



Nutrition Society
of New Zealand

beyond nutrition

Kei tua i te kaitōtika

ANNUAL SCIENTIFIC CONFERENCE



28-29 November 2019

EASTERN INSTITUTE OF TECHNOLOGY, NAPIER

Postgraduate and Early Career Nutrition Conference, 27 November 2019

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2019 Programme

WEDNESDAY, 27 NOVEMBER

Early Career and Postgraduate Nutrition Conference (separate registration)

THURSDAY, 28 NOVEMBER

08.00–09.00 | Foyer

Registration and refreshments

09.00–09.15 | LT1

Welcome and housekeeping

Session 1: Nutrition and cognition/mental health 9.15–10.45 | LT1

9.15–10.00 Dr Ian Zajac

Nutrition and cognition

10.00–10.45 Kate Berridge

Weight stigma

10.45–11.15 | Foyer

Morning tea and attended posters

Session 1: Option A Maternal Nutrition 11.15–12.15 | LT1

11.15–11.35 Dr Sarah Gerritsen

Review and Update of the Maternal (Pregnant and Breastfeeding Women), Infant and Toddler Dietary Guidelines

11.35–11.55 Dr Louise Brough

Iron status of postpartum women 6 months after delivery.

11.55–12.15 Komal Manerkar

Effect of maternal gestational diabetes on infant feeding and growth

Session 1: Option B Nutrition and Mental Health 11.15–12.15 | LT2

11.15–11.35 Hajar Mazahery

Inflammation (IL-1 β) modifies the effect of vitamin D and omega-3 long chain polyunsaturated fatty acids on core symptoms of Autism Spectrum Disorder

11.35–11.55 Jennifer Brenton-Peters

Self-compassion in weight management: A systematic review

11.55–12.15 Sara Lake

The BaSE Study: A Grounded Theory of Constructing Success for Bariatric Patients

Promoting ourselves as Registered Nutritionists | LT1 12.20–12.50 | Olivia Deadman

12.50–13.50 | Foyer

Lunch - Sponsored by SunRice

12.50–13.50 | LT1

Lunch Meeting for Registered Nutritionists

Session 2: Nutrition in Practice 13.50–15.10 | LT1

13.50–14.30 Dr Mikki Williden

Low carbohydrate diets for athletes

14.30–15.10 Associate Professor Anne-Louise Heath

Baby led weaning

15.10–15.30 | Foyer

Afternoon refreshments

Session 2: Option A Nutrition in Practice 15.30–16.50 | LT1

15.30–15.50 Jade Winter

Knowledge of Low Energy Availability, Relative Energy Deficiency in Sport and the Female Athlete Triad amongst female athletes and active individuals

15.50–16.10 Dr Suman Mishra

Timing of fruit ingestion and blood glucose response

16.10–16.30 Julie North

Awareness and understanding amongst New Zealand health professionals of venison in a healthy diet

16.30–16.50 Jeanette Rapson

The development of a psychometrically valid and reliable questionnaire to assess the nutrition knowledge of early childhood education teachers.

Session 2: Option B Gut Health 15.30–16.50 | LT2

15.30–15.50 Dr Alison Wallace

The effect of Sungold kiwifruit (*Actinidia chinensis* var *chinensis*) on gut health function: a randomised crossover clinical trial

15.50–16.10 Lillian Ilesanmi-Oyelere

Functional associations between gut microbiome and bone health status in post-menopausal women: a cross-sectional study

16.10–16.30 Dr Sarah Eady

The effect of Zespri Sungold Kiwifruit and skin on immune function and gastrointestinal health

16.30–16.50 Hannah Morton

Inflammatory Bowel Disease, are symptoms and diet linked?

16.50 – 17.00

Break/free time

Muriel Bell Lecture by Professor Jane Coad 17.00 – 18.00 | LT1

Nutrition in New Zealand: can the past offer lessons for the present and guidance for the future?

18.30 | The Urban Winery, Ahuriri

Conference social (Transport provided)

FRIDAY, 29 NOVEMBER

Session 3: Sustainability

8:30–10:00 | LT1

8.30–9.15 Professor Jeremy Hill

Food sustainability

9.15–10.00 Associate Professor Miranda Miroso

Food waste

Session 3: Option A The Food Supply and Food Intakes

10:05–10:45 | LT1

10.05 – 10.25 Michelle Gibbs

Predicting the impact of mandatory folic acid fortification on neural tube defects in New Zealand

10.25 – 10.45 Dr Sally Mackay

Is the Health Star Rating being selectively displayed on healthier packaged foods?

10.45–11.15 | Foyer

Morning refreshments and attended posters

11.15–11.35 Jacqueline Finlayson

Iodine intake and status of mid-life women in Auckland, with low bread intakes

11.35–11.55 Professor Elaine Rush

Who is eating their veggies?

11.55–12.15 Dr Shabnam Jalili-Moghaddam

Early detection of risk for type 2 diabetes and sugary drinks intake

12.15–12.35 Issac Amoah

Beyond nutrition: From conceptualization to development – A case study of a bread

Session 3: Option B Older Adults

10:05–10:45 | LT2

10.05–10.25 Associate Professor Carol Wham

Fluid intake from water predicts the hydration status of older hospitalised adults

10.25–10.45 Anne Hiol

Body composition and associations with muscle strength in older adults living in Auckland

10.45 – 11.15 | Foyer

Morning refreshments and attended posters

11.15–11.35 Luke Stanaway

Effects of chronic supplementation with nitrate-rich beetroot juice on cardiovascular responses in healthy adults.

11.35–11.55 Associate Professor Carol Wham

Protein intake, distribution and food sources in adults of advanced age: Life and Living in Advanced Age: A Cohort Study in NZ (LiLACS NZ)

11.55–12.15 Dr Patricia Lucas

Active older adults recollections of childhood foods in NZ.

12.15–12.35 Karen Mumme

Dietary patterns and associations with socio-demographic factors in older New Zealand adults: the REACH study

12.40 – 13.40 | Foyer

Lunch

12.40 – 13.40 | LT1

Nutrition Society of New Zealand AGM

Session 4: Cultural Health

13:45–14:15 | LT1

Professor David Tipene-Leach

In praise of the boil-up: Getting beyond nutrition

Session 4: Option A Pacific Cultural Competency

Workshop

14:15–15:35 | LT1

Takui Langi & Sue Pirrit

Session 4: Option B Cultural Health

14:15–16:15 | LT2

14.15–14.35 Tina Buch

Improving our responsiveness for Māori: Insights from whānau and early learning services on improving kai and physical activity

14.35–14.55 Lisa Wynter

Multi-disciplinary interventions for children and adolescents with obesity: the Whānau Pakari experience.

14.55–15.15 Supriti Basnyat

Dietary acculturation of Nepalese women in Aotearoa, New Zealand

15.15–15.35 Chris Vogliano

Can leveraging agrobiodiverse food systems help reverse the rise of malnutrition in Pacific Small Island Developing States (PSIDS)?

Closing remarks and awards

15:45 – 16:15 | LT1

Associate Professor Pamela von Hurst, Nutrition Society of New Zealand President

SATURDAY, 30 NOVEMBER

Dietitians NZ Sustainability Roadshow at Bostock's Organic Chicken, Napier from 9am – 3pm. To register visit www.dietitians.org.nz



Dr Ian Zajac

**PSYCHOLOGIST AND
SENIOR RESEARCHER AT CSIRO**

Topic: Nutrition and Cognition

Ian is a Research Scientist within the Nutrition and Health research program at the CSIRO in Australia. He is also a registered Psychologist working in private practice, thus maintaining a dual research/clinical role.

Ian's research projects relate to the development and substantiation of nutritional and dietary interventions for health benefits, with a particular focus on human cognitive function and Psychological wellbeing. Ian's research has involved large-scale clinical substantiation trials in all age groups (including young children and the elderly) and also individuals with chronic disease (e.g., Diabetes).

Recent projects have explored nutrient-enriched dairy products, D and B-group vitamins, caloric-restriction patterns and weight-loss interventions on cognitive function, fatigue and mood. In addition to this, Ian has a track record in the area of preventive health behaviours (e.g., cancer screening) and has worked collaboratively with Government and other organisations to translate research into practice to improve health outcomes. Current work in this area includes exploring the utility of wearable technologies in a mental health context, as well as improving the identification of mental health difficulties in at-risk groups, including men.

With thanks to the Maurice and Phyllis Paykel Trust for supporting Dr Zajac to come to New Zealand.



Kate Berridge

**RNCP, BHSC, MN (HONS) FOUNDER
AND DIRECTOR OF BEYOND OBESITY**

Topic: Weight Stigma

Kate is the founder and director of Beyond Obesity which aims to reframe the way obesity is viewed, and in particular, how it intersects with health and healthcare.

