



August/ September 2019

Enquiries / submissions to:  
[robyn.perlstein@deakin.edu.au](mailto:robyn.perlstein@deakin.edu.au)

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

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

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

## DEAKIN UNIVERSITY NEWS...

## Deakin University Medical Students Interest Group



NutMed student representatives have been extremely busy (and just as enthusiastic as always) this year. There are four year two student representatives this year (Emma, Bevan, Amy and Leonie) and two from first year (Zach and Claudia). They have so far helped organize three speakers from a diverse range of nutrition fields, who presented on a wide range of student driven topics. A new initiative has been to involve two students from the Dietetic course at Deakin (Bek and Brittany) – they are not based on the same campus as the Medical students but have been providing a list of up to date resources for the medical students, relevant to the topic being discussed.

Month	Speaker	Topic
March	Tim Crowe, Dietitian, Melbourne	Debunking Diets
June	Dominic Condo, Dietitian, Deakin University	Sports Nutrition
July	Rebecca Lister, Eating Disorders Victoria Education Manager	Eating Disorders



In late September a speaker from the Food and Mood Centre will attend our next NutMed student session. We had a speaker from the Centre in previous years and this topic was really well received.

The good news this year is that we are now able to live stream the presentations - so that students in the clinical years (3 & 4) can tune in live to the presentation, or watch it at a later date. This opportunity is also being offered to the Deakin Dietetic students on the Burwood campus.

Other developments in this space have been the possibility of making NutMed a Student Association Group at Deakin. This would mean a nominal annual joining fee (even just \$1), but it would maintain longevity and provide additional funding, more structure and possibly more visibility for the group.

Please let me know if you know of any similar types of nutrition groups in other health related courses or have any suggestions to strengthen our group. Why not start one in your university? Contact Robyn Perlstein [robyn.perlstein@deakin.edu.au](mailto:robyn.perlstein@deakin.edu.au) for further information.

## Food and Mood Centre Discussions



Liaison between nutrition research groups within the same university often does not happen— often due to location and time constraints. The Deakin Food and Mood Centre (FMC) is involved in research that looks at the involvement of food and diet in the development and treatment of mental disorders. Recently Erik Martin (Deakin University School of Medicine) and Robyn Perlstein from (Exercise and Nutrition, Deakin University) met with staff (only a 10 minute drive away) at the Food and Mood Centre. The aim was to see what collaborative work there may be to undertake together, or at a minimum be more aware of the work each group was involved with.

Discussions were around projects both respective groups are undertaking. For example the FMC are developing Massive open online courses (MOOCS) for the public as well as health professionals and considering online webinars for medical students in the clinical years. We both overlap in our common goals and the FMC has a very strong commitment to the integration of nutrition into medical and health professional training. Check out their website for further information:

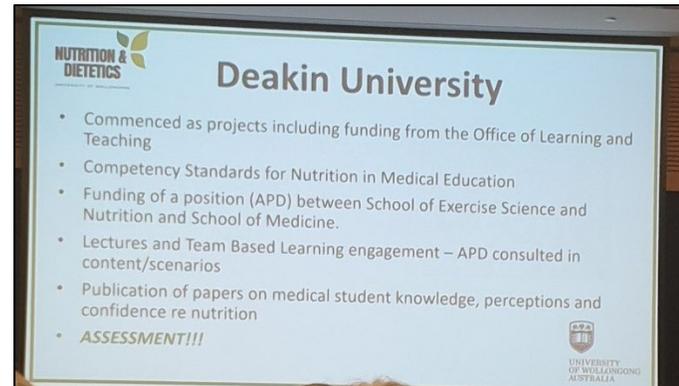
<https://foodandmoodcentre.com.au/>

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



## DAA Presentation 2019

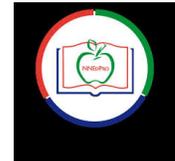
ANZ NNEDPRO were fortunate to be able to present at the DAA conference on the Gold Coast this month. The presentation was entitled “Dietitians as Nutrition Educators of Health Professionals” and Eleanor Beck from Wollongong University presented on behalf of ANZNNEdPro. The focus of the presentation was around the lack of representation of dietitians in medical education, the scarcity in the Australian Medical Council curriculum standards for medical education specific to nutrition, and an overview of what is currently being done by groups around Australia to work towards redressing these omissions.



