



*Summit Breakout sessions*

## First International Summit on Medical Nutrition Education and Research

This 1st Annual summit was organised by the NNEdPro Global Innovation Panel in August 2015, at the University of Cambridge. Professor Caryl Nowson spoke about the scarcity of nutrition education within medical schools. She showcased the Web-based Nutrition Competency Implementation Toolkit ([WNCIT](#)).

Speakers came from seven countries, and the summit successfully brought together experts from across the globe to strengthen and promote international initiatives and exchange knowledge on medical nutrition education and research. Sessions focused on the importance of Nutrition Research remaining well connected with Nutrition Education as well as the need for Research into the effectiveness of Nutrition Education.

The NNEdPro Group in Cambridge UK is hosting the 2nd International Summit in Medical Nutrition Education and Research on 17th and 18th June 2016, as well as a Cambridge Summer School and Certificate Course in Applied Human Nutrition from 20th to 24th June 2016, both based at Wolfson College, University of Cambridge. For more information go to: [www.nnedpro.org.uk](http://www.nnedpro.org.uk).

## Australian and New Zealand Association for Health Professional Educators (ANZAHPE), Perth, March 19-23rd 2016

Caryl Nowson, along with Sumantra Ray (NNEdPro UK), will be giving an oral presentation “Nutrition Competencies in Medical Education: An International Initiative”. There is also a workshop programmed for the same day entitled: “Embedding Nutrition into Health Education: Strategies and Directions”. The workshop will be presented by Caryl Nowson, Sumantra Ray, Pauline Douglas, Lauren Ball, Jennifer Crowley, Robyn Perslstein and Gina Ambrosini.

The workshop entitled: “Embedding Nutrition into Health Education: Strategies and Directions” aims to develop a set of priorities for the Australia and New Zealand NNEdPro Network, and collate ideas from educators and University stakeholders interested in developing nutrition teaching and curriculum initiatives in medical education, allied health and nursing.



**ANZAHPE**

Australian & New Zealand  
Association for Health  
Professional Educators



## GP further education

Jennifer Crowley was awarded her PhD in nutrition in general practice (GP) and medical education in December 2015. Based on the findings related to GP nutrition knowledge, confidence and skills, Jennifer has been preparing nutrition modules, podcasts and webinars for GPs' continuing medical education (CME). The topics include: macronutrients, selected micronutrients, cardiovascular disease, type 2 diabetes, vegetarianism and weight loss.

To prepare these resources, Jennifer received a grant from Good Fellow Unit, an independent dedicated, education unit which offers continuing medical education services to general practitioners, nurses and other health professionals in primary health care.

General practitioners who successfully complete any part of the nutrition CME package are eligible for credits towards their annual maintenance of professional standards (MOPS) program.

Deakin University is commencing work with Jennifer to jointly produce nutrition related GP continuing education content for use in Australia. For further information contact Jennifer:

[jennifercrowley099@gmail.com](mailto:jennifercrowley099@gmail.com)



## Food Labelling Team Based Learning Activity

Originally conceived during the WNCIT project, this early years team based learning exemplar has continued to evolve. After the initial pilot of this one hour session in 2014, it was realised, through student and teaching staff feedback at Deakin Medical School that much more work was needed to make this an exemplar worthy of being shared with other universities.

Revised and then re piloted and evaluated with a much smaller

group in early 2015 (ten first year Deakin University medical students), this TBL has been developed to run alongside course content on the Australian Dietary Guidelines and consumer food choices. It covers the background to food labelling laws in Australia, pluses and minuses of different consumer education systems, and then focuses on the current system in Australia – the Star Rating programme. Students work in groups and use the criteria from this current system to estimate star

ratings of a number of regularly eaten food products. This creates discussion around appropriateness of these systems for consumers as well as the influences that shape individual food choices.

For further information contact Robyn:

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**Our Promise:** If you are not 100% satisfied, let us know and we will happily give you a full refund or replacement.

**NUTRITION INFORMATION:**

	Quantity Per serving	% Daily Intake* Per serving	Quantity Per 100g
Energy	16kJ (4Cal)	0.2%	326kJ (78Cal)
Protein	<1.0g		1.3g
Fat, total	<1.0g		6.1g
- saturated	<1.0g		0.8g
Carbohydrate	1.0g		3.8g
- sugars	<1.0g		3.8g
Sodium	49mg		972mg

Note: The above values relate to uncooked product. All values are considered averages unless otherwise indicated.  
\* Percentage Daily Intakes are based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.

