



THE NUTRITION SOCIETY OF AUSTRALIA (INC.)

Tasmanian Group of the Nutrition Society of Australia (NSA-TAS) and UTAS School of Human Life Sciences

Public Meeting - Sir Raymond Ferrall Centre, UTAS (Launceston) *Nutrition, Weight Control and Health* 1.00–4.00 PM Saturday 31 March 2012

The Nutrition Society of Australia (NSA) is a group of qualified, practising scientists and educators from diverse disciplines who are brought together by a common interest in the research and application of nutrition.

The UTAS School of Human Life Sciences, based at the Launceston campus of the University of Tasmania, provides education in human biology and related human life sciences, including nutrition and exercise science, at undergraduate and doctoral level.

NSA-TAS and UTAS School of Human Life Sciences invite you to attend a free public meeting with three renowned guest speakers who will share with us their knowledge on exciting and current topics in nutrition. Presenters and presentation titles are:

Dr Rosemary Stanton OAM – Visiting Fellow in the School of Medical Sciences, University of NSW
Popular weight-loss diets: do any of them work, or do they just make your wallet lose weight?

Judy Seal – Principal Advisor Public Health Nutrition, Tasmania
Public health interventions to improve the iodine nutrition of Tasmanians in the 21st Century

Professor Robert Glew – Member of the Department of Surgery and the Department of Biochemistry and Molecular Biology, School of Medicine, University of New Mexico, USA
A review of omega-3 fatty acids ('fish oils') and health

Venue: Sir Raymond Ferrall Centre, UTAS (Launceston)
Newnham Drive NEWNHAM 7248
(See page 4 for map of UTAS campus)

Date: 31st March 2012

Time: 1.00–4.00 PM

Cost: Free (Water and light refreshments will be provided mid-afternoon, and hot drinks will be available for sale)

RSVP: For catering purposes, we would appreciate it if you could RSVP by Tuesday 20th March to: Nutrition.Lecture@utas.edu.au or phone 6324 5458 (please leave a message)



School of Human Life Sciences



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Presenters

Dr Rosemary Stanton OAM – Visiting Fellow in the School of Medical Sciences, University of NSW



Dr Rosemary Stanton OAM has been involved in public health nutrition, education and consumer issues relating to nutrition for 45 years. She is a Visiting Fellow in the School of Medical Sciences at the University of New South Wales and is involved with the Institute for Sustainable Futures at the University of Technology (Sydney) in their international work on sustainable use of resources in food production, especially phosphorus. Rosemary is also part of the University of Adelaide's Food Futures program. She is an invited member of the Scientific Committee for Doctors for the Environment. As well as authoring many scientific papers, Rosemary has written 33 books on food and nutrition with the latest (just published) being the *Choice Guide to Food: how to look after your health, your budget and the planet*.

Rosemary also writes for newspapers, magazines and websites for the public and the medical profession. She continues her involvement in public health nutrition and is currently focussing on the interrelationships between healthy diets and environmental factors related to climate change. Rosemary is also a member of the Dietary Guidelines Working Group of the National Health and Medical Research Committee.

Judy Seal – Principal Advisor Public Health Nutrition, Tasmania



Judy Seal, MPH Adv APD, graduated as a dietitian from Curtin University in WA in 1987 and subsequently completed a Masters in Public Health by research, also through Curtin University. Judy has worked in public health nutrition for about twenty years, predominantly in Tasmania but also with short stints in NSW, WA and the NT. As the Principal Advisor for Public Health Nutrition to the State Government in Tasmania she has overseen the development of Food and Nutrition Policy in Tasmania and has been active in national nutrition-related government committees in both the food regulatory and health systems. Since 2001 Judy has been involved in strategies to monitor iodine status in Tasmania, and has been an active advocate for effective strategies to address iodine deficiency across Australia and New Zealand.





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Professor Robert Glew – Member of the Department of Surgery and the Department of Biochemistry and Molecular Biology, School of Medicine, University of New Mexico, USA



Dr Robert Glew was born and raised in Boston in the New England region of the United States. He earned his PhD in biochemistry at the University of California at Davis, which was followed with a three-year fellowship in physiological chemistry at the Johns Hopkins University School of Medicine. Thereafter he spent 20 years on the faculty of the University of Pittsburgh School of Medicine, reaching the rank of Professor. In 1990 he was appointed Chair of Biochemistry and Molecular Biology in the medical school at the University of New Mexico in the US Southwest, where he has remained ever since. Dr Glew has authored 360 papers, written seven books and contributed many chapters, essays and review articles to the biomedical education literature. The focus of his research is nutritional and biochemical aspects of maternal and child health in developing regions of the world. Dr Glew's three sabbaticals have been in Nigeria where, for the past 35 years, he has taught and conducted research among urban populations and semi-nomadic Fulani people in the rural areas. His favourite teaching activity is the scientific manuscript-writing workshop he conducts in Turkey, Taiwan, India and, most recently, at UTAS campuses in Hobart and Launceston.

