

NUT-SOC-NAT-NEWS

Vol 11, No 20 (25 May 2015)



NUT-SOC-NAT-NEWS is the members' newsletter of the Nutrition Society of Australia.

Newsletter deadlines

The deadlines for our next editions are:

No 21 - COB Fri 29 May

No 22 - COB Fri 5 Jun

Executive summary

NSA Webinars

~ Is a calorie a calorie? Prof Richard Mattes - recording available

~ Putting nutrition into meals - recording available

NSA regional group events

~ Tasmania group - Associations between lifestyle and mood, Dr Seanna Gall

~ Melbourne group - Prof Graham Burdge: Polyunsaturated fatty acids and epigenetics

~ Newcastle group reminder: The gut microbiome and nutrition

Non-NSA events

~ Dinner with a Scientist - debunking the myths of nutrition

Jobs

~ Lecturer/Senior Lecturer, Nutrition and Dietetics, Monash University

Miscellaneous

~ New book: Food and nutrition throughout life

NSA WEBINARS

Is a calorie a calorie? Professor Richard Mattes

NSA-Perth group and Nutrition Australia WA Division held a special May seminar featuring Richard Mattes, a Distinguished Professor of Nutrition at Purdue University, USA. Professor Mattes' research focuses on hunger and satiety, regulation of food intake in humans, food preferences, human cephalic phase taste and responses, and taste and smell. The seminar recording has been made available to NSA members [here](#).

Putting nutrition into meals

This successful event on 28 April, supported by DAA and the Primary Food Alliance and sponsored by Meat & Livestock Australia, included presentations from Professor David Raubenheimer, Professor Claire Collins, Professor Samir Samman, A/Professor Felice Jacka and Professor Caryl Nowson on a range of topics including nutrition education, translating food patterns into meals, a whole food approach to mental health, a holistic dietary approach to diabetes and meals for active aging. If you are interested in listening to the presentations, the recorded webinar is now available for NSA members only [here](#).

NSA REGIONAL GROUP EVENTS

NEW - Tasmania group

Bi-directional associations between healthy lifestyles and mood disorders in young adults: The Childhood Determinants of Adult Health Study

WHEN: Jun 3 (Wed), 1.00-2.00pm

WHERE: Various locations - click [here](#) for details

PRESENTER: Dr Seana Gall

We know that individual risk behaviours like smoking and physical activity have bi-directional associations with mood disorders. These risk behaviours rarely occur alone and unhealthy lifestyles, that is the co-occurrence of risk behaviours, are associated with an increased risk of mortality, cardiovascular disease and diabetes. Interestingly, there has been little examination of how overall lifestyle is related to mood disorders. This presentation will present new findings from an Australian longitudinal study called the Childhood Determinants of Adult Health study, examining the association between healthy lifestyles and mood disorders over a 5 year period. We found that people with healthier lifestyles had a greatly reduced incidence of new episodes of mood disorder but also that those with a mood disorder had worse trajectories of their lifestyle overtime. The results are important for

recognising the close links between physical and mental health, including the ways we manage these conditions. Dr Gall is a cardiovascular epidemiologist at the Menzies Institute for Medical Research at the University of Tasmania. She currently holds a National Heart Foundation of Australia Future Leader Fellowship.

NEW - The NSA Melbourne Group Presents Prof. Graham Burdge

Polyunsaturated fatty acids and epigenetics: a reciprocal relationship

WHEN: June 29 (Mon), 3.00-5.00pm

WHERE: Lecture theatre, Level 5, The Alfred Centre, 99 Commercial Road. Parking on-site (at a cost) & public transport access.

RSVP: By June 25th, to paul.lewandowski@deakin.edu.au

Prof. Burdge, Editor-in-Chief of the British Journal of Nutrition & the Journal of Nutritional Science, has expressed the goals of his visit to be, “share my group’s work and to meet as many people as possible to see if any links can be generated”. With Prof. Burdge’s spirit of collaboration in mind, other than his seminar, NSA Melbourne will host a lunch on June 28th (venue in Carlton TBA) to allow for more relaxed networking conversations with him. Prof. Burdge is also open to invitations to meet with Melbourne based research groups/present during his visit. If you would like to organize an activity involving Prof. Burdge and your research group or institution during his stay please contact Paul Lewandowski, paul.lewandowski@deakin.edu.au.