**coles Market Place**  
**Australian Hot Chilli Paste**  
140g NET

**Ingredients:** Chilli Puree (96%), Olive Oil, Salt, Food Acid (330)

**Storage:** Refrigerate after opening and use within 1 month.

**Information:** Product of Australia  
Coles is a trade mark of Coles Supermarkets Australia Pty Ltd.  
800 Toorak Road, Hawthorn East, Vic 3123.  
Free Call 1800 061 562 [www.coles.com.au](http://www.coles.com.au)

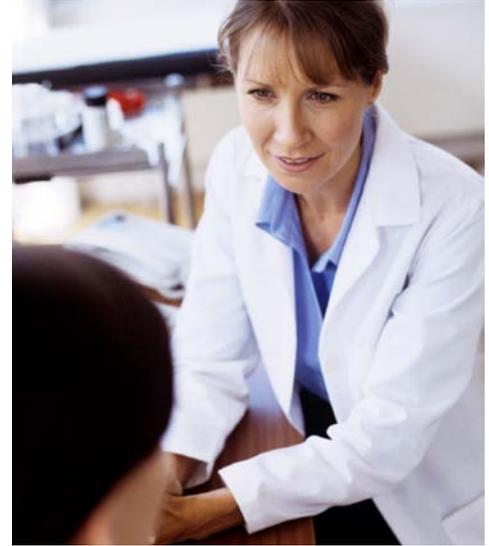
ENERGY 16kJ DI\* 0.2%  
PER 5g SERVE  
BEST BEFORE: SEE TOP OF PACK

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## The Need for Nutrition Education/Innovation Programme (NNEdPro ANZ) Network in Australia and New Zealand

Linking with international initiatives to embed nutrition into medical, nursing and allied health training has led to the development of the ANZ NNEdPro Network (The Need for Nutrition Education /Innovation Program network in Australia and New Zealand). The aim of the ANZ NNEdPro Network is to strengthen the nutrition education and competence of medical and healthcare professionals in Australia and New Zealand through innovation in research, resource development and delivery and was formed in January 2016. The structure and membership of the steering committee is outlined below. The ANZ NNEdPro Network will have documented priorities for each year, and will officially be launched in March 2016 at the ANZAHPE conference in Perth, Australia.



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NNEdPro based at Cambridge University undertakes continuing nutrition education needs assessment relating to medicine/healthcare to develop, deliver and evaluate a range of innovative education and training interventions/packages with particular emphasis on effective delivery methods and healthcare impact. NNEdPro spans the United Kingdom, Republic of Ireland, United States of America, Canada, Europe, India and now Australia and New Zealand. Overall, the inter-related aims of NNEdPro activity are:

- Delivery of Medical/Healthcare Nutrition Education
- Research into Medical/Healthcare Nutrition Education
- Nutrition Research for Translation to Medical/Healthcare Education
- Building Capacity and Policy Impact in Medical/Healthcare Nutrition for Practitioners, Researchers and Educators

For further information go to:  
[www.nnedpro.org.uk](http://www.nnedpro.org.uk)

The ANZ NNEdPro Network steering committee brief is to:

1. Oversee the activities of the ANZ NNEdPro Network in accordance with its aim
2. Provide guidance, support and strategic direction to help the ANZ NNEdPro Network meet its aim
3. Advocate support for ANZ NNEdPro Network activities within the institutions/associations they represent and other relevant stakeholders

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One of the first activities will be to set priorities during the workshop 'Embedding Nutrition into Health Education: Strategies and Directions' at the ANZAHPE 2016 conference in Perth. This workshop aims to welcome interested medical practitioners, nurses, allied health professionals, educators and curriculum designers to the ANZ NNEdPro Network, generate important ideas about the priorities for the Network, and discuss strategies to achieve its goals.

### ANZ NNEdPro Steering Committee Membership (2015 -2018)

**Dr Sumantra Ray (Ex-Officio Co-Chair)** NNEdPro Founder-Chairman and Programme Director; Strategic Development Lead, Cambridge, England. Sumantra (Shumone) Ray is a Licensed Medical Doctor as well as a Registered Nutritionist (Public Health), with special interests in Cardiovascular Disease Prevention and Medical Nutrition Education. United Kingdom.

**Dr Lauren Ball (Executive Co-Chair)** Network Lead for Australia and New Zealand. NHMRC Early Career Research Fellow. Lauren is an Australian National Health and Medical Research Council Early Career Research Fellow, Accredited Practising Dietitian and Lecturer in Nutrition & Dietetics at Griffith University, NSW, Australia.

**Professor Caryl Nowson (Senior Advisor)** Member of the 2016 Faculty and Summit Advisory Committee; Member of the Centre for Physical Chair of Nutrition and Ageing, Deakin University, Victoria, Australia.