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## Advance notice of the Pre-Conference Workshop at Nutrition Society of Australia Scientific Meeting, Newcastle, Monday 2<sup>nd</sup> December 2019

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



This event will be hosted by the Nutrition Society of Australia in collaboration with the 43rd Annual Scientific Meeting. It will be held at the University of Newcastle, NeW Space building (cnr Hunter St & Auckland St), Newcastle. The workshop will run from 0800-1230 (finishing time may be subject to change). Enquiries to: Eleanor Beck <[eleanor@uow.edu.au](mailto:eleanor@uow.edu.au)>

A major focus will be around nutrition competencies for all health professions, including:

*\*methodologies for the development of competency standards*

*\*examples from different professional organisations*

*\*current nutrition competency standards and strategies for updating and adoption*

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**  
**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 in Applied Human Nutrition & International Summit on Medical Nutrition Education and Research 2019

Each European Summer, the NNEdPro Global Centre for Nutrition and Health runs their flagship events of a **Summer School** and **Summit**. The Cambridge Summer School in Applied Nutrition, held in a Cambridge college each year, aims to upskill professionals in nutrition to ensure they can be that proficient in their work relating to whether a doctor, nurse or allied health professional, a scientist or an agronomist (or any other profession relevant to nutrition). The Summer School program includes a number of recognitions for continuing professional development with a range of societies. Graduates of the Summer School leave with a network of colleagues, mentors and improved knowledge, both theoretical and practical. Teachers or “Faculty” come from all corners of the globe and for those interested in learning more about the nutrition – especially in the beautiful surrounds of a University city, in the European Summer - the dates for 2020 are already set (12-16 July 2020). Put them in your diary.

The 5th International Summit on Medical Nutrition Education and Research (11<sup>th</sup> July 2019, Homerton College Cambridge) promoted the activities of NNEdPro members to a wider audience and established a collegial atmosphere to inspire others to duplicate helpful nutrition promotion and education activities across the globe, as well as provision of a forum for new ideas. This year, the program focused on data based decisions in food, nutrition and health systems and as such, provided a brilliant upskilling for all audience members. Experts from the NIH and WHO all presented on what professionals can do to improve global nutrition from individual, to group, to population level. Attendees walked away just a little more inspired that they can make a difference in this world. Summit 2020 (July 17) will focus on evaluation of global knowledge networks in the UN decade of Action on Nutrition, and will round out a great week in Cambridge for anyone able to attend.

For further details about this years’ summit visit  
<https://www.nnedpro.org.uk/summit-2019/4594488004> and

**NNEdPRO**  
**5th International Summit on Medical and Public  
 Health Nutrition Education and Research**  
**Closing the Gap: Data-based Decisions in Food, Nutrition and Health Systems**

**Scientific Poster Session**  
 Abstract submissions of original research are accepted by email to [info@nnedpro.org.uk](mailto:info@nnedpro.org.uk)  
 Max. 250 words | Email Subject Heading: Summit 2019 Poster Abstract | Deadline: 30th June 2019

**11th July 2019**  
 From 09:00 to 17:00  
 Followed by a mini-symposium and network reception  
**Homerton College**  
**University of Cambridge**  
 Hills Rd, Cambridge CB2 8PH

**Expert Presenters**  
 - Cambridge based, UK and International Speakers  
 - Bringing together networks from across 6 continents  
 - BMJ Nutrition, Prevention and Health nutrition.bmj.com  
 - Interactive sessions and much more  
**REGISTER NOW: <http://tiny.cc/w0st5y>**

**Global Essay Competition**  
 Solution-focused essay submissions of up to 1,500 words are invited from entrants of all backgrounds on the topic ‘Utilising the Sustainable Development Goals to curb malnutrition in all its forms by 2030’ and these should be emailed to [info@nnedpro.org.uk](mailto:info@nnedpro.org.uk) with the subject line ‘2019 Summit Essay Competition’ and the winning entries will present in Cambridge on 11th July 2019  
 Deadline: 30th June 2019

**Supporters:**

**Key Strategic Partners:** Ulster University • University of Parma • Imperial College London • University of Cambridge  
 The British Diabetic Association • The British Medical Journal • The Society for Nutrition Education and Behaviour  
 The Laboratory of the Government Chemist • Cambridge University Health Partners • Lord Riana Foundation Trust

## RACGP Grant for Griffith University

To further explore how GPs can provide meaningful nutrition advice to people with Type 2 Diabetes, Liz Sturgiss, Lauren Ball Sturgiss, Alexander Clark, Lauren Williams and Pallavi Prathivadi, have been awarded a Royal Australian College of General Practitioners (RACGP) and Diabetes Australia (DA) grant. Their project is entitled: "Improving Type 2 diabetes prevention and management in general practice: A realist evaluation of the 5As framework." The announcement has just been made as to who have received grants:

<https://www1.racgp.org.au/newsgp/racgp/working-to-further-general-practice-research>

