The 3rd Annual
Food Industry Forum for Nutrition Research

Healthy Food for a Healthier Australia

Monday 3 September 2012
Stamford Sydney Airport Hotel

Major sponsors

Australian Food and Grocery Council
Nestlé

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Food Industry Forum for Nutrition Research Organising Committee
Peter Howe (Convenor), Jon Buckley, Manohar Garg, Manny Noakes, Geoffrey Annison, Leisa Ridges
8.30am: REGISTRATION  
Stamford Sydney Airport

9.15am: Welcome – Prof Peter Howe (Convenor)  
9.20am: Opening address – CEO, Australian Food & Grocery Council  
Launch of Healthier Australia Commitment

Session 1: Food for the heart  Chair: Dr Alison Coates

9.30am  Prof Alice Lichtenstein (Tufts University, USA): Controversies in cardiovascular nutrition
10.00am  Prof Manohar Garg (University of Newcastle): Omega-3 benefits – gender dependence
10.10am  Prof Peter Howe (University of South Australia/University of Newcastle): Nutrients and circulatory health
10.40am  Prof Penny Kris-Etherton (PennState University, USA): Nuts and wholegrains for cardiometabolic health

11.00–11.30am: Morning Tea/coffee

Session 2: Food for the mind  Chair: Prof Andrew Scholey

11.30am  Prof Louise Dye (University of Leeds, UK): Foods for cognitive performance
12.00am  Dr Talitha Best (University of South Australia): Saccharides and cognition
12.20pm  A/Prof Felice Jacka (Deakin University): Diet as a modifiable risk factor for depression
12.40pm  Prof Kaarin Anstey (Australian National University): The association between obesity, cognitive decline and dementia from middle-age to late-life

1.00-2.00pm: Lunch

Chair: Prof Manny Noakes

2.00pm  Prof Geoffrey Annison (AFGC): Public Private Partnerships in Preventive Health
2.20pm  Adjunct Prof Michael Moore (Canberra University): Successful public health interventions – lessons for nutrition policy
2.40pm  Dr Lisa Studdert (Australian National Preventive Health Agency): Evidence based policy – springboard or anchor?
3.00pm  Dr Ingrid Appelqvist (CSIRO Food Futures Flagship): Changing the food supply – technical constraints and solutions
3.20pm  Prof Penny Kris-Etherton (Penn State University, USA): A North American perspective

3.40-4.10pm: Afternoon Tea/coffee

Debate: “Nutrition research is contributing to a healthier Australia”  
Chair/Adjudicator: Dr David Roberts

4.10pm  A/Prof Jon Buckley (University of South Australia) for
4.20pm  Mr Bill Shrapnel (Consultant) against
4.30pm  Dr Leisa Ridges (Nestle Australia) for
4.40pm  Dr Malcolm Riley (CSIRO Food and Nutritional Sciences) against
4.50pm  Dr David Roberts (Consultant) adjudication

5.00pm: Closing Remarks – A/Prof Jon Buckley (University of South Australia)

6.30  7.00pm: Pre dinner drinks in lobby
7.00  10.00pm: Australian Food & Grocery Council Dinner
CHAIRPERSONS AND SPEAKERS

Professor Penny Kris-Etherton

Penny is Distinguished Professor of Nutrition at The Pennsylvania State University. An expert in cardiovascular nutrition, she conducts controlled clinical nutrition studies designed to evaluate the role of diet on risk factors for cardiovascular disease and has published over 250 scientific papers, 30 book chapters and co-authored 4 books. Penny has served on many national committees that have established dietary guidelines and recommendations, including the 2nd Adult Treatment Panel of the National Cholesterol Education Program, the Dietary Reference Intakes for Macronutrients Committee of the National Academies, the HHS/USDA Dietary Guidelines Advisory Committee 2005 and the Nutrition Committee of the American Heart Association. A Fellow of the American Heart Association and the National Lipid Association, she has received many awards including the Kritchevsky Career Achievement Award from the American Society of Nutrition (2012), the Marjorie Hulsizer Copher Award from the American Dietetic Association (2007), the Elaine Monsen Research Award from the American Dietetic Association Foundation (2005), the Foundation Award for Excellence in Research by the American Dietetic Association (1998) and the Lederle Award for Human Nutrition Research from the American Society for Nutritional Sciences (1991). She was President of the National Lipid Association (2011-2012) and Chair of the Medical Nutrition Council of The American Society for Nutrition (2010-2012).