**A/Prof Clare Wall (Senior Advisor)** Member of the 2016 Faculty and Summit Advisory Committee; Associate Professor Nutrition, Faculty of Medical and Health Sciences, Auckland University, Auckland, New Zealand.

**Robyn Perlstein** ANZ Steering Committee Member; Accredited Practising Dietitian; School of Exercise and Nutrition, Deakin University, Victoria, Australia.

**A/Prof Eleanor Beck** ANZ Steering Committee Member; School of Medicine, university of Wollongong, NSW, Australia.

**Dr Elizabeth Sturgiss** ANZ Steering Committee; Academic Unit of General Practice, Australian National University, Canberra, Australia.

#### **Rosalind Morland**

Nutritionist/ Dietitian, Capital Health Network, Canberra, ACT, Australia.

**Dr Nicola Campbell** Junior doctor in rural Queensland; National Chair of the General Practice Student Network, Queensland, Australia.

**Dr Jennifer Crowley** Research Fellow, The University of Auckland; Deputy Network Lead for Australia and New Zealand. Auckland, New Zealand.

## Professor Caryl Nowson to visit the UK in May 2016



Caryl will be taking study leave for 3 months in the United Kingdom in 2016. She will spend the month of May at Queen Mary, University of London, Wolfson Institute of Preventive Medicine, Centre for Environmental and Preventive Medicine. Most of her time in June will be at the Medical Research Council (MRC) Human Nutrition Research (HNR), Cambridge working with Dr Sumantra Ray and the team at The Need for Nutrition Education/Innovation Programme (NNEdPro) where she will contribute to the 2nd International Summit in Medical Nutrition Education and Related Research (17th – 19th June) and the Cambridge Summer School in Nutrition & Research Methods. She will spend July at the MRC Life course Epidemiology Unit, University of Southampton. We expect many great collaborations and fruitful outcomes from this trip.

### Submission of manuscript to “Public Health”

NNEdPro will be hosting a Special Issue in *Public Health!* *Public Health* is an international, multidisciplinary peer-reviewed journal. <https://www.rsph.org.uk/en/membership/publications/public-health/index.cfm>

This Special Issue will take a life-course approach to nutrition education within the context of public health. The importance of nutrition education will be highlighted through examples from school-aged children, adults and older adults living in the community or care setting. The Special Issue will be unique due to the focus on medical nutrition education and will be published in August 2016. (Closing date for submissions April 1<sup>st</sup> 2016).

A manuscript for submission has been drafted: “Medical students’ perceptions of the importance of nutritional knowledge and confidence in nutrition practice.” Perlstein R, McCoombe S, Shaw C, Nowson C.



#### THE NEED FOR NUTRITION EDUCATION / INNOVATION PROGRAMME

Laying the foundations of nutrition  
knowledge relevant to clinical and public  
health practice



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## Further incorporation of nutrition at Deakin University Medical School: 2015- 2016

There have been many things happening in the school of Exercise and Nutrition, Deakin University regarding the incorporation of nutrition into the Deakin University medical school curriculum. This has taken time and effort (and persistence!). Here is a summary of these activities in 2015:



- 8 fully evaluated multi choice questions and 2 short answer questions were incorporated into first year medical examinations
- Caryl Nowson gave lectures to Year 1 medical students: two within the public health stream; one in the Knowledge of Health and Illness stream
- A food labelling team based learning activity was piloted with Year 1 students
- Three evening events were held with the Year 1 and 2 Medical students who have joined the medical students' nutrition interest group. Invited guest speakers covered topics including: pregnancy nutrition; fad diets and Type 1 diabetes and nutrition
- Participation in an innovative panel based learning activity on cancer cachexia (Year 1)
- Contributions to the update of problem based learning scenarios (Years 1 and 2)
- Assisting in the development of the ANZ NNEdPro network
- Surveys conducted on medical students' perceptions of the importance of nutritional knowledge and confidence in their nutrition practice and drafting of a manuscript on this subject

### Collaborations planned for 2016/17:

- Inclusion of further evaluated multi choice questions in Years 1 and 2 examinations
- Implementation of the well-developed team based learning activity around Food Labelling in September 2016
- Ongoing surveys to be conducted around medical students' nutritional knowledge and confidence in nutrition practice
- Two further manuscripts planned to be submitted to journals in 2016
- A review of the nutrition content in Objective Structured Clinical Examinations (OSCEs) in the Years 2-4 Deakin medical curriculum

## DO YOU HAVE ANYTHING TO SUBMIT OR HAVE ANY FEEDBACK?

If so, email Robyn on [robyn.perlstein@deakin.edu.au](mailto:robyn.perlstein@deakin.edu.au)

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