



**Remember the Past; Prepare for the Future**  
**30 August - 1 September 2018**  
**Cordis Hotel, Auckland**

**Day One**

**Thursday 30 August**

TIME			
7.30am	<b>Registration Desk Open</b> Tea and Coffee available		
8.30am	<b>Mihi Whakatau &amp; Welcome – Claire Tahu, Chair Dietitians NZ (Great Rooms 1 &amp; 2)</b>		
9.30am	<b>Opening Address (Great Rooms 1 &amp; 2)</b> <b>Hon Jenny Salesa, Associate Minister of Health</b>		
9.45am	<b>Keynote Speaker: Dr Alison Steiber (Great Rooms 1 &amp; 2)</b> <i>The global future of dietetics</i>		
10.30am	<b>MORNING TEA (Great Rooms 3 &amp; 4)</b>		
11.00am	<b>Concurrent Session 1 (Crystal Room 1)</b> <i>Vulnerable Groups and Health Equity</i> Peter Thorburn: Drug addiction and the nutritional implications for the user and their family  Julie Carter and Helen Robinson: Meeting the need at the Auckland City Mission.	<b>Concurrent Session 2 (Great Rooms 1 &amp; 2)</b> <i>Cultural influences on diet</i> Esther Ardley: Cultural influences on the Korean diet  Kim Te: The differences and similarities of Southeast Asian diets	<b>Concurrent Session 3 (Crystal Room 2)</b> <i>Transition of care from paediatric to adult services</i> Cate Fraser-Irwin: Managing transitions and working positively with young people  Dr Bridget Farrant, Kidz First Centre for Youth Health: Experiences of a Specialist Adolescent Clinic

	<p>Sarah Hanrahan: Food and Nutrition Programmes to Support People in Vulnerable Communities</p> <p>Jennifer Utter: Concerns about food insecurity among New Zealand's young people: Findings from the national youth health and wellbeing surveys.</p>	<p>Sherry Delorino: Chinese Food Culture in New Zealand: Where are we now?</p> <p>Anandita Devi, Nitasha Walia &amp; Bani Ichhpuniani: Food and Cultural Practices of the Indian Community in NZ</p>	<p>Kath Fouhy: Nutrition needs for the adolescent athlete</p> <p>Dr Lucy Robinson and Dr Chris Budd, Psychologists with the Starship Hospital Consult Liaison Team: Supporting Transitions: From Adolescence to Autonomy</p>
<b>1.00pm</b>	<b>LUNCH (Great Rooms 3 &amp; 4)</b>		
<b>1.30pm</b>	<p><b>Plenary Session (Great Rooms 1 &amp; 2)</b> <b>Emily King</b> <i>Bringing sustainability to the table</i> How do we ensure nutritious diets in a climate change affected world? How can we protect the resources needed for food production for future generations? And can we do this in a way that benefits the soil and waterways as well as human health at the rate that is needed? This presentation will cover these topics, explore what is happening globally at the interface of sustainability and health, and discuss how dietitians can apply this to their work.</p>		
<b>2:30pm</b>	<p><b>Gladys Wong (Great Rooms 1 &amp; 2)</b> <i>Disruptive food innovation challenges - creating safer and personalised puree meals with 3D food printing</i> The silver generation is living longer in sickness and in health. WHO and respective countries have various strategies and action plans on how to tackle this aging issue, such as fall prevention, nursing home care, and nutritional assessments to identify the malnourished. Parallel, dietitians and food industries are also finding ways to feed a subset of this population with chewing / swallowing difficulties. Such fortified foods of various safe consistency are often unpalatable or visually unappealing, otherwise, manpower intensive to do otherwise.</p> <p>This pose the challenges on how to produce consistent mass production of consistent textured puree foods for people with dysphagia. Exploiting technology, 3D food printing could be a commercially viable solution. This can be a disruptive food innovation to creating consistently safer and personalized puree meals for our elderly population with dignified care. Other challenges will include involving numerous stakeholders such as the food technologists, engineers, transportation, packaging, rethermalising technology, etc to manufacture palatable and printable food inks with stable and safe shelf life, etc.</p> <p>This talk will present the global challenges that dietitians in clinical practice / foodservices / community may face when managing the patient with dysphagia, from assessment to production to the mouth; explain about the status of 3D Food printing overseas and in Asia, and how 3D Food printing may be the foodservice of the future for the aging population.</p>		
<b>3.00pm</b>	<b>AFTERNOON TEA (Great Rooms 3 &amp; 4)</b>		

