

Program

Tuesday 27 November 2018

1030-1300	NSA Council Meeting <i>QT Lounge Private Room</i>
0900	Registration Opens <i>QT Foyer, Level 1</i>
0945-1300	Student Master Class Session Chair: Dr Rebecca Leech <i>QT Studio 2 & 3</i>
1300-1340	Afternoon Tea <i>QT Eureka Room</i>
1345-1430	Official Opening Session Chairs: Professor Lisa Wood & Dr Tanya Lawlis <i>QT Ballroom 1 & 2</i>
1350-1355	Welcome - NSA President Professor Lisa Wood, University of Newcastle, NSW
1400-1405	Welcome - LOC Chair Dr Tanya Lawlis, University of Canberra, ACT
1410-1415	Welcome to Country Aunty Roslyn Brown
1420-1430	Importance of nutrition science to health and wellbeing Helen Matthews, ACT Health, ACT
1430-1730	PLENARY 1 Session Chairs: Professor Lisa Wood & Dr Tanya Lawlis <i>QT Ballroom 1 & 2</i>
1435-1510	Future of food- Can security be achieved? Professor Wayne Bryden, University of Queensland, QLD
1515-1550	Climate change, limits, and the global food supply – what is the role of nutrition science? Adjunct Professor Colin Butler, University of Canberra, SA
1555-1610	Decadal plan Professor Mike Gidley, The University of Queensland, QLD
1615-1730	Nutrition Society of Australia Senior Awards NSA Fellow The interdependence of foods, nutrients and dietary patterns in research on chronic disease Professor Linda Tapsell, University of Wollongong, NSW NSA Mid-Career Research Award You are as old as what you eat! Associate Professor Melinda Coughlan, Monash University, VIC Honorary Member Professor Barbara Meyer, University of Wollongong, NSW
1730-1930	Welcome Reception <i>QT Lucky's Speakeasy</i>

Wednesday 28 November 2018

0830-1030	PLENARY 2 Session Chairs: Professor Samir Samman & Sandra Iuliano-Burns Sponsored by Cobram Estate <i>QT Ballroom 1 & 2</i>		
0830-0905	Feeding our microbes for gut health and beyond Dr Damien Belobrajdic, CSIRO, SA		
0910-0945	The ecology of nutrition and dysbiosis – Drawing a direct line between personal and planetary health Professor Susan Prescott, University of Western Australia, WA		
0950-1025	The Gut microbiome and bone health Professor Laura McCabe, Michigan State University, United States		
1030-1100	Morning Tea <i>QT Eureka Room</i>		
1100-1230	Poster Viewing / Presentations Session Chairs: Associate Professor Ben Desbrow & Dr Aimee Dordevic <i>QT Eureka Room</i>		
1230-1330	Lunch <i>QT Eureka Room</i>		
1230-1330	Young Investigator Meet The Experts Lunch Session Chair: Dr Rebecca Leech <i>QT Studio 2 & 3</i>		
1330-1530	Concurrent Session 1 Nutrients and Ageing Session Chairs: Dr Karen Murphy & Nathan D’Cunha Sponsored by Olive Wellness Institute <i>QT Ballroom 1</i>	Concurrent Session 2 Obesity Session Chairs: Dr Tracy McCaffrey & Caroline Gouws <i>QT Ballroom 2</i>	Concurrent Session 3 Public Health Nutrition Session Chairs: Associate Professor Karen Charlton & Dr Catherine Milte <i>QT Ballroom 3</i>
1330-1342	Age affects the suppression of appetite and energy intake by protein-rich supplements Caroline Giezenaar	Associations between long-chain omega-3 polyunsaturated fatty acid status and diabetes, non-alcoholic fatty liver disease and metabolic syndrome: The Hunter Cohort study Kylie Abbott	Assessment of affordability of food in the Illawarra using two Healthy Food Basket Surveys Karen Charlton
1345-1357	Dairy supplementation reduces risk of malnutrition in institutionalised older adults Sandra Iuliano-Burns	DHA-enriched fish oil supplementation reduces insulin resistance in men and women with abdominal obesity: A double-blind, randomised controlled trial Kylie Abbott	Parent’s attitudes towards and demand for the availability of healthy food options on kids menus at full-service restaurants Kate Freeman

