

Press Release

The HFMA announces Rachel Symonds as the Health Journalist of the Year 2024

Release date: 13th June 2024

The Health Food Manufacturers' Association (HFMA) has announced Rachel Symonds, editor of Health Food Business, as the deserving winner of this year's Health Journalist of the Year Award.

The award, presented at the HFMA's Annual General Meeting (AGM) on 13th June 2024, recognises the best of journalism and writing covering the natural health industry. This prestigious accolade is awarded on behalf of the HFMA members, recognising and acknowledging forward-thinking and progressive writing within the field of natural health.

Martin Last, HFMA Director General said, 'We are delighted to present Rachel with this award, her dedication to and enthusiasm for the industry shines through in her writing. Whether reporting on issues affecting the trade or interviewing industry specialists, she brings the facts and insights to the page, keeping all areas of the industry informed and updated.'

Steve Mann, HFMA Chair said, 'Rachel is a well-deserved winner of this award having served the industry across a number of titles. Her editorship of Health Food Business is much respected amongst her peers, and we are delighted to be able to recognise her skills, dedication and professionalism by presenting her with this award today.'

Rachel Symonds started her career as apprenticeship with her local newspaper, the Hertfordshire Mercury where she learnt the journalism basics of media law and government, shorthand, and general reporting. Rachel progressed to Chief Reporter, where she had the opportunity to interview the then Prime Minister, Tony Blair, face to face. 19 years ago, Rachel moved to Target Publishing as Deputy Editor, then quickly became Editor of Health Food Business magazine, a long standing 35-year title in our industry and which Rachel takes great pride in having led editorially. During this time Rachel also has edited other consumer magazines, Natural Lifestyle and Naturally Good Health, as well as the trade titles, Nutrition I-Mag and Organic & Natural Business. Most recently, Rachel was the Launch Editor of The Goodness Edit, the official in-store magazine for Revital.

Rachel Symonds commented, 'I am deeply honoured to be the recipient of the HFMA's Journalist of the Year Award and take pride in joining the names of those who have won the award before me. Over many years working in this special trade, I have enjoyed a supportive, productive and collaborative relationship with all at the HFMA, a mutually respectful relationship, one where I have been able to challenge when needed, but where I have also been able to learn and take guidance from the organisation. I would like to thank the HFMA for awarding me this special accolade and I look forward to many more years of positive collaboration.'

<ENDS>

Attached: Image - Rachel Symonds with Martin Last, HFMA Director General and Steve Mann HFMA Chair

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PRESS NOTES:

About the Award

The HFMA Health Journalist of the Year Award was first presented in 1998 and has since celebrated the works of over twenty journalists including Victoria Lambert, Michael Van Straten, Lucy Gornall, Amy Packer, Peta Bee, Faye Smith, Rob Hobson, and last year's winner Susie Sawyer.

About HFMA

Founded in 1965, the Health Food Manufacturers' Association (HFMA) represents around 120 manufacturers and suppliers of natural health products.

As the authoritative voice of the natural products industry, the HFMA supports the interests of its members with legislators and regulators; promotes industry best practice for product quality and safety; and provides responsible information for consumers.

For further information about the HFMA, visit www.hfma.co.uk