

Media Release

Chiefs of Staff, News Directors

Wednesday 26 November 2014

Why do we choose unhealthy food? NZ nutrition expert shares latest research at Hobart conference

The University of Tasmania is a major presenter at the 38th National Conference of the Nutrition Society of Australia, which has attracted nearly 300 delegates from around the country to Hobart this week.

With the theme *Nutrition: challenges and opportunities*, the event, which started on Monday, is underway at the Hotel Grand Chancellor, Hobart, until Friday, November 28 and it will feature local, national and international guest speakers, professional development workshops and business meetings, as well as a series of pre-conference events starting on Monday, November 24.

Today from 11.30am Professor Boyd Swinburn of the University of Auckland, New Zealand, will present the latest research on how health and nutrition claims can sway food choices, and he will explore the factors that influence consumer choices between healthy and unhealthy foods.

It's the first time the conference has been held in Tasmania since 2003 and a diverse range of topics is on the agenda, including weight loss and maintenance, food safety and security, diet and cancer, health and nutrition claims on food labels, calcium and heart disease and 'new' foods from plants and animals.

Tomorrow there will also be a lecture to honour former University of Tasmania Menzies Institute for Medical Research researcher Dr Trevor Beard, who died in 2010.

Dr Beard was famous for his work around salt control, but was also recognised for his work, while a GP in Tasmania in the 1960s, in spearheading a successful campaign to eliminate human hydatid disease.

The lecture is free to the public and will be presented by former colleague of Dr Beard and retired senior lecturer from the University of Tasmania, Dr David Woodward.

Some of the key presentations from the conference are available to watch live or after the event through Livestream go to <http://new.livestream.com/ottofilm/NSA2014Hobart>

TODAY

Professor Boyd Swinburn of the University of Auckland, NZ (presentation)

Do health and nutrition claims facilitate healthy food choices? A look at factors that may influence consumer choices between healthy and unhealthy foods.

WHEN: November 26, 11.30am-1pm

WHERE: Grand Ballroom, Hotel Grand Chancellor.

TOMORROW

Lecture to honour Dr Trevor Beard by Dr David Woodward, former colleague of Dr Beard and retired senior lecturer from the University of Tasmania

WHEN: November 27, 11-11.30am

WHERE: Grand Ballroom, Hotel Grand Chancellor

Dairy Australia lecture by Professor Connie Weaver, Purdue University, USA

Is there a calcium controversy? Do calcium recommendations aimed at protecting against osteoporosis promote cardiovascular disease?

WHEN: November 27, 11.30-12.30am

WHERE: Grand Ballroom, Hotel Grand Chancellor

FRIDAY

Dr Alan Yen, Environment & Primary Industries department, LaTrobe University, Victoria

Will insects solve world hunger? There are several cultural and health barriers to the acceptance of insects as food, but in terms of suitability as human food, insects are no different from other animals according to Dr Yen.

WHEN: November 28, 8.15-10.15am

WHERE: Grand Ballroom, Hotel Grand Chancellor

For the full program and detailed information go to <http://www.2014nsaasm.com.au/>

Information released by:

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