-Please see next page for venue map and parking directions-



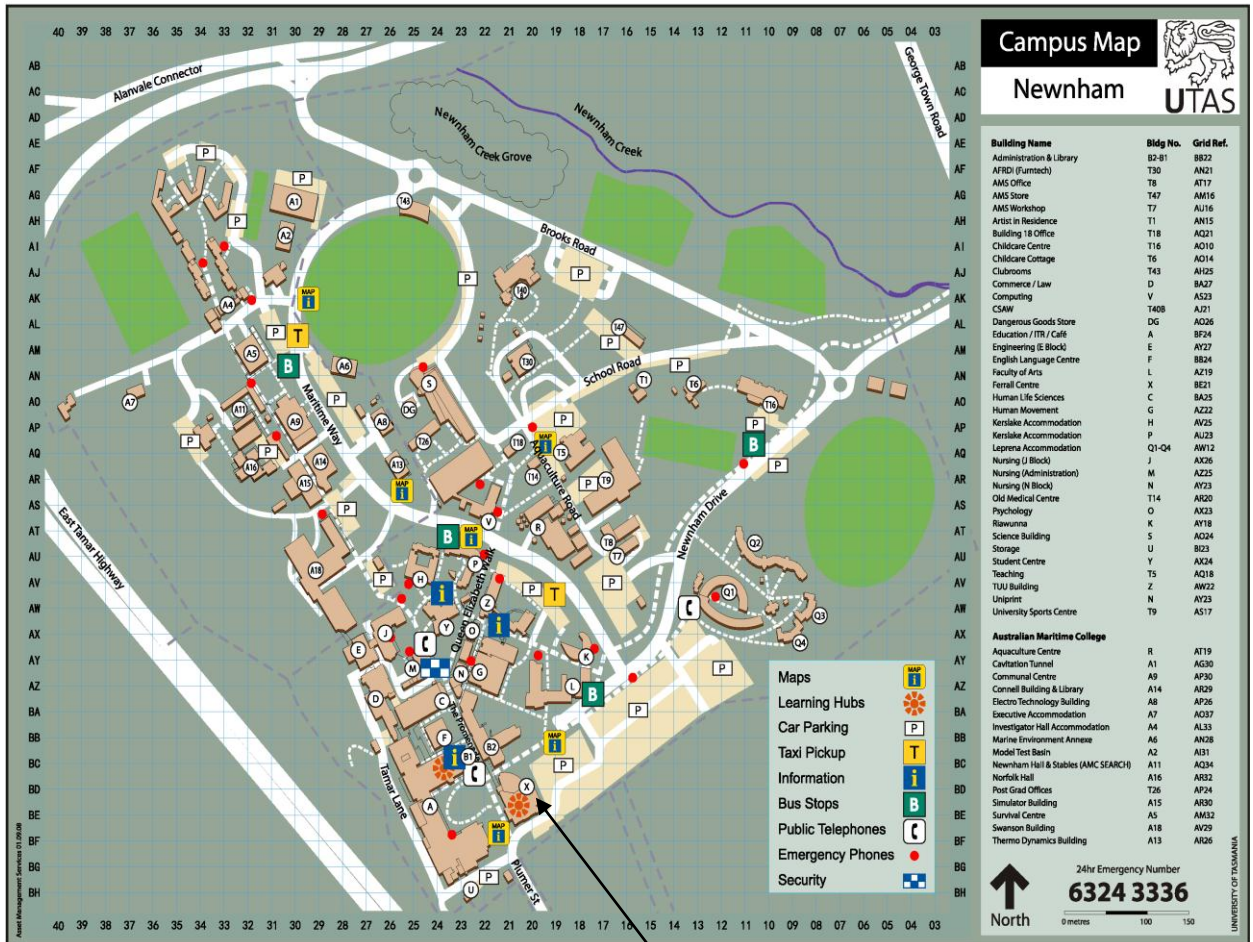
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Sir Raymond Ferrall Centre UTAS (Launceston)
Campus Map and Parking Areas



Sir Raymond Ferrall Centre



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