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School of Exercise and Nutrition Sciences

**Postgraduate
Nutrition @ Deakin**

Welcome to the first edition

The postgraduate human nutrition course has been running for over 20 years in a distance education format, making it one of the oldest and most established internationally. It is our pleasure, as course coordinators, to launch this newsletter as a means of bringing news on developments and achievements within the School of Exercise and Nutrition Sciences and more specifically, those involved in the course directly.

The School of Exercise and Nutrition Sciences houses one of the largest nutrition groups within Australia and is proud of the level of expertise it can bring to the course, through innovative teachers who are at the forefront of their area of research, relevant units of study and materials that are responsive to the ever-changing face of nutritional knowledge and understanding.

We hope that you will find the articles within the newsletter informative and interesting.

*Dr Sharleen O'Reilly
Course Coordinator*

*Dr Sonja Kukuljan
Deputy Course Coordinator*

What's new for 2009?

This year will bring a few changes to the structure of the postgraduate human nutrition courses, in particular, the introduction of Trimester 3 elective offerings.

One of the key strengths of our course is the high level of flexibility that our long list of electives gives to each student, so that they can mould their studies to suit their interests and those electives also reflect the broad level of expertise within the School.

As with any course, it is necessary to review the content being offered and improve that content to keep the course contemporary and relevant. The area of public health nutrition is one that is becoming increasingly recognised worldwide as an important area within the nutrition field. The new units being offered for 2009 reflect that importance, enabling students to gain an increased level of knowledge and understanding in this central area of nutrition practice.

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The difference is Deakin University.

The course structure for 2009 will be:

Core units

HSN701 Principles of Nutrition (T1)

HSN702 Lifespan Nutrition (T2)

Electives

Trimester 1

HSD701 Pathophysiology of Diabetes

HSE701 Exercise Physiology and Metabolism

HSH703 Health Promotion

HSN703 Diet and Disease

HSN705 Population Food and Health Issues

HSN709 Sports Nutrition

HSN713 Food, Nutrition and Behaviour

HSN719 Population Nutrition and Physical Activity Assessment

HSN735 Trends and Innovation in Food Science

HSN750 Nutrition Research Project A

Trimester 2

HSD702 Management of Diabetes

HSN704 Food, Nutrition and Society

HSN706 Food and Nutrition Evidence, Politics and Policy

HSN708 Nutrition Promotion and Communication

HSN715 Population Nutrition Research Methods

HSN734 Obesity Prevention

HSN751 Nutrition Research Project B

Trimester 3

HSN738 International Nutrition

HSN743 Nutrition for Healthy Ageing

The new units being offered are:

HSN708 Nutrition, Communication and Promotion

HSN715 Population Nutrition Research Methods

HSN719 Population Nutrition and Physical Activity Assessment

HSN743 Nutrition for Healthy Ageing

Other changes include the splitting of HSN712 Nutrition Research Project (4 CP) into two separate (2 CP) units called HSN750 Nutrition Research Project A, and HSN751 Nutrition Research Project B. This change has occurred to support students more fully during the time that they engage in a research project and allows a longer period of time to collect and analyse the data for their project.

On the whole, these changes have been designed to provide students with increased flexibility in their studies on a wide range of relevant units of study.

Sharleen O'Reilly

Deakin moves to trimester system

A major change is happening for 2009 all over the University as Deakin moves from a semester to trimester system.

The trimester system will:

- provide students greater flexibility to plan study around work or lifestyle commitments
- create options for students to commence a degree sooner or at a more convenient time of the year
- enable students to fast-track study by taking extra units throughout the year
- allow students to take a trimester off to work or travel then catch up later
- enable students to study in any combination of trimesters (subject to availability of units).

At Deakin there are three trimesters:

Trimester 3 runs from 10.11.08 to 13.02.09

Trimester 1 runs from 09.03.08 to 19.06.09

Trimester 2 runs from 13.07.09 to 16.10.09

Each trimester runs for 12 weeks. Study in Trimester 3 is not compulsory – it just provides another option for study. A full-time student load will continue to be two trimesters of study.