Professor Peter Howe

Peter is a research professor in Nutritional Physiology at the University of South Australia and Director-designate of the Clinical Nutrition Research Centre at the University of Newcastle. A recognised authority on cardiovascular and metabolic health benefits of bioactive nutrients, in particular omega-3 fatty acids, he has built strategic alliances with the food industry to develop functional foods and has contributed to regulatory policy. He established the Smart Foods Centre at Wollongong in 1999 and, on returning to Adelaide in 2002, the Nutritional Physiology Research Centre and ATN Centre for Metabolic Fitness, aimed at optimising physical and mental health through diet and lifestyle. He is a Fellow of the Nutrition Society of Australia and Editor-in-Chief of Nutrients.

Professor Kaarin Anstey

Kaarin is an ANU Public Policy Fellow and Director of the Centre for Research on Ageing Health and Wellbeing, and the Dementia Collaborative Research Centre at the Australian National University. Her research interests include cognitive epidemiology, chronic disease and mental health, prevention of cognitive decline and dementia, life-span approaches to mental wellbeing, and the impact of cognitive decline on productive ageing. Currently, she leads the PATH Through Life Project, an epidemiological study focussing on identifying risk and protective factors that influence mental health and cognitive decline from mid-life into late adulthood. In 2009 she was awarded the E.W. Busse Award by the International Association of Gerontology and Geriatrics for her research excellence. Anstey’s research on modifiable risk factors for dementia contributed to the U.S. National Institutes of 2010 Report on the Prevention of Alzheimer’s Disease and Cognitive Decline.

Associate Professor Felice Jacka

Felice is an NHMRC Research Fellow at Deakin University who is responsible for the majority of the published studies worldwide concerning the association between diet quality and depression and anxiety in adolescents and adults. This is a very new area of research, which is transforming the way the CMDs are conceptualised. The aim of her research program is to continue to develop the evidence base for diet quality, and other aspects of lifestyle, as modifiable risk factors for these disorders, as well as developing and evaluating interventions at both the clinical and community level to improve dietary and other lifestyle practices, with the ultimate aim of improving the mental health status of the population.
Dr Lisa Studdert

Lisa is the Manager, Policy and Programs at the Australian National Preventive Health Agency (ANPHA). Prior to joining ANPHA in February 2011, Lisa was the General Manager of the Remote Area Health Corps (RAHC), a government-funded initiative supporting short-term health workforce placements in remote health services in the Northern Territory. From 2003-2009 Lisa was with the Asian Development Bank and headed health programs in Vietnam and the Mekong region across a range of areas including health systems reform, provincial health infrastructure, health financing, health workforce, nutrition, HIV and AIDS. Lisa has prior experience in health sector strategic planning, public nutrition and program management with the United Nations' World Food Program, UNICEF and AusAID and was previously an Advisor on public and Indigenous health issues to the Minister for Health and Ageing, Dr Michael Wooldridge. Lisa holds a PhD and Masters in public health nutrition from Cornell University, New York and a Bachelors in Agricultural Science from the University of Melbourne.

Dr Ingrid Appelqvist

Dr Ingrid Appelqvist joined CSIRO in 2006 within the Food and Nutritional Sciences division as a group leader in food materials science. She became theme leader for Designed Food and Biomaterials research program which focuses on developing all natural manufactured food (clean label); healthier foods (low sugar, salt, fat and high fibre, protein); the relationship of food structures with humans and how that controls delivery of nutrition and sensory perception. She is currently seconded to the Department of Health and Ageing in Australia as a consultant to define the targets of salt, sugar and fat reduction in manufactured food categories. She also leads the secretariat for the National Food and Nutrition Leaders Science Forum for the development of the National food and nutrition R&D strategy and leads the Australian international knowledge based bio economy stream on food and health.

