**ISSFAL BOARD NOMINATION 2012**

**Candidate Statement**

**Dr Philippa Jackson**

I am very pleased and honoured to be nominated to stand for a position on the ISSFAL board. I have a degree in Psychology, and am fundamentally curious about the link between diet and behaviour. Recently it seems as if on an almost daily basis we hear of new research revealing how good nutrition, whether it be in the form of vitamins, antioxidants, lipids or other compounds, can promote successful healthy ageing throughout the entire lifespan. Progressing our understanding of how dietary n-3 PUFAs in particular may contribute in this way in relation to ‘brain health’ lies at the heart of my research and to this end my PhD explored the relationship between dietary n-3 PUFAs and cognitive function and cerebral blood flow in healthy individuals who consume low levels of oily fish. At a time when a number of ‘studies’ were being widely publicised in the UK heralding the benefits of added dietary omega-3 on educational and other performance measures, my PhD used rigorous and properly controlled methods to explore these effects in detail. My current post-doctoral research programme aims to build upon some of my initial findings, possibly the most interesting of which were published earlier this year showing that cerebral blood flow response to cognitive tasks is increased in healthy young adults following DHA-rich fish oil.

I have been a member of ISSFAL for just over five years now and have been to both the Kansas and Maastricht meetings. I have benefited directly from the New Investigator initiative, and I’ve found that ISSFAL’s commitment to encouraging a fervent research culture among early career scientists is evident not only in terms of the financial contribution made by the Society so that young researchers like myself can attend these events, but can also be felt on a personal level as lead academics volunteer to give up their time to share their knowledge and experiences at the New Investigators lunches. As a member of the board I would support ISSFAL’s mandate to bolster membership numbers and the profile of the Society as a whole, with a specific view to expanding the New Investigator programme even further. In addition, in this age of rapid communication another possible area for expansion would be to see the ISSFAL website used for more real-time networking and knowledge exchange. Having worked closely with industry throughout my career to date, I would also like to work towards encouraging stronger ties linking research groups, industry funders and government bodies. I am a relative newcomer to the field however I am passionate about my research, and keen to make a significant contribution to this society.

Dr Philippa Jackson

Northumbria University, UK

**My nomination is supported by:**

1. Professor Gordon Bell, University of Stirling, Scotland
2. Dr. Ed Nelson, Martek Biosciences Inc. USA
3. Peter Clough, Efamol Ltd., UK