

Nutrition in Action:

Making everyday meals, healthy meals

SPEAKER BIOGRAPHIES

Assoc Professor Anna Rangan, Discipline of Nutrition and Dietetics, University of Sydney

Anna Rangan is an Associate Professor at the Discipline of Nutrition and Dietetics at the University of Sydney. She is the Course Coordinator of the Master of Nutrition and Dietetics program, which provides training for students wishing to become dietitians. Anna is an Advanced Accredited Practising Dietitian, and her interests include population nutrition research, and development of dietary assessment methods.

Recent research includes assessing and monitoring food consumption patterns, portion sizes and trends in childhood and adulthood, the role of energy-dense, nutrient-poor foods such as sugar-sweetened beverages in the development of obesity, and substitution modelling. She has experience in analysing and interpreting national dietary survey data, including the 2011-12 National Nutrition and Physical Activity Survey. Other interests include the development of novel dietary assessment methods, such as mobile phone apps.



Professor Mike Reid, Deputy Head, School of Economics, Finance and Marketing, RMIT University



Professor Mike Reid holds a PhD from the University of Otago, New Zealand. Mike is an experienced qualitative and quantitative researcher with a passion for social marketing and behaviour change. He has been awarded a number of competitive grants including National Health and Medical Research Council, Australian Research Council Discovery, Sustainability CRC, VicHealth Innovation, and VicHealth Partnership grants. Mike's research encompasses young adults and social media use in health, consumer lifestyles and behaviour change, obesity and food consumption, consumer adoption of new products, and integrated marketing communications management. He teaches product innovation management at undergraduate and postgraduate levels. Mike's industry consulting has encompassed a range of agrifood industries including seafood, pipfruit, deer, merino wool, and wine. His research has been published in many journals including *Australia and New Zealand Public Health*, *Appetite*, *European Journal of Marketing*, *Information and Management*, *Psychology and Marketing*,

Journal of Advertising, *Journal of Marketing Management*, *Journal of Advertising Research*, *Journal of Strategic Marketing* amongst others. In the distant past Mike was also a trade certified butcher.

2017 symposium and webinar

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Professor Caryl Nowson, School of Exercise and Nutrition Sciences, Deakin University



Professor Caryl Nowson holds the Chair of Nutrition and Ageing, Centre for Physical Activity and Nutrition Research School of Exercise and Nutrition Sciences. She has a research program spanning more than 30 years that has focused on two major diseases of ageing: nutrition related to hypertension, and nutrition related to bone health. She is a qualified dietitian who has worked in aged care setting and conducted a number of nutrition interventions with older people.

Caryl has a particular interest in dietary factors to health outcomes for the elderly, particularly falls and fractures. She has contributed to a number of intervention studies (food based and supplement based studies) that have evaluated the impact of increased protein, vitamin D and calcium on risk factors for falls and fractures in older people in the community and in residential care. She is also developing resources and

networks to effectively embed nutrition into medical education, and has strong collaborative links in this area with researchers in both the US and UK.

Dr Dominik D. Alexander, Principal Epidemiologist, Epistat

Dr Alexander, PhD, MSPH, has extensive experience in health research methodology, meta-analysis, and disease causation, particularly in the conceptualization, design, analysis, and interpretation of epidemiologic studies. He has published on a diverse range of topics and types of studies, including original epidemiologic research, qualitative reviews, systematic weight-of-evidence assessments, and quantitative meta-analyses. Because of his expertise in research methodology, Dr Alexander has served as principal investigator on numerous projects involving a wide variety of exposures and health outcomes. His research areas include: occupational and environmental exposures, such as asbestos, benzene, trichloroethylene, solvents, pesticides, arsenic, and dioxin; community health studies and cluster investigations involving air, water, and soil exposures; clinical, pharmacoepidemiology, and medical device studies including clinical trial design and support. In addition, Dr Alexander has extensive experience in nutritional epidemiology and has conducted systematic reviews and meta-analyses of dietary and nutritional factors and cancer, cardiovascular disease, type 2 diabetes, hypertension, and body composition. His work in this area has involved studies of dietary patterns, intake of whole foods, and dietary supplements, such as meat and fat intake, dairy and egg consumption, breakfast eating, multivitamin and mineral supplements, fish oil, energy drinks, caffeine, and infant formula.



Dr Alexander has over 180 peer-reviewed manuscripts, professional presentations, abstracts, and book chapters. He frequently presents on the understanding and interpretation of epidemiologic evidence in a variety of professional venues, such as national conventions, scientific conferences, and governmental regulatory forums. Dr Alexander currently serves on the editorial board of the American Journal of Clinical Nutrition and is a Visiting Professor in the Department of Nutrition, Exercise and Sports, at the University of Copenhagen, Denmark. In addition, he regularly serves on scientific committees and scientific advisory meetings. Dr Alexander was awarded a National Cancer Institute Fellowship for Cancer Prevention and Control and was the 2010 recipient of the UAB School of Public Health alumnus award for scientific excellence, based on recognition of his “significant scientific contributions through demonstrated commitment and exemplary leadership in empirical research, research methodology, or theory building or adaptation.”

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Dr Brad Ridoutt, Principal Research Scientist, Commonwealth Scientific and Industrial Research Organisation (CSIRO)



Dr Ridoutt's expertise is in life cycle sustainability assessment which is applied to agricultural production, food systems and sustainable diets. He uses this method of analysis to address strategic questions relating to climate action, global water scarcity and food security. Dr Ridoutt has a PhD from the University of Melbourne and has worked in Canada and New Zealand before joining CSIRO in 2006. He also has an honorary appointment as a Research Fellow of the University of the Free State, Department of Agricultural Economics, South Africa.

Dr Ridoutt currently chairs the Standards Australia National Committee EV005 (Life Cycle Analysis) and is a member of National Committees EV003 (Environmental Labelling) and EV015 (Greenhouse Gas Measurement and Accounting). He represents Australia in the development of international standards on these subjects at the International Organization for Standardization (ISO). He is also presently engaged in the United Nations Food and Agriculture Organisation's project Livestock Environmental Assessment and Performance Partnership (LEAP) and the UNEP-SETAC Life Cycle Initiative. Since 2010, he has been a member of the Scientific Committee of the International Conference on Life Cycle Assessment in the Agri-Food Sector. He is a co-author of the Australian Life Cycle Assessment Society (ALCAS) Best Practice Guide for Life Cycle Impact Assessment in Australia. Previously he served on the Technical Advisory Committee of Water Stewardship Australia and was Co-leader of the Climate/Resource Constraints (Sustainability) Priority Working Group of the National Food and Nutrition Forum.

Ms Shari Thompsett, Food Standards Australia New Zealand

After completing her undergraduate degree in Human Biology - Forensic Science, Shari commenced work at Food Standards Australia New Zealand (FSANZ) in 2006. During this time, she has worked primarily in the Food Composition Team developing datasets for projects including the 2007 National Children's Nutrition and Physical Activity Survey, the 2011-13 Australian Health Survey (AHS), NUTTAB 2006, NUTTAB 2010, comparing AHS results to the Australian Dietary Guidelines and added sugars.