Dr Geoffrey Annison

Geoffrey joined the Australian Food and Grocery Council in October 2007. He has wide experience in food regulation and innovation, having held a number of senior technical and management roles in industry in Australia and overseas, in academia, and in public policy. His career has spanned a number of sectors including the FMCG sector with Goodman Fielder and the AFGC, the rural sector with organisations such as Australian Pork Ltd and AWB Ltd. and research providers such as Massey University in New Zealand and the CSIRO, providing him with an extensive knowledge of current industry issues, particularly in the technical arena. Dr Annison has a Bachelor of Science in Food Technology and a PhD in Microbiology from the University of New South Wales.

Professor Manohar Garg

Manohar is Professor in Nutritional Biochemistry and Director of the Nutraceuticals Research Unit at the University of Newcastle. Recently he has also been appointed as a Resident Fellow of the Riddet Institute (National Centre of Research Excellence) at the Massey University in New Zealand. A recognised world authority on fatty acid nutrition, anti-inflammatory, anti-aggregatory and anti-oxidant benefits of bioactive nutrients, in particular resveratrol, carotenoids, phytosterols, omega-3 fatty acids, he has fostered strategic alliances with the food industry to develop functional foods. He is currently the Immediate Past President of the Nutrition Society of Australia and served as President and President Elect of NSA between 2007-2011. He is Associate Editor of the Journal of the Science of Food and Agriculture and Progress in Lipid Research.
Dr Alison Coates

Alison is a Senior Lecturer in Human Nutrition and Physiology and deputy director of the Nutritional Physiology Research Centre at the University of South Australia. As a nutritional scientist, she is interested in how bioactive compounds from food can reduce risk factors for obesity, cardiovascular disease and metabolic syndrome. During her PhD at CSIRO and whilst working as a postdoctoral research fellow (2001-2004) at the University of Colorado, she developed expertise in conducting clinical trials and in assessing biomarkers of cardiometabolic health. Since joining the University of South Australia in 2004, she has been involved in over 20 clinical trials using nutritional supplements (omega 3 fatty acids, polyphenols, isoflavones) and foods (peanuts, omega 3 enriched pork, soy and dairy products) sponsored by industry partnerships and through ARC linkage projects. Her contribution to the area of cardiometabolic health and nutrition has been recognised by a Tall Poppy Award and invited presentations.

Associate Professor Jon Buckley

Jon is Director of the Nutritional Physiology Research Centre at the University of South Australia. Associate Professor Buckley is an authority on the health effects of diet and physical activity and his research addresses the effects of nutrition and exercise on cardiovascular, metabolic, mental and physical function in populations ranging from patients with chronic disease to elite athletes. His research findings have contributed to the development of patents for a number of new nutritional products, influenced nutrition policy in Australia and overseas and contributed to changes in the way athletes are trained.

Mr Bill Shrapnel

Bill has over 30 years experience as a nutritionist. He has been Dietician-in-Charge at two health services in NSW and helped develop community nutrition at Gosford in the 1980s. In the early 90s he spent four years as the National Nutrition Manager with the Heart Foundation, where he managed the Tick Program and developed his interest in diet and coronary heart disease. For the past 17 years Bill has run a nutrition consultancy based in Sydney. His current clients include Goodmad Fielder and Kellogg. He is a published author and is currently the Deputy Chairman of the Sydney University Nutrition Research Foundation.

Professor Michael Moore

Michael is the CEO of the Public Health Association of Australia. He is a former Minister of Health and Community Care and was an Independent Member of the ACT Legislative Assembly between 1989 and 2001. He was the first Independent Member to be appointed as a Minister to a Government Executive in Australia. Michael holds a postgraduate diploma in education, a masters degree in population health and is an adjunct professor with the University of Canberra. He is a political and social columnist who has served on a range of Boards including the ACT Local Hospital Network, the Australian Health Care Reform Alliance, the National Drug Research Institute and the Institute of Public Administration.