3.30pm	<i>Dietitians NZ Awards Ceremony and 75th Annual General Meeting (Great Rooms 1 &amp; 2)</i>
4:45pm	Close
5.00pm	<p><b>CONSTANCE SHEARER LECTURE (Great Rooms 1 &amp; 2)</b>  Sally Evans FAICD; GAIST; MSc; BHSc (Otago)  <i>Designing the next generation of Dietetic Profession</i>  The Constance Shearer Lecture provides a unique opportunity to discuss the exciting and threatening changes to dietetic practice. This presentation will provide some insights into the challenges, opportunities and risks inherent in the disruptive change health professions are experiencing and some suggestions for the steps needed to future-proof the dietetic profession.</p>

Thursday evening is free for groups to arrange their own celebration 'get-togethers' and attend the various workshops and seminars on offer.

Check the conference website for information about the events outside the programme.



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**Day Two**

**Friday 31 August**

TIME	
7.30am	<b>Registration Desk Open</b> Tea and Coffee available
7.30am	<b>Breakfast Seminar, sponsored by Harraways Oats (Crystal Room 1)</b> <i>Introduction to Harraway's Oat-Activ: A Discussion about the effect of Plant Sterols and Beta- Glucan at lowering Cholesterol. Where does the evidence stand?</i>  <b>Presenter: Peter Cox, Marketing Manager, Harraways Oats</b>
9.00am	<b>Welcome - Claire Tahu, Chair Dietitians NZ (Great Rooms 1 &amp; 2)</b>
9.15am	<b>Keynote Speaker: Boyd Swinburn (Great Rooms 1 &amp; 2)</b> <i>Rethinking obesity prevention and management</i> No country has reversed their obesity epidemic and malnutrition in all its forms (including obesity) is now by far the biggest cause of health loss globally and in New Zealand. Rethinking how undernutrition and obesity can be addressed collectively will be a major challenge for the UN's Decade of Action on Nutrition. Overcoming the 'policy resistance' for implementing evidence-based, WHO-recommended policy actions will require a step-up in demand for action from civil society, including professional societies. For obesity management, two major issues to be addressed are the pervasive weight bias throughout society, including in health care, and balancing the evidence of benefits of weight loss with the evidence that very few people maintain initial weight loss. How do we better tailor weight loss advice for patients?
10.00am	<b>MORNING TEA (Great Rooms 3 &amp; 4)</b>

<p><b>10.30am</b></p>	<p><b>Foodservice and Consumer Topics (Crystal Room 2)</b></p> <p><i>Estimating the fibre content of packaged foods for a consumer nutrition information website</i> Leanne Young</p> <p><i>Does activating nuts improve nutrient bioavailability?</i> Kirsten Webster &amp; Maggie Chua</p> <p><i>Are we there yet? The level of compliance with the National Food and Drink Policy at Counties Manukau District Health Board</i> Magda Rosin &amp; Deema Alassadi</p> <p><i>Fewer diet restrictions – better nutrition</i> Nicola Hartley</p>	<p><b>Clinical and Eating Behaviour Topics (Crystal Room 1)</b></p> <p><i>Is Energy Expenditure of Regular Activity Breaks Associated with their Glycaemic Lowering Effects? Secondary Analysis from the ALPhA and ABPA Studies</i> Caitlin Donaldson</p> <p><i>Motivational profiles for eating behaviour and their associations with intuitive eating and BMI in New Zealand women</i> Hannah Martin</p> <p><i>The validity and reliability of the Dietary Index for a Child's Eating (DICE) in 2-8 year old children living in New Zealand</i> Kathryn Beck</p> <p><i>To restrict or not restrict? Dietary copper in Wilson's disease</i> Kylie Russell</p>	<p><b>Hot Topics (Great Rooms 1 &amp; 2)</b></p> <p><i>Replacing old with new: updating regulatory nutrient reference values</i> Diane Bourn</p> <p><i>Monitoring the changing food environment in New Zealand District Health Boards</i> Teri Styles &amp; Erica Smart</p> <p><i>Life skills for the future – supporting teachers in intermediate schools and equipping kids with practical cooking skills</i> Jeanette Rapson</p> <p><i>Examining the effect of a low FODMAP diet on intestinal transit time and fermentation throughout the colon</i> Ruth Harvie</p>
<p><b>11.10am</b></p>	<p><b>SHORT BREAK</b></p>		
<p><b>11.20am</b></p>	<p><i>The barriers to surgical patients' oral intake in the acute hospital setting</i> Olivia Stone</p> <p><i>Exploring patients' experiences of public hospital foodservice</i> Penny Field</p> <p><i>Exploring patients' expectations of a public hospital foodservice</i> Philippa McLachlan</p>	<p><i>Weighing In: Patient Outcomes following Bariatric Surgery. A Southern experience</i> Nicola Winter</p> <p><i>Nutrition Guidelines for Cystic Fibrosis in Australia and New Zealand: Development of Evidence-Based and Consensus Recommendations</i> Tory Crowder</p> <p><i>Development and testing of an electronic diabetes nutritional education tool for New Zealand multi-ethnic population</i> Zhuoshi Zhang</p>	<p><i>Nutrition considerations in supplemented foods</i> Rebecca Doonan</p> <p><i>The evolution of the Heart Foundation's food and nutrition messaging</i> Lily Henderson &amp; Dave Monro</p> <p><i>New Zealand Food Cost Survey</i> Louise Mainvil</p> <p><i>Easy meals with vegetables – multimedia resources for vegetable cooking literacy</i> Jessica Jones</p>

