



March 2019

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## Web Based Nutrition Competency Implementation Toolkit (WNCIT) Newsletter

<http://www.deakin.edu.au/students/faculties/faculty-of-health/school-of-exercise-and-nutrition->

## DEAKIN UNIVERSITY NEWS...

Welcome to 2019. Sadly, Professor Caryl Nowson retired from her position at Deakin at the end of 2018 as the Chair of Nutrition and Ageing - this is a great loss to us all but she will still be working in this space. One big role she will be continuing with will be Associate Editor on official NNEdPro journal: BMJ Nutrition, Prevention and Health.  
<https://nutrition.bmj.com/>

Robyn is being employed 10 hours per week in 2019, funded jointly by Deakin University School of Medicine, and School of Exercise and Nutrition Sciences. She is now a member of the Public Health School of Medicine team which is a great step in the right direction. Dr Claire Margerison, from the Institute for Physical Activity and Nutrition (IPAN) at Deakin University has stepped in to provide support to Robyn in 2019. She is involved in research collaborations focusing on diet in the prevention of chronic disease, food and nutrition education, dietetic education, and food literacy.

Please do let us know what you are trying to achieve at your University so we can let others know via this newsletter.



## Ongoing Research: The Lifestyle Practices and Knowledge in Deakin University Medical, Exercise and Dietetic students

Last year one of the Deakin Nutrition students completed an honour's research project: Dietary Practices, Nutrition Knowledge and Physical Activity Habits of Medical (MS) and Dietetic Students (DS). This survey involved first year post graduate students. DS had a higher nutrition knowledge score and a greater proportion of DS knew the recommendations for fruit and vegetables. Fruit intake

recommendations were met by more DS (X%) than MS (X%) but low vegetable intakes were seen in both DS and MS (~. 25% students). The diet quality and adherence to Australian Dietary Guidelines was not significantly different between DS and MS, at around 40%. There was no difference in the proportion that met physical activity (PA) recommendations of >150minutes moderate PA/week (75%). This data provides useful information which will help to inform curriculum development and promote healthy lifestyle behaviours among medical students. We will undertake the same research this year but will also include first year post graduate Masters of Clinical Exercise Physiology students.

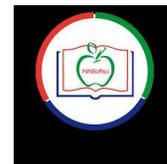
## The Australia & New Zealand Need for Nutrition Education / Innovation Programme (ANZNNEdPro)

Pre-Conference Workshop at Nutrition Society of Australia Scientific Meeting November 2018

### ADVOCACY, IMPLEMENTATION & APPLICATION: PROMOTING NUTRITION EDUCATION IN HEALTH PROFESSIONALS



THE NUTRITION SOCIETY  
OF AUSTRALIA (INC.)



This event was hosted by the Nutrition Society of Australia Canberra Group, in collaboration with the 42nd Annual Scientific Meeting. The aim was to share educators' experiences and ideas to improve nutrition education in health professional training.

Over 40 participants were given an overview of the NNEdPro Global Strategy and the role of Australia and New Zealand in the future, followed by fascinating presentations given by students and health care professionals. Some of the discussions included: where do we see doctors' roles in nutrition beginning and ending; the challenge of increasing nutrition in the clinical training years in medicine; increasing health care students opportunities to learn from other professions eg nursing students having placements alongside student dietitians; ensuring nutrition experts participate in the incorporation of nutrition curriculum change; ensure there is robust evaluation of any changes to curriculum undertaken; gather champions in universities such as Directors of Education / Curriculum development to promote nutrition competency incorporation in all health care courses.



Special presentations were made to Dr Jennifer Crowley and Dr Lauren Ball in recognition of their work as founding members of the ANZ NNEdPro Network. Jennifer was able to be there while Lauren accepted her award via video conferencing.



Visit <http://www.nnedpro.org.uk/aus-nz-regional-network/4592803426> for more information about the NNEdPro-GIP Network in Australia and New Zealand.