1400-1412	Effects of exercise and calcium-vitamin D fortified milk on quality of life and depressive symptoms in older men: Secondary analysis of a randomised controlled trial Susan Torres	Dietary sodium intake and adiposity in adults: A systematic review and meta-analysis Carley Grimes	Correlates of sugar-sweetened beverage intake at eating occasions in Australian young adults Rebecca Leech
1415-1427	Reliability and validity of MediCul (Mediterranean Diet & Culinary Index) in older Australian adults Sue Radd-Vagenas	Impact of walnut supplementation on dietary change for weight loss: A secondary analysis of the HealthTrack randomised controlled trial Elizabeth Neale	Availability and price of healthier food choices and association with obesity prevalence in New Zealand Māori Rati Jani
1430-1442	Vegetable diversity, injurious falls and fracture risk in older women: A prospective cohort study Marc Sim	Intermittent energy restriction: Nutritional adequacy and diet quality in adolescence Eve House	Agreement between markers of population iodine status: A systematic review Molla Wassie
1445-1457	Vitamin D status, intake and supplement use: A comparison of retirement village residents and privately dwelling elderly Australians Emma Beckett	Effect of maternal dietary glycaemic index on offspring metabolic programming in mice Grace Campbell	Supermarket food and beverage expenditure as a proxy for consumption provides a crucial part of a national food and nutrition monitoring and surveillance system Paul Atyeo
1500-1512	Effects of a highly bioavailable curcumin extract on mood and memory in healthy older adults: A 12 week double-blind, placebo-controlled trial Andrew Scholey	Body composition changes during a 6 month modified fasting intervention for adults newly diagnosed with obstructive sleep apnoea Kaitlin Day	The FIFO Nutritionists: Teaching school students healthy eating and cooking skills in regional and remote WA as part of Foodbank WA's Food Sensations® program Frances Foulkes-Taylor
1515-1527	Diet quality changes over 12 years of follow-up in a representative sample of Australian mid-aged women Jacklyn Jackson	The Oceanic Nutrition Leadership Program (ONLP) update Tom Wycherley	Is a meta-analysis always the best summary of a body of evidence? Dorothy Mackerras
1530-1600	Afternoon Tea <i>QT Eureka Room</i>		

1600-1800	PLENARY 3 Session Chairs: Professor Lynn Riddell & Dr Tom Wycherley Sponsored by a2 Milk <i>QT Ballroom 1 & 2</i>
1600-1635	Dietary strategies for healthy ageing Professor David Cameron-Smith, University of Auckland, New Zealand
1640-1715	Weight management across the lifespan Professor Leanne Redman, Pennington Biomedical Research Center, United States
1720-1755	Factors influencing dietary habits during emerging adulthood Professor Margaret Allman-Farinelli, University of Sydney, NSW

Thursday 29 November 2018

0730-0830	a2 Milk Breakfast Session <i>QT Studio 2 & 3</i>		
0830-1030	PLENARY 4 Session Chairs: Associate Professor Alison Coates & Dr Natalie Lister <i>QT Ballroom 1 & 2</i>		
0830-0905	Nutritional strategies to ameliorate heat stress in livestock Dr Jeremy Cottrell, The University of Melbourne, VIC		
0910-0945	Chronic effects of dietary polyphenols on health markers Professor Gary Williamson, Monash University, VIC		
0950-1025	Micronutrients and depression Dr Anu Ruusunen, Deakin University, VIC		
1030-1100	Morning Tea <i>QT Eureka Room</i>		
1105-1205	Dairy Australia Session Chair: Professor Lisa Wood <i>QT Ballroom 1 & 2</i>		
1105-1205	The relationship between the Mediterranean dietary pattern and musculoskeletal health in children, adolescents and adults Professor Ailsa Welch, University Of East Anglia, United Kingdom		
1205-1245	Poster Viewing / Presentations Session Chairs: Emma Breen & Professor David Cameron-Smith <i>QT Eureka Room</i>		
1230-1330	Lunch <i>QT Eureka Room</i>		
1300-1400	NSA Annual General Meeting <i>QT Ballroom 1</i>		
1400-1530	Concurrent Session 4 Maternal, Infant and Child Nutrition Session Chairs: Professor Margaret Allman-Farinelli & Dr Carley Grimes Sponsored by a2 Milk <i>QT Ballroom 1</i>	Concurrent Session 5 Nutrition and Cognition Session Chairs: Dr Anu Ruusunen & Sue Radd-Vagenas <i>QT Ballroom 2</i>	Concurrent Session 6 Gut Microbiota, Fibre and Gastrointestinal Health Session Chairs: Dr Yasmine Probst & Dr Angela Genoni <i>QT Ballroom 3</i>

