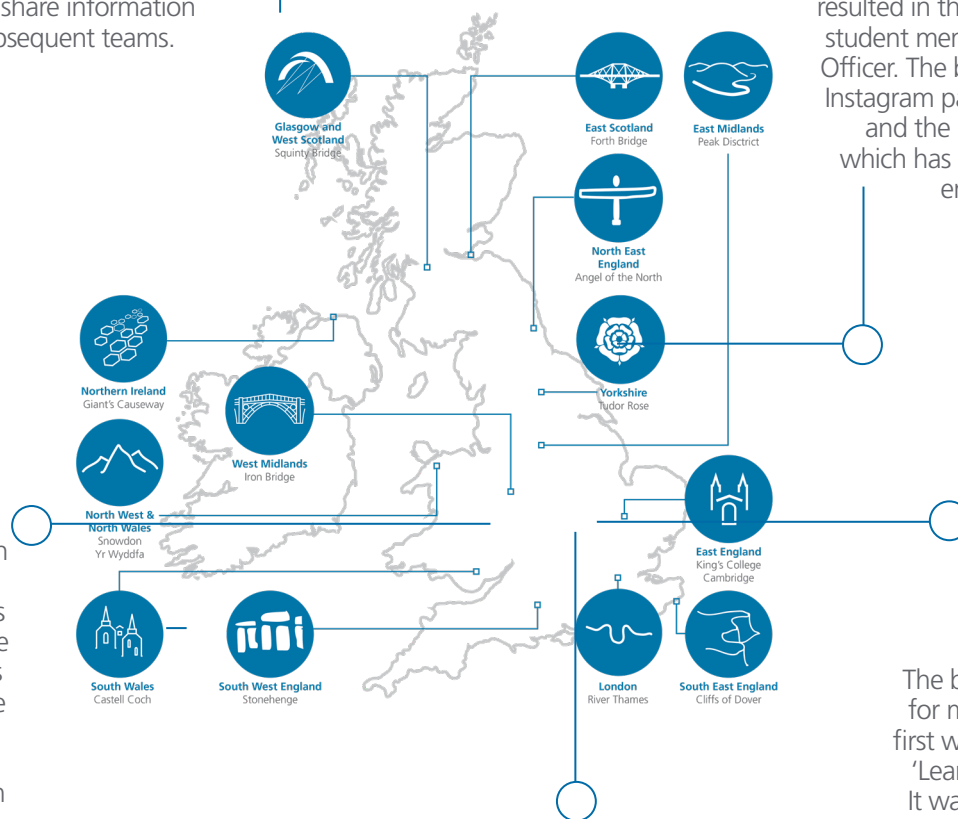
West Midlands

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'.

BDA Specialist Group Activity



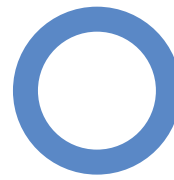
Critical Care

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



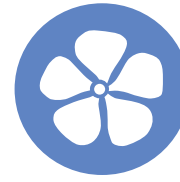
Obesity

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.



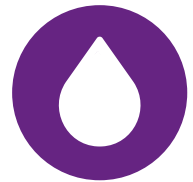
Optimising Nutrition Prescribing

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.

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