What's new at the School of Exercise and Nutrition



*Head of School
Professor
David Crawford*

The School of Exercise and Nutrition Sciences has a new Head of School. Professor David Crawford has been appointed as Head of the School of Exercise and Nutrition Sciences for the next three years. Professor Crawford has worked with the CSIRO Division of Human Nutrition, the National Centre for Epidemiology and Population Health, and the Division of Epidemiology at the University of Minnesota in 1998. He has been Director of Deakin University's Centre for Physical Activity and Nutrition Research (C-PAN) since 2005. Professor Crawford's research focuses on the behavioural, social and environmental influences on nutrition, physical activity and obesity. He was awarded a Carrick Institute citation in 2007 for his longstanding commitment to independent and relevant learning through the effective training and mentoring of Higher Degree by Research students in nutrition and physical activity. We welcome Professor Crawford as Head of School and wish him the best of luck with his appointment.

*Sonja Kukuljan
Deputy Course Coordinator*

New units in profile

HSN708 Nutrition Promotion and Communication

While other units teach you about the health implication of foods and nutrients and about their biological properties, the study of human nutrition itself is not sufficient to bring about changes in the population's food consumption behaviours. This unit is different! It teaches you the theories and methods to draw upon in changing dietary behaviour across a number of settings: schools, workplace, community, hospital and health settings. You learn about nutrition promotion for children and young adults as well as in the retail sector and in mass media (social marketing). It is this applied 'action' area that the unit focuses on. The assignments associated with this unit look at the theories and methods utilised for nutrition promotion, (essay one) and the application of nutrition promotion in a choice of settings (essay two).

HSN715 Population Nutrition Research Methods

When examining the nutritional status of populations and reading papers in this area, the difference in approaches can cause confusion. This unit has been designed to help clear up that confusion through using a simple and straightforward approach to the methods that can be used to examine nutrition in populations. The key method used today is epidemiology and as a result this is the main focus of the unit as nutritional epidemiology links the exposure of nutrients and foods to their health (disease status). The unit covers basic epidemiological concepts, different study designs and their critical analysis and interpretation. There are two written assignments and a short report as the assessment components of this unit.

HSN719 Population Nutrition and Physical Activity Assessment

This unique unit combines the study of nutrition issues and physical activity. Many of us tend to think about both physical activity and nutrition in combination, but we don't usually have the opportunity to study them both together. The other novel feature about this unit is that it places a strong emphasis on practical perspectives so contains a comprehensive set of practical activities to provide you with an awareness of current issues, as well as skills in collecting the data. Using the practical manual to guide you, students collect data in the form of dietary intake and physical activity behaviours data, there are also some practical activities around measurements such as height, weight and body fat. Ultimately, the key aspect of the assessment for this unit is around analysing collected data and then writing it up in the form of a scientific paper.

*Susan Torres
Unit Chair*

Student Insight

Two years ago I was working in a job, unrelated to my undergraduate science degree, lacked direction and felt somewhat powerless to do anything to initiate changes. I had never considered going on to further study, however, something told me that the passion I had developed for food and nutrition was not going to go away. I investigated my options then I took the plunge and applied for the Master of Human Nutrition course. I was feeling excited, nervous and scared all at the same time. How was I going to study again after such a long break, in an unfamiliar mode whilst still working full time? I needn't have been concerned though, as the orientation and study skills days I attended helped me to refresh skills, and realise that I was not alone and how to ask for help when I needed it.

Once I commenced my studies, the nerves all but disappeared! The units I have taken are relevant and at the forefront of research. The characteristic enthusiasm shown by nutrition staff at Deakin, ensures that the unit materials are delivered in a manner that motivates me to learn. I also needn't have been concerned about studying by distance as the Deakin Studies Online (DSO) is a great medium to interact with other students and staff. The flexibility offered by studying by distance has allowed me to continue working whilst studying. As a result, I have worked as a research nutritionist at The Cancer Council of Victoria and am currently employed as part of the 'Life Taking Action on Diabetes' program at Diabetes Australia – Victoria.