1400-1412	Patients' experiences with and perceptions of recommencing feeding after colorectal surgery: A qualitative study Megan Rattray	Dietary patterns and associations with psychological distress – a study of undergraduate nurses Saman Khalesi	Characterisation of fibres using a rapid in vitro fermentation model Daniel So
1415-1427	Breastfeeding and respiratory outcomes in the first year of life: A secondary analysis of 3 cohort studies Soriah Harvey	Curcumin and long chain omega-3 polyunsaturated fatty acids supplementation reduces insulin related markers of Alzheimer's disease risk: A randomised controlled study Rohith Thota	Exploring the systemic delivery of short chain fatty acid (SCFA) in healthy humans Paul Gill
1430-1442	Pre-conception maternal erythrocyte saturated to unsaturated fatty acid ratio predicts pregnancy after natural cycle frozen embryo transfer Barbara Meyer	The effect of saffron supplementation on symptoms of depression and anxiety: A systematic review and meta-analysis Wolfgang Marx	The impact of dietary fibre intake on markers of inflammation in adolescents Olivia Swann
1445-1457	The effect of a two-week maternal low FODMAP diet on human milk oligosaccharide composition Tracy Harb	An in vivo magnetic resonance spectroscopic study: Effect of sialylated milk oligosaccharides intervention on brain metabolites in piglets Bing Wang	Effects of acute changes in fermentable fiber intake on regional colonic fermentation and transit in patients with quiescent ulcerative colitis CK Yao
1500-1512	Sociodemographic characteristics associated with family meal frequency in young children Eliza Pitson	Modifying the Mediterranean diet for an Australian population: Cardiovascular and cognitive outcomes of the MedDairy study Alexandra Wade	Fermentation profiles of insoluble dietary fibres from selected fruits and vegetables Widaningrum Widaningrum
1515-1527	Early results from the large EU-project PREVIEW: Prevention of diabetes through lifestyle intervention and population studies in Europe and around the world Jennie Brand-Miller	Australian Bureau of Statistics Louise Gates	Knowledge and attitudes toward gut health, probiotics and prebiotics in Australian adults Saman Khalesi

1530-1600	Afternoon Tea <i>QT Eureka Room</i>		
1600-1715	Concurrent Session 7 Cardiovascular Nutrition Session Chairs: Dr Kiran Ahuja & Dr Emma Beckett <i>QT Ballroom 1</i>	Concurrent Session 8 Nutrients and Health Session Chairs: Dr Damien Belobrajdic & Dr Flavia Fayet-Moore <i>QT Ballroom 2</i>	Concurrent Session 9 Food Science and Technology Session Chairs: Dr Jeremy Cottrell & Dr Susan Torres <i>QT Ballroom 3</i>
1600-1612	Almond-enriched diet associated with reductions in triglycerides and systolic blood pressure in middle-aged to older adults Alison Coates	A higher omega-3 index is associated with better asthma control Isobel Stoodley	The relationship between colour and antioxidant and phytochemical properties of some commercially available Australian honeys Maddison Hunter
1615-1627	Association between changes in dietary intake and lipid-lowering therapy: A prospective analysis of data from The Australian Diabetes, Obesity and Lifestyle study (AusDiab) Adelle Gadowski	The effects of macronutrients on bronchodilator responsiveness in asthma Cherry Thompson	Usability testing of the Home food Environment self-Assessment Tool (HEAT) Susan Williams
1630-1642	Oat beta-glucan enhances the lipid-lowering effects of phytosterols in individuals with hypercholesterolaemia Jessica Ferguson	Polymorphisms in the NADSYN1/DHCR7 locus as potential regulators of interethnic differences in vitamin D production Patrice Jones	Effects of composition on cooking and texture properties of gluten-free pasta from wholegrain sorghum, brown rice, and chickpeas Maria Stephanie
1645-1657	Relationship of dietary nitrate intake from vegetables with cardiovascular disease mortality: A prospective study in a cohort of older Australians Lauren Blekkenhorst	Hydrogen rich water and its effect on lactate removal and oxygen utilization during incremental exercise Michal Botek	The effect of juice processing on phytochemical content on juice and waste (pomace) of Australian grown prickly pear fruit (<i>opuntia ficus indica</i>) Caroline Gouws
1700-1712	Do Australians maintain a Mediterranean diet (MedDiet) after trial completion? 1-year follow-up of the MedLey trial Karen Murphy	Vegetarian-based dietary patterns and their relationship with inflammatory and immune biomarkers: A systematic review and meta-analysis Joel Craddock	Biofortified sweet-corn - a promising dietary source of zeaxanthin for age-related macular degeneration Michael Netzel
1900-2300	Gala Dinner <i>The Deck at Regatta Point</i>		