Professor Andrew Scholey

Andrew is director of the Centre for Human Psychopharmacology at Swinburne University, Melbourne. He is a leading international researcher into the neurocognitive effects of natural products, supplements and food components, having published over 100 peer-reviewed journal articles and numerous book chapters. He is Professor of Brain and Behavioural Sciences and co-director of the NICM Collaborative Centre for the Study of Natural Medicines and Neurocognition. In 1998, he established the Human Cognitive Neuroscience Unit at Northumbria University, UK and was the Unit's director until joining the then Brain Sciences Institute at Swinburne University in 2007.
**Dr Talitha Best**

Talitha Best is a Research Fellow at the Nutritional Physiology Research Centre at the University of South Australia. She is currently working as a Researcher in Business funded through an initiative of the Department of Innovation, Industry, Science and Research to facilitate knowledge transfer between the research and industry sectors. With a PhD in clinical psychology, Talitha’s research and clinical interests focus on the effects of nutrition and bioactive food components to improve mood and neurocognitive function. In particular, Talitha has been lead investigator in a series of publications investigating the effects of plant polysaccharides (plant sugars) on everyday cognitive abilities and well-being in middle-aged adults. Her contribution to cognition and nutrition research has been recognised by early career research travel awards and invited presentations.

**Dr David Roberts**

Dave is a food and nutrition consultant who is currently President of ILSI Australasia country committee of ILSI South East Asia Region, scientific advisor to GoGrains Health and Nutrition Limited, regulatory policy advisor to the Omega3 Centre and non-executive director on the Board of Food Standards Australia New Zealand. He was Deputy CEO and scientific and technical Director of the Australian Food and Grocery Council for 5 years until October 2007. Prior to that, he held the Foundation Chair in Nutrition and Dietetics (established 1991) at the University of Newcastle for 10 years. He was at Sydney University for 12 years teaching and researching in nutritional biochemistry. He was Chairman of the Federation of Australasian Nutrition Organisations, President of the Nutrition Society of Australia for three years, chaired the inaugural Complementary Medicines Evaluation Committee of the Therapeutic Goods Administration in Canberra for four years, was on the Editorial Board of the British Nutrition Foundation for many years and remains on the Editorial Board of the journal, Public Health Nutrition.

*MORE INFORMATION TO COME ON INVITED SPEAKERS*
**CO-HOSTED BY**

**Nutritional Physiology Research Centre**

The Nutritional Physiology Research Centre has an international reputation for human research on the roles of nutrition and physical activity in attaining and maintaining optimal physical and mental health and in counteracting obesity and the diseases of affluence. The Centre recognises the economic and social importance of addressing both diet and lifestyle in order to optimise health development and counteract risk factors for chronic disease across the lifespan.

Our research addresses cardiovascular, metabolic, anti-inflammatory and mental health benefits of diet and physical activity and the underlying mechanisms in populations ranging from patients with chronic disease to elite athletes. Physiological effects of whole foods (e.g. dairy, pork), bioactive nutrients (e.g. omega-3, phytoestrogens, antioxidants) and other dietary factors are evaluated, alone or in combination with regular exercise, in human trials.

The Centre’s research programmes are supported by Category One Funding (ARC, NHMRC and NHF), other Government funding and partnerships with food the industry. Research outcomes are expected to benefit food industry partners and consumers by supporting the development of healthier food products and substantiating associated health claims, and informing public health recommendations for nutrient intakes and physical activity requirements.


**Clinical Nutrition Research Centre**

The Clinical Nutrition Research Centre is a new collaborative initiative based at the University of Newcastle’s School of Biomedical Science & Pharmacy and the Hunter Medical Research Institute. It is affiliated with UniSA’s Nutritional Physiology Research Centre and the Centre for Human Psychopharmacology at Swinburne University. Headed by Professor Peter Howe, it will bring existing expertise in nutraceuticals into new research partnerships aimed at:-

- Expanding knowledge of physiological functions of bioactive nutrients and functional foods;
- Evaluating human health benefits and determining the therapeutic potential of bioactive nutrients, used alone or as adjuncts to drug therapy;
- Obtaining evidence to substantiate health claims for foods and nutraceuticals;
- Fostering a national framework of collaboration in nutraceutical research;
- Promoting translation of nutraceutical research into community practice.

*The Clinical Nutrition Research Centre will commence operation in July, 2012.*

**Food and Nutritional Sciences**

CSIRO Food and Nutritional Sciences conducts food and nutrition research to support the health and wellbeing of the Australian community and the sustainability and viability of the Australian food industry. Our science outcomes are delivered through four key research areas:

Health: As part of a national approach, benefit the health and wellbeