Wednesday 29 July 2015

5.00 - 7.30pm
{doors open from 4.30pm, networking with light refreshments from 6.30pm}

Union House, Rumours Café (6th floor)
University of Adelaide (North Terrace campus)

All Welcome - FREE admission

RSVPs required for seating and catering by Thursday 23 July to anne.jurisevic@adelaide.edu.au

Tackling childhood obesity:
Practice-based research addressing nutrition in childhood

SPEAKERS

Dr Lucy Bell
*Diet and activity behaviours of SA primary school children: baseline OPAL data*
Research Fellow, Discipline of Nutrition and Dietetics, Flinders University

Ms Jo Hartley
*Promoting and supporting healthy lifestyle behaviours: the PEACH program*
Research Associate, Discipline of Nutrition and Dietetics, Flinders University

A/Professor Anthea Magarey / Ms Chelsea Mauch
*Early prevention: the NOURISH program*
A/Professor / Research Associate, Discipline of Nutrition and Dietetics, Flinders University

Ms Louisa Matwiejczyk
*Research and practice to policy; childcare facilities*
Lecturer, Discipline of Nutrition and Dietetics, Flinders University

CHAIR
Professor Claire Roberts
NHMRC Senior Research Fellow, Robinson Research Institute, University of Adelaide
Dr Lucy Bell is an Accredited Practicing Dietitian and Research Fellow in Nutrition and Dietetics at Flinders University. She recently completed her PhD that characterised toddlers’ dietary patterns to inform the development of a short toddler dietary risk assessment tool. Broadly, Lucinda’s research goals centre on prevention of chronic disease, closing the gap in child health inequalities and informing policies and programs that promote child health. Specifically her interests lie in enhancing positive early-life nutrition practices to prevent the development of overweight and obesity. She has most notably been involved in the NOURISH early feeding project, the PEACH™ weight management project and the OPAL (the Obesity Prevention and Lifestyle) program.

Ms Jo Hartley is an Accredited Practising Dietitian who has practised in a variety of dietetic settings in Adelaide and has managed a small private practice for 24 years. She has a keen interest in promoting healthy nutrition in the early years, and was co-manager of Start Right-Eat Right state-wide nutrition award program for long day care in SA. Jo joined the childhood obesity research team at Flinders University, 7 years ago under A/Professor Anthea Magarey to support the PEACH™ program in SA and Queensland.

A/Professor Anthea Magarey is an Accredited Practicing Dietitian in Nutrition and Dietetics at Flinders University and has over 30 years research experience. She managed the Adelaide arm of NOURISH an NHMRC funded trial in Adelaide and Brisbane, of positive feeding practices in first time mothers and is chief investigator for the evaluation of the TRIM Kids Project, a Queensland Government initiative via which Queensland University of Technology is delivering the PEACH™ weight management program, developed at Flinders University, to 1400 families in Queensland. Anthea has been involved in several community-wide primary prevention programs for obesity, focusing on environmental change, in both SA and Victoria and presently is the nutrition expert on the Flinders University evaluation team of the SA Health funded OPAL project.

Ms Chelsea Mauch is an Accredited Practising Dietitian currently working as a Research Associate in Nutrition and Dietetics at Flinders University and a Paediatric Dietitian in private practice. She has over 10 years’ experience in Paediatric Dietetics in both public hospital and private practice settings, along with 7 years working on the NHMRC funded randomised controlled trial NOURISH, in intervention design, delivery and outcome assessment. Chelsea has a passion for the early prevention of childhood obesity, in particular, how early feeding interventions such as NOURISH might be translated into community-based programs that better engage families of infants most at risk of obesity.

Ms Louisa Matwiejczyk is an Advanced Accredited Practising Dietitian with over 20 years experience as a Community Dietitian in the Adelaide southern metropolitan area and is known for her expertise in the early childhood area and for healthy eating policy, project management of state wide nutrition initiatives and leading primary prevention initiatives across disciplines and sectors using a collaborative approach. Louisa has developed and implemented healthy eating policy at the state, regional and local level in the early childhood sector, including child care, Family Day Care and schools. Last year she resigned as Chief Dietitian in SA Health to work with Nutrition and Dietetics at Flinders University and is completing a PhD in healthy eating policy in the early childhood and education care sector.