Through her Master's, research and clinical practice Kate has developed a deep perception of how weight related stigma and bias impacts physical and mental health.

Obesity is not the choice it is assumed to be, and self-care is not intuitive in our current obesogenic environment.

Her workshops and presentations provide the fundamentals of how to develop self-care strategies for patients and providers alike.



Olivia Deadman

**REGISTERED NUTRITIONIST
AND ACCOUNT DIRECTOR AT GOODE PR**

Topic: Promoting Nutrition – the individual, the profession and the science

Olivia Deadman is a Registered Nutritionist specialising in food and nutrition communications. She has more than ten years' experience in the nutrition industry, including five years as a private nutrition consultant.

More recently, she has worked in public relations with a focus on food and health promotion and is currently employed at leading consumer PR consultancy, Goode PR.

As a founding member of the NZ Nutrition Society's Working Group, Olivia is passionate about enhancing the public perception and reputation of Registered Nutritionists and communicating the value of nutrition professionals and nutrition science.

Olivia believes that finding our voice as individuals and as an industry is essential for a positive future for nutrition in New Zealand.



Dr Mikki Williden, PhD

REGISTERED NUTRITIONIST

Topic: Low carbohydrate diets for athletes

Mikki Williden, PhD, is a registered nutritionist with postgraduate degrees in nutrition and public health, and a physical education degree. She lectures and conducts research at Unitec Institute of Technology, has a private nutrition clinic, an online nutrition coaching business and is a regular contributor to digital and print media. She co-hosts a weekly endurance sport podcast called 'Fitter Radio' and has worked with some notable NZ'ers at helping them achieve their nutrition-related goals, including Nigel Latta (on 'The Sugar' episode) and Simon Gault (on the documentary series 'Why are we Fat?'). In her downtime, she loves to run on both roads and trails, drink coffee, listen to music and potter in the kitchen.



Associate Professor Anne-Louise Heath

**DEPARTMENT OF HUMAN NUTRITION
AT THE UNIVERSITY OF OTAGO**

Topic: Dietary interventions

Anne-Louise is currently an Associate Professor in the Department of Human Nutrition at the University of Otago, New Zealand. Her areas of research interest are infant nutrition, iron nutrition, and the use of food-based strategies to improve nutritional status and health.

Anne-Louise is also Co-Principal Investigator for the Health Research Council funded First Foods New Zealand study investigating the impact of baby food pouches and baby-led weaning on iron deficiency, growth, choking and dental health in infants; and an Investigator for the Prevention of Overweight in Infancy (POI) study - a large randomised controlled trial of the effects of infant diet and sleep on growth.

Recent projects include; the Baby-Led Introduction to SolidS (BLISS) study investigating the benefits and possible risks of a baby-led approach to complementary feeding (a modified version of Baby-Led Weaning).

Along with "A Good Night's Sleep" investigating the influence of alterations in the gut microbiota on infant sleep, and the Toddler Food Study investigating the efficacy of dietary interventions for preventing the development of iron and other micronutrient deficiencies in toddlers.



Professor Jeremy Hill

CHIEF SCIENCE AND TECHNOLOGY OFFICER FONTERRA COOPERATIVE GROUP AND PROFESSOR, SUSTAINABLE NUTRITION, RIDDET INSTITUTE, MASSEY UNIVERSITY

Topic: Sustainable Nutrition

Jeremy has worked for Fonterra and its predecessor companies for over 30 years, the last 12 as Fonterra's Chief Science and Technology Officer.

He has a PhD in biochemistry, is an Honorary Research Fellow and Adjunct Professor at Massey University, sits on the Editorial Board of the International Journal of Dairy Technology and has published over 100 papers and authored four families of patents on various aspects of dairy science and technology. One family of patents has been used to create the A2 Milk Company™ with a current market capitalisation of over NZ\$12 billion.

Between 2012-2016 he served as President and Chairman of the Board of the International Dairy Federation (IDF), the peak body for the global dairy sector. In October 2016 on behalf of the IDF he co-signed the Dairy Declaration of Rotterdam with the Food and Agricultural Organisation of the United Nations recognising the critical role of dairy in sustainable development.

Jeremy is a past Governor of the Dairy Sustainability Framework and chaired the Framework's Advisory Board. He currently sits on the Board of the Pastoral Greenhouse Gas Research Consortium and the Industry Advisory Panel to the High Value Nutrition National Science Challenge.