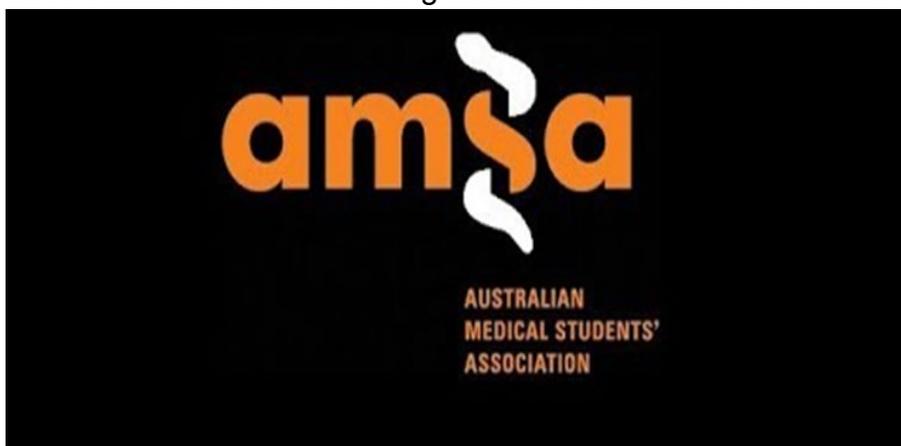


The 5As framework is a tool for organising the provision of preventive care in primary healthcare i.e. ASK, ASSESS, ADVISE/ AGREE, ASSIST, ARRANGE. Practitioners would use this in their discussions around smoking, nutrition, alcohol intake and physical activity to support their patients to change their risk. (RACGP: Smoking, nutrition, alcohol, physical activity (SNAP)-

<https://www.racgp.org.au/FSDEDEV/media/documents/Clinical%20Resources/Guidelines/SNAP-guideline.pdf>) Contact Lauren Ball for further information: [l.ball@griffith.edu.au](mailto:l.ball@griffith.edu.au)

## Australian Medical Students' Association (AMSA) Nutrition Education Survey

A fourth year Deakin medical student Genevieve Moseley (who was a former NutMed representative), is the Healthy Communities Co-ordinator for the Australian Medical Students Association (AMSA). As part of this role (along with others), she will be coordinating an online survey in medical schools around Australia. This will be to determine the perceived competencies of medical students to provide nutrition care, their preferred education strategies to learn more about nutrition and what barriers they have encountered surrounding nutrition education in their medical school. They have sought input



from staff at Universities that are trying to embed more nutrition in their medical courses such as Griffith Monash and Deakin Universities and the Burnett Institute. Contact Gen Moseley for further details:

[genevieve.moseley@amsa.org.au](mailto:genevieve.moseley@amsa.org.au)



## Skill-it Kitchen

Skill-it kitchen is a health student operated teaching kitchen at Deakin University. The mission is to educate future leaders in health care about the importance of food and nutrition for community wellbeing and environmental sustainability. This is seen as important to create lasting change by promoting healthy eating behaviour, social cohesion and an environmental conscience.

The aim is to engage health students in a social learning environment - by establishing a teaching kitchen which allows students from Allied Health disciplines to gather and collaborate on their favourite recipes. These sessions will run fortnightly from September and incorporate (regarding the most recent evidence for planetary health) largely plant-based recipes, created from locally sourced, sustainable produce.

Emphasis will be on the nutritional content of meals, the social aspects of food, as well as incorporating education around the environmental impacts of food waste, transport and packaging. The longer-term goals focus on reducing morbidity and mortality through a preventative, holistic approach to health.

The kitchen will run in a not-for-profit manner and costs will be distributed amongst the participants who will sit down and enjoy the meal at the end of each session. There is hope that this will foster collaborative approaches to nutritional, environmental and health challenges that our community currently faces. For further information contact Bevan Hirst: [bshirst@deakin.edu.au](mailto:bshirst@deakin.edu.au).

## Curriculum Mapping nutrition content in four chiropractic training programs

Adrian Repka is a PhD Candidate from Central Queensland University. He is developing an online questionnaire to be distributed to all of the four Chiropractic Colleges in Australia to determine the nutrition content of the curriculum. This

curriculum data will then be mapped against the Nutrition Competency Framework (NCF) (<https://bit.ly/2jY4TOd>) using the WNICT Curriculum Mapping Tool (<https://bit.ly/2ksMQQh>) with a view to informing each of the Colleges as to how their nutritional curriculum content compares to the NCF. The long term aim is to then work with each of the colleges to develop a nutritional training program which adequately trains chiropractors to deliver evidence-based nutritional recommendations to their patients in practice. For further information contact Adrian Repka - [adrian.repka@cquemail.com](mailto:adrian.repka@cquemail.com)