Having changed my own lifestyle, I want to empower others to live healthy lives and avoid chronic disease associated with poor diet. Studying through the School of Exercise and Nutrition Sciences at Deakin has been my catalyst for making this happen and I cannot speak highly enough of Deakin and its staff!

Trust a registered nutritionist

Individuals with relevant qualifications, as determined by an experienced committee of senior nutrition scientists from the NSA, can now seek validation of the credentials to be placed on the NSA Register of Nutritionists. The purpose of the Register is to establish a list of appropriately qualified persons, and in doing so distinguish individuals who have received an approved level of training and experience from those who have not.

This is an exciting development that recognises nutritionists with designated qualifications, who abide by the highest standards of professional conduct and the NSA Code of Ethics, and who are committed to ongoing training and professional development. Ultimately, this initiative will ensure Australians can have confidence in dealing with 'registered nutritionists' whose credentials have been validated by the NSA. A system of statutory and credible voluntary registration and accreditation for professionals in the field of nutrition is an important way of protecting clients and the wider public.

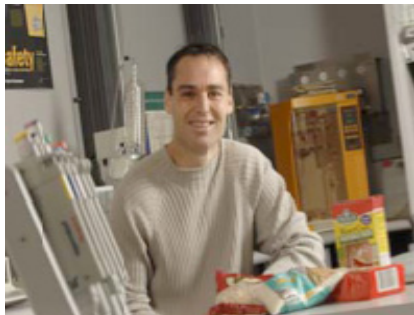
For more information, visit www.nsa.asn.au/reg_scheme.php

Congratulations to Professor Andy Sinclair (School of Exercise and Nutrition Sciences) who was invited for consultations at the FAO/WHO Expert Consultation on Fats and Fatty Acids in Human Nutrition in Geneva from 10-14 November 2008.



Kate Delbridge
Student

Unit chair profile: Dr Tim Crowe



Dr Tim Crowe

Students studying in the postgraduate nutrition program at Deakin University will know of Tim Crowe through his role as unit chair for HSN701 Principles of Nutrition, which together with HSN702 Lifespan Nutrition, make up the two core units in this very popular degree program.

His initial career was one as a medical researcher working as a molecular biologist after completing a PhD in endocrinology. Even working in this fascinating area, he was always more interested in how nutrition could affect health and the role it played in preventing and treating diseases. So he returned to study to gain formal qualifications in nutrition and dietetics.

After completing a Masters in Nutrition and Dietetics, Tim went on to work in hospital-based clinical dietetics in the area of oncology and then took up his teaching and research position at Deakin seven years ago. His research program heavily revolves around clinical nutrition research with projects looking at the role of novel dietary factors in treating muscle loss in advanced cancer, as well as specialised nutrition in the healing of wounds and the role of immuno-modulating nutritional supplements in preventing post-surgical complications.

Tim teaches into both the undergraduate and postgraduate nutrition programs at Deakin. He draws upon his clinical and research experience to provide students with a combination of theoretical knowledge and practical skills to gain not only a solid evidence-based scientific education in nutrition, but to be able to work and practice as credible nutritionists.

It is not just in the lecture theatre or online that Tim communicates with his students. Regular television, radio, newspaper and magazine interviews are a normal part of his week. Tim keeps active in the media with almost 400 media interviews in the last few years.

School researcher wins Tall Poppy Award



*Associate Professor
Kylie Ball*

Associate Professor Kylie Ball, from Deakin University School of Exercise and Nutrition Sciences, has won a Victorian Young Tall Poppy Science Award for her research in obesity prevention.

These awards are run as part of the Australian Institute of Policy and Science's Tall Poppy Campaign. The awards acknowledge and promote the achievements of outstanding young researchers in the areas of mathematical, physical, biomedical and applied sciences, and biotechnology.