## NNEdPro

# Summer School in Applied Human Nutrition & International Summit on Medical Nutrition Education and Research 2019

## NNEdPro

### Cambridge Summer School in Applied Human Nutrition

*A comprehensive Foundation Certificate Course in  
Applied Human Nutrition for professionals  
interested in nutrition and its health applications*

5th – 9th July 2019  
Cambridge, UK



### NNEdPro Summer School

The NNEdPro Summer School is an excellent event for those working in medicine, other health disciplines or research (particularly related to nutrition) who need to improve their nutrition knowledge. The participants range from medical practitioners to laboratory scientists.

Dates: **5th – 9th July 2019**. For further information: <http://www.ice.cam.ac.uk/course/summer-school-applied-human-nutrition-international-summit-medical-nutrition-education-research>

### International Summit on Medical Nutrition Education and Research

The NNEdPro Summer School is followed by the 5<sup>th</sup> International NNEdPro Summit on Medical & Public Health Nutrition Education & Research on 11<sup>th</sup> July 2019. This is a leading annual international scientific meeting in Nutrition Research and Scientific Dialogue attracting delegates who are key opinion leaders in the field from all over the globe. The Summit will be held in close partnership with the official NNEdPro journal: BMJ Nutrition, Prevention and Health.

### Congress of the International Nutrigenetics & Nutrigenomics

Alongside the Summit, the NNEdPro Global Centre in Cambridge will also host the 13<sup>th</sup> Annual Congress of the International Society for Nutrigenetics and Nutrigenomics (ISNN) on 12<sup>th</sup> – 13<sup>th</sup> July 2019. It is the purpose of the ISNN Congress to increase the understanding of the role of genetic variation and individual dietary response, and the role of nutrients in gene expression (<http://www.nutritionandgenetics.org>). Main themes of the lectures will be nutrigenetics of food intake and genetic variants that control the interaction of the gut microbiome with bioactive food compounds.

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There will be an abstract competition for best contributions focused on these main themes. An intensive half-day training course for health care providers interested in using genetic information in their practice will be held on the 13<sup>th</sup> July. The Congress will be convened in conjunction with the University of Parma and its School of Advanced Studies in Food Sciences and Nutrition, a NNEdPro key strategic partner.



### **BMJ Nutrition, Prevention & Health**

BMJ Nutrition, Prevention & Health aims to present the best available evidence of the impact of nutrition and lifestyle factors on the health of individuals and populations. The journal presents robust research on the key determinants of health including the social, economic, and physical environment, as well as lifestyle and behaviour. It explores dietary factors, exercise and healthcare interventions and technologies, which aim to maintain and improve health and wellbeing and to prevent illness and injury.

This journal is published by BMJ Publishing Group Limited in association with the NNEdPro Global Centre for Nutrition and Health (Cambridge). See <https://nutrition.bmj.com/> for more information.

## **Deakin University Medical Students Interest Group**



Johanna Mousley (2018 NUTMED student rep) was a presenter at the ANZNNEdPro Pre-Conference Workshop, at the Nutrition Society of Australia Scientific Meeting in November last year. She gave her perspective on NUTMED as a student and the impact it has had on herself.

She highlighted the difficulties faced by NUTMED including ongoing funding; the availability of suitable (unpaid) speakers; high student representative turn over each year; and third / fourth year students being based away from the campus. Her involvement has allowed her to follow her passion for nutrition and the role it can have in chronic disease prevention and management. She saw firsthand the power students can have in changing medical curriculum- but that support is needed from higher curriculum planning bodies to maintain momentum. Other benefits were making many friends through NUTMED, as well as being able to network with other nutrition professionals, who so generously gave up their time to support the students.

We are also pleased that we are lucky to have identified four very keen second year AND two first year medical students to be NUTMED representatives in 2019. This will make a huge difference in attracting more first year students to come to our seminars! These reps are full of ideas and it looks like another great year in 2019. Some of the ideas the reps already want to discuss further include

the sustainability of the NUTMED group in the future (ongoing funding, as well as embedding the group into the infrastructure of the medical school), reducing costs of catering, funding students to attend NNEDPRO meetings, and widening the NUTMED group to reach other universities.

This is timely, as two months ago this video <https://vimeo.com/306987480> was posted on line by the UK medical student group, NUTRITANK who promote the incorporation of more nutrition in medical education. It really is worth watching and here are a few screen shots.....it is worth circulating, and note they have over 20 student groups over the UK.