REMINDER - Newcastle group

The Gut Microbiome & Nutrition

WHEN: Jun 5 (Fri), 2.30- 5.00pm

WHERE: Caves Theatre, Hunter Medical Research Institute, New Lambton NSW

This first event of the year for the Newcastle group will feature the following presentations: ‘Investigating the role of the gut microbiome in respiratory diseases’ by Professor Phil Hansbro, ‘Exploring the relationships between diet, the gut system and metabolic health’ by Dr Yan Lam and ‘Our hungry microbiome: How best to feed our gut microbiota for optimal health?’ by Dr Jane Muir. Please click [here](#) for full program and registration details.

NON-NSA EVENTS

Non-NSA events are listed just once in the newsletter and a complete list of events can be seen on our [website](#).

Dinner with a Scientist: de-bunking the myths of nutrition

WHEN: Jun 4 (Thu), 6.00-9.00pm

WHERE: SAHMRI Auditorium, North Terrace, Adelaide

This event, organised as part of the Australian Scientific Medical Research (ASMR) week, provides an opportunity to hear from Australian nutrition experts and researchers and have questions answered. The event features keynote speaker Professor Maria Makrides and presentations by Dr Evangeline Mantzioris and Ms Pennie Taylor, with a Q&A panel session chaired by Dr Roger Yazbeck. Click [here](#) for more details.

JOBS

Items in this section are usually advertised once only, but the “ads” remain on our [website](#) until applications are closed.

Lecturer / Senior Lecturer Monash University

If you're after a rewarding career, Monash University can help make it happen. With leading academics and world-class resources, combined with a ranking in the top 100 universities worldwide, we offer all you need to build a brighter future. This post will be located at the "Be Active Sleep Eat" (BASE) facility - this facility houses multi-disciplinary research groups drawn from three schools. BASE contains an activity and fitness studio, a commercial kitchen, a 3 bed sleep lab, body composition equipment and biochemical processing facilities alongside clinical consulting suites for dietetics, sleep disorders and sports dietetics.

To be successful, you will have a Doctoral or Masters qualification or equivalent professional accreditation and experience in disciplines such as dietetics, physiology, exercise science, or sports science.

Further information available [here](#). Click [here](#) for details on how to apply. Contact: Professor Helen Truby, +61 39902 4261. Applications close Tuesday 16 June.

MISCELLANEOUS

Food & Nutrition Throughout Life

This evidence-based book, edited by Sharon Croxford, Catherine Itsiopoulos, Adrienne Forsyth, Regina Belski, Antonia Thodis, Sue Shepherd and Audrey Tierney, provides a comprehensive introduction to optimum nutrition across the lifespan with chapters from leading nutrition researchers and educators in Australia, New Zealand and Asia. Chapters

systematically examine the nutritional issues for individuals from preconception, pregnancy and breastfeeding through to adulthood and old age. The text features an overview of dietary patterns by age group based on national scientific survey data together with the latest recommendations for optimum nutrition to maintain well-being and address specific health concerns. The final section examines nutrition issues for specific populations including indigenous groups, sports people and the disadvantaged. Throughout the text key points are illustrated by case studies and the reader's knowledge is tested via quizzes and study questions. Read more [here](#).

NEWSLETTER GUIDELINES

Our newsletters are usually weekly, deadline COB Friday and day of publication usually Monday/Tuesday. Please e-mail items for the newsletter and website to us at nutsocnews@gmail.com.

News of NSA activities has priority. Other items (non-NSA events, jobs, nutrition-related news) are welcome and will be included where space allows: no charge is made for this service. Non-NSA items will only be included once. Ads for food-related products are not accepted. Items are edited to match "house style" and space – preferred length is 100-150 words. We do not include logos or attachments, but can provide links to websites and/or flyers.

Natalie Parletta, Newsletter Editor

Yasmine Probst, Assistant Editor