Associate Professor Miranda Miroso

CONSUMER FOOD SCIENTIST, DEPARTMENT OF FOOD SCIENCE AT THE UNIVERSITY OF OTAGO

Topic: Food Waste

Miranda is a Consumer Food Scientist with a background in agri-food marketing and consumer behaviour.

She conducts consumer insights and strategic marketing communications-type work for the NZ food and beverage industry. She is most passionate about her work on waste.

Miranda has represented NZ on the committee of a multi-year APEC project "Strengthening Public-Private Partnership to Reduce Food Losses." She also was awarded a "Postharvest Loss and Food Waste Research Fellowship" funded by MPI/MBIE, to enhance business-research-government partnerships in NZ and China through commercially meaningful research.

Miranda has recently served as the Specialist Advisor to Parliament's Environmental Select Committee's National Briefing on Food Waste.



Professor David Tipene-Leach

**PROFESSOR OF MĀORI AND INDIGENOUS RESEARCH,
EASTERN INSTITUTE OF TECHNOLOGY**

Topic: In praise of the boil-up: getting beyond nutrition

I come from Pārangahau and am of Ngāti Kere descent. I have been a GP, an academic and a public health physician. My research focus has been on the development of culturally resonant services for Māori, particularly around the development of the wahakura and the Safe Sleep programme.

More recently, smoking cessation in pregnancy and the creation of Māori-resonant antenatal services for SUDI prevention. At the moment I have moved into the mental health sector, into services for vulnerable children and into the wider area of cultural safety in the training and ongoing accreditation of medical practitioners.

One particular area of long-time interest of note has been in the prevention of diabetes, in particular, the treatment of pre-diabetes.



Sue Pirrit and Takui Langi

PACIFIC HEARTBEAT, NZ HEART FOUNDATION

Topic: Cultural Competency

Sue is a New Zealand Registered Nutritionist who completed her Master of Human Nutrition at the University of London in 1993, after working for some years as a Radiographer, but having a passion for good health through nutrition.

Sue joined the Pacific Heartbeat (PHB) team in 2011 and her main role with the team is as the team nutritionist. This involves facilitating alongside the PHB nutrition trainers in their nutrition courses, as well supporting course graduates, developing resources and media work.

She recently completed her Master of Public Health programme at Auckland University, focussing her interest on Health Promotion through food and body literacy.

Takui is a Tongan mother of 5 adult boys and grandmother of 9 grandchildren.

She's got 20 years of high school teaching experience in Tonga before moving to New Zealand in January 2000.

She is currently a Nutrition Trainer at Pacific Heartbeat of the Heart Foundation and has been in that role for almost 18 years now.

Her passion is to make a difference in the health of Pacific people in New Zealand especially in the area of nutrition.



MURIEL BELL LECTURE

Muriel Bell (04.01.1898–02.05.1974) was an esteemed New Zealand nutritionist and medical researcher. At each Scientific Meeting of the Nutrition Society held in New Zealand, a free public lecture is held in her name. The 2019 Muriel Bell lecture will be presented by:



Professor Jane Coad

**SCHOOL OF FOOD AND ADVANCED TECHNOLOGY
IN THE COLLEGE OF SCIENCES AT MASSEY UNIVERSITY**

Topic: Nutrition in New Zealand: can the past offer lessons for the present and guidance for the future?

Jane Coad has a background in nutrition and physiology. She moved to New Zealand and Massey University in 2001 to take up the role of academic leader in human nutrition. She was formerly senior lecturer in nutrition and reproduction at the University of Surrey in Guildford, UK and also taught for the Open University. Jane led the development of the BSc major in Human Nutrition from its inception; this became one of the most successful programmes at Massey.

Jane's research covers a broad range of topics such as mechanisms involved in iron absorption, biodiversity and use of wild plants affecting nutrient status of adolescents in refugee camps, sustainable and biodiverse diets in Small Island Developing States, development of complementary foods for African countries, gut-bone axis (in coeliac disease and the relationship with gut microbiota), gut-brain axis in depression and stress, altered cellular response in gut inflammation (e.g. inflammatory bowel disease), micronutrient intake in pregnancy and changing body composition postpartum. She is a founding member of the Manawatu Mother & Infant Nutrition Research Group and the Massey Vitamin D Research Centre.

Jane is currently leader of the Nutrition Science department in the School of Food and Advanced Technology in the College of Sciences at Massey University. She has had various roles in the Nutrition Society of New Zealand including being President from 2009 to 2012. The 4th edition of Jane's best-selling textbook *Anatomy & Physiology for Midwives* was published in October 2019.