Friday 30 November 2018

0830-1030	<p>Concurrent Session 10 Diabetes and Metabolic Syndrome Session Chairs: Professor Gary Williamson & Isobel Stoodley <i>QT Ballroom 1</i></p>	<p>Concurrent Session 11 Nutrients and Food: Policy and Regulation Session Chairs: Dr Alice Owen & Peta Craig <i>QT Ballroom 2</i></p>	<p>Concurrent Session 12 Nutrition Communication and Education Session Chairs: Associate Professor Alison Coates & Ruth Crawford <i>QT Ballroom 3</i></p>
0830-0842	<p>Development and validation of a novel prediction tool (InsuTAG2.0) for type 2 diabetes in general population: AusDiab cohort study Rohith Thota</p>	<p>Comparison of iodine status pre- and post-mandatory iodine fortification of bread in South Australia using newborn TSH concentration as a marker: A population study Molla Wassie</p>	<p>Farm to fork: A nexus between school curriculum, adolescent interests and game design for nutrition education engagement Margaret Miller</p>
0845-0857	<p>Metabolic effects of resistant starch type 2: A systematic literature review and meta-analysis of randomised controlled trials Matthew Snelson</p>	<p>Development of a dietary guideline index for application to weighed food records Susan Ward</p>	<p>Mothers' perceptions of toddler beverages Manuela Rigo</p>
0900-0912	<p>Resistant starch is protective against diabetic nephropathy by inhibition of complement activation in a mouse model of diabetes Matthew Snelson</p>	<p>Are the current recommended dietary allowances for iron encouraging iron deficiency? David Frazer</p>	<p>School nutrition education programs in the Pacific Islands – A capacity needs assessment Sarah Burkhart</p>
0915-0927	<p>Carbohydrate restriction in midlife is associated with higher incidence of type 2 diabetes among Australian women with and without previous gestational diabetes: A cohort study Ellie Gresham</p>	<p>How much sodium and potassium are Victorian adults consuming? Kristy Bolton</p>	<p>Towards effective nutrition education for Dutch primary school children: An assessment of effective components Angeliek Verdonschot</p>

0930-0942	Modulating the diurnal metabolic response: A cross over study examining the effectiveness of a high protein meal in improving postprandial blood glucose control at night Rochelle Davis	Updated Australian Food Composition Database (formerly NUTTAB) Shari Tompsett	A recipe for success: Key ingredients for an effective nutrition education program for parents of young children in regional and remote WA Victoria Blake
0945-0957	What is the impact of AMY1 copy number variation on inter-individual variability in glycemic index testing? Fiona Atkinson	Health star rating in grain foods – does it adequately differentiate between refined and whole grain foods? Felicity Curtain	Understanding the aspects of an engaging social media post Tracy McCaffrey
1000-1012	Impaired fasting glucose versus impaired 120-min glucose in pre-diabetes: Differences in weight loss maintenance – a preview sub-study Jennie Brand-Miller	Developing an Australian food composition database for flavonoids: Systematic expansion to the flavan-3-ol sub-class of foods Yasmine Probst	Nutrition Science Competency Standards for Australian undergraduate nutrition science degrees: a joint NSA and ANT initiative Tanya Lawlis
1015-1027	Long-term paleolithic diet is associated with low resistant starch, different gut microbiota composition and increased serum TMAO concentrations Angela Genoni	An evaluation framework for a healthy food and drink policy for staff and visitors in NSW Health facilities Helen Trevena	
1030-1100	<i>Morning Tea QT Eureka Room</i>		
1100-1215	PLENARY 5 Session Chairs: Professor Jennie Brand-Miller & Professor Jonathan Hodgson <i>QT Ballroom 1 & 2</i>		
1100-1135	The science and politics of nutrition evidence generation, synthesis and translation Professor Mark Lawrence , <i>WHO Collaborating Centre for Obesity Prevention, VIC</i>		
1140-1215	The future of health research funding in Australia Professor Anne Kelso , <i>National Health and Medical Research Council, ACT</i>		
1220-1300	Close of conference and student and ANTF award Professor Lisa Wood , <i>University of Newcastle, NSW</i>		