	<p><i>International Dysphagia Diet Standardisation Initiative: Implementation at Canterbury District Health Board</i> Rebecca Smeele</p>	<p><i>The relationship between body composition and fracture risk</i> Erica Smart</p> <p><i>Analysis of Home Enteral Tubefeeding clients in Starship Community</i> Sarika Coetzee</p>	
<b>12.10am</b>	<b>SHORT BREAK</b>		
<b>12.15pm</b>	<b>Bernice Kelly Award Winner Presentation (Great Rooms 1 &amp; 2)</b>		
<b>12.30pm</b>	<b>LUNCH (Great Rooms 3 &amp; 4)</b>		
<b>1.30pm</b>	<p><b>Keynote Speaker: Dr Alison Steiber &amp; Julia Sekula (Great Rooms 1 &amp; 2)</b> <i>Demonstrating effectiveness as Dietitians 2018</i></p> <p>Demonstrating effectiveness as dietitians in a changing health environment is crucial. Dietitians cannot rely on simply telling health providers and funders that they are “good at what they do” without relevant supporting outcome data. The profession needs to determine whether interventions are effective and determine if practice aligns to evidence-based practice.</p> <p>Health informatics can provide an opportunity for dietitians to demonstrate outcomes-based practice with multiple ways that practitioners can use this their day-to-day work settings. The nutrition care process allows the collection of practice data, which can be analysed across numerous areas of dietetics nationally, as well as on a global scale to demonstrate outcomes.</p> <p>As a profession, demonstrating effectiveness allows dietitians to determine if they are improving the lives of the patients, clients and communities they work with for better health outcomes. It can help improve health services and align practice to national targets.</p>		
<b>2.15pm</b>	<p><b>Concurrent session (Crystal Room 1)</b> <i>An overview of interventional weight loss procedures</i> <i>Managing the post-operative bariatric patient</i> The obesity epidemic continues to create challenges for the healthcare system. This review will explore the evidence behind bariatric surgery and other interventional weight loss procedures as well as an update on the outcomes and insight into the bariatric program at Waitemata District Health Board.</p> <p><b>Dr Scott Whiting, Bariatric Fellow, Waitemata DHB</b></p>	<p><b>Concurrent session (Crystal Room 2)</b> <i>What are the future challenges for dietitians?</i> <b>Chaired by Vicky Campbell, Dietitian</b></p>	

3.00pm	Dietitians Association Australia (DAA) Presentation (Great Rooms 1 & 2)
3.15pm	AFTERNOON TEA (Great Rooms 3 & 4)
3.45pm	Launch of the History Book: the third quarter century: 1993-2018 (Crystal Room 2)
4.00pm	<p><b>Remembering the Past (Crystal Room 2)</b></p> <p>An interactive and lighthearted session led by a panel comprising Pamela Williams (Chair), Hiki Pihema, Sarah Hanrahan, Gaye Philpott &amp; Mark Leydon. Delegates are invited to reminisce and remember anecdotes and experiences from their past.</p>
5.00pm	Close
6.00pm	<p>75<sup>th</sup> Jubilee Celebration Dinner &amp; Award of Excellence presentation</p> <p>To be held in the Great Rooms 1 &amp; 2 at the Cordis Hotel.</p>



