

Media Release

Chiefs of Staff, News Directors

Wednesday 19 November 2014

Health and nutrition experts from around the world to share latest research

The University of Tasmania will host the 38th National Conference of the Nutrition Society of Australia, which has attracted nearly 300 delegates from around the country and overseas.

With the theme “Nutrition: challenges and opportunities,” the event will be held at the Hotel Grand Chancellor, Hobart, on November 26, 27 and 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 24 November**.

It is 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.

During the conference 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 will be presented by former colleague of Dr Beard and retired senior lecturer from the University of Tasmania, Dr David Woodward.

University of Tasmania Research Fellow with the School of Health Sciences, Dr Kiran Ahuja, is Chair of the organising committee and she said that the conference will be a wonderful opportunity for University of Tasmania staff and students to showcase human and animal nutrition research being conducted in the Faculty of Health, Institute of Marine and Antarctic Studies (IMAS) and Menzies Institute for Medical Research.

Professor Tom McMeekin, Tasmanian Australian of the Year 2014, will present the opening address.

“Although modern electronic communications allow information to flow freely across Bass Strait, and indeed around the world, there are still advantages to conducting a face-to-face

meeting where Tasmanian delegates can attend presentations by national and world authorities and ask questions,” she said.

“The University is proud to be a part of this exchange of information and while it is very much a professional body event, the general public will have an opportunity to be involved through the free public lecture on November 25 (6pm onwards) and everyday key presentations will be available to watch live or after the event through Livestream.”

To view the presentations on Livestream, please visit <http://new.livestream.com/ottofilm/NSA2014Hobart>

Conference highlights

Free public lecture: Professor Les Cleland, Director Rheumatology, Royal Adelaide Hospital, South Australia

Prof. Cleland will talk about the benefits of taking fish oil for pain and inflammation such as with rheumatoid arthritis and the cardiovascular benefits of long chain omega-3 fatty acids found in fish and fish oil.

WHEN: November 25, 6pm-7.30pm

WHERE: University of Tasmania Medical Science precinct building, cnr Campbell and Liverpool Sts, Hobart.

REGISTRATIONS at <http://www.events.utas.edu.au/2014/november/omega-3-health-benefits-pain-and-inflammation>

Professor James Hill of Colorado University, USA (presentation)

Do small changes make a big difference? Insights into weight loss maintenance research.

WHEN: November 26, 7am-8.10am

WHERE: Grand Ballroom, Hotel Grand Chancellor

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.

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

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 please visit <http://www.2014nsaasm.com.au/>

To organise an interview with key presenters or organisers please contact University of Tasmania media and communications officer Lana Best on 6324 5019.

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