Associate Professor Ball's research looks at the causes and implications of obesity for a broad community audience, and how to prevent the condition. She also explores why the prevalence of obesity is more common in certain groups, such as young women and people who are socioeconomically disadvantaged, and the most effective methods to promote a healthy lifestyle for people in these groups.

This award will allow Associate Professor Ball to demonstrate her value as a role model by engaging in an education outreach program to promote and encourage an interest in science among school students and the wider community.

Accolade for Professor Boyd Swinburn

The work of Professor Boyd Swinburn (School of Exercise and Nutrition Sciences) has recently been ranked seventh in a list of the fifteen greatest nutrition discoveries since 1976.

Professor Swinburn's discovery—that obesity is a normal response to an abnormal environment—was the only research in the top fifteen that came from either Australia or New Zealand. His research represented the first investigation into the role played by the environment in understanding obesity. Previous research had centred on genetic or metabolic abnormalities.

The fifteen discoveries were nominated and ranked at a one-day symposium of nutrition experts held in the Netherlands, and the results were recently published in the *European Journal of Clinical Nutrition*.

Professor Swinburn is one of Australia's leading public health and obesity prevention researchers and is internationally renowned for his work in preventing obesity in children and adolescents. He is Chair in Population Health, and Director of the World Health Organization (WHO) Collaborating Centre for Obesity Prevention and related Research and Training within the Faculty of Health, Medicine, Nursing and Behavioural Sciences. Prior to this, Professor Swinburn was the Medical Director of the National Heart Foundation in New Zealand and an Associate Professor at the University of Auckland.



Professor
Boyd Swinburn

Recent publications and grant funding

GRANTS

Cameron-Smith D, Russel A, **Crowe TC**, Seymour R, De Silva K. Dermatan sulphate as a nutraceutical for application in the field of human muscle growth: the effect of dermatan sulphate on human muscle cells. CSIRO Flagship Collaboration Fund \$100,000

PAPERS

Adams NE, Bowie AJ, Simmance N, Murray M, **Crowe TC**. *Recognition by medical and nursing professionals of malnutrition and risk of malnutrition in elderly hospitalised patients*. Nutr Diet 2008;65:144-50

Blasche, R, Worsley, A, **Lawrence M**. *The effects of an apparent breach of therapeutic regulations on consumers: the Pan Pharmaceuticals recall*. Critical Public Health, 18;3: 367-379.

Jayasooriya AP, Mathai ML, Walker LL, Begg DP, Denton DA, **Cameron-Smith D**, Egan GF, McKinley MJ, Rodger PD, **SinclairAJ**, Wark JD, Weisinger HS, Jois M, Weisinger RS. *Mice lacking angiotensin-converting enzyme have increased energy expenditure, with reduced fat mass and improved glucose clearance*. Proc NatlAcadSci U S A. 2008 May 6;105(18):6531-6.

Larsen AE, **Cameron-Smith D**, **Crowe TC**. *Conjugated linoleic acid suppresses myogenic gene expression in a model of human muscle cell inflammation*. J Nutr 2008;138:12-16

Lowe MR, Tappe KA, Annunziato RA, **Riddell LJ**, Coletta MC, Crerand CE, Didie ER, Ochner CN, McKinney S. *The effect of training in reduced energy density eating and food self-monitoring accuracy on weight loss maintenance*. Obesity 2008; 16: 2016-2023

Morley B, Chapman K, Mehta K, King L, **Swinburn B**, Wakefield M. *Parental awareness and attitudes about food advertising to children on Australian television*. Aust N S J Public Health ;32(4):341-7.

Sacks G, **Swinburn, B**, & **Lawrence, M**. *Obesity Policy Action framework and analysis grids for a comprehensive policy approach to reducing obesity*. Obesity Reviews 26 August 2008.

Deakin University would like to extend an invitation to all our former students and staff to become members of the online Deakin University Alumni Community. Go to www.deakin.edu.au/alumni to register your free membership application. Once you are registered you can take advantage of the many benefits available to our Alumni members. A list of the benefits are available at www.deakin.edu.au/alumni