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**Day Three**

**Saturday 1 September**

TIME	
7.30am	<b>Registration Desk Open</b> Tea and Coffee available
7.30am	<b>Breakfast Seminar, sponsored by Zespri (Crystal Room 1)</b> <i>Title: Kiwifruit in diets for glycaemic control: benefits, mechanisms and applications</i> Kiwifruit research has addressed the challenge of including fruit in the diets of people with glucose intolerance. In a series of clinical trials Dr Monro and co-workers have shown the benefits of including kiwifruit in diets for diabetes, and in associated laboratory studies they have revealed mechanisms by which kiwifruit may be exerting its positive effects. The seminar will outline the research and its practical application in dietary management of glucose intolerance.  <b>Presenter: Dr John Monro</b>
7.30am	<b>Breakfast Seminar, sponsored by The a2 Milk Company (Crystal Room 2)</b> <i>Title: Dairy intolerances: new Insights in what we know about milk digestion</i> Estimates are that up to 25% of adults suffer from some form of dairy intolerant. In this briefing, hear from Professor David Cameron-Smith, University of Auckland, the lead researcher of a pilot trial in New Zealand designed to investigate whether it is the lactose or the proteins in dairy that can contribute to digestive symptoms. This study accurately defined those with lactose as opposed to dairy intolerance, before examining the responses to conventional milk, lactose-free milk and A1 protein-free milk. This work examined how the milks were digested, the amount of lactose malabsorption, the inflammatory responses and the expired gases.  <b>Presented by Professor David Cameron-Smith, Liggins Institute, University of Auckland</b>

9.00am	<b>Keynote Speaker: Nadia Lim, My Food Bag (Great Rooms 1 &amp; 2)</b> <i>My Career Journey</i>		
10.00am	<b>MORNING TEA (Great Rooms 3 &amp; 4)</b>		
10.30am	<p><b>Presentation - Stream 1 (Crystal Room 1)</b>  <i>Marketing and the Media</i></p> <p><b>How can we be heard above the noise?  Marketing for dietitians who want to influence</b>  If you are in private practice and are unsure or worried about whether your marketing is enough to bring clients to your clinic then this presentation is for you.</p> <p>Today we will talk through the common pitfalls of marketing as a dietitian. The talk will focus on how you can tweak your marketing to overcome your concerns about marketing as health professional and be heard above the noise of other nutrition bloggers. Josephine will share the hard lessons that she has learnt through her last 2 years in private practice and share stories from her and her team along the way.</p> <p>This session will focus on a few key tips Nutrition &amp; Life have learnt on: how to strike the balance between being professional and being relatable; how to communicate so that your dream client must contact you and how to be a trusted brand to buy from.</p> <p><b>Presenters: Josephine Greer &amp; Niki Bezzant</b></p>	<p><b>Workshop – Stream 2 (Great Rooms 1 &amp; 2)</b>  <i>Plant- based diets</i></p> <p><b>A plant-based diet – the way of the future?</b>  Increasing interest in the ethical and ecological impact of our diets has raised the consciousness of plant based diets. As Dietitians responding to our changing world hear Jenny de Montalk, editor of Healthy Food Guide magazine give us the latest on the Plant Based Diet chatter we need to respond to, Greg Pringle from Crop and Food spill the beans on the latest Plant Based foods research and development and a group of talented Dietitians upskill us including, Living a vegan life, Plant based diet and the microbiome, When good ideas go bad and more.</p> <p><b>Facilitators: Anna Richards &amp; Alda Lee</b>  Presenters:  Dr Greg Pringle, Business Development Manager (Commercial Group) NZ Institute for Plant &amp; Food Research Group  Jenny de Montalk, Editor Healthy Food Guide  Anna J Richards, Consultant Dietitian</p>	<p><b>Workshop – Stream 3 (Crystal Room 2)</b>  <i>Malnutrition and Dysphagia</i></p> <p><b>How far have we come: New Zealand adoption of the International Dysphagia Diet Standardisation Initiative (IDDSI)?</b>  This workshop will update participants on the progress with the New Zealand adoption of the International Dysphagia Diet Standardisation Initiative (IDDSI). The session will be interactive including online polling, Q&amp;As and group brainstorming around the trickier aspects of the IDDSI implementation process.</p> <p><b>Facilitators: Anna Miles &amp; Liz Beaglehole</b></p>

<b>12.00pm</b>	<b>Closing Address – Professor Jim Mann (Great Rooms 1 &amp; 2)</b> Professor Mann will reflect on the past and also focus on the future laying down the challenge to dietitians.
<b>12.45pm</b>	<b>Closing Comments – Claire Tahu, Chair Dietitians NZ (Great Rooms 1 &amp; 2)</b>
<b>1.00pm</b>	<b>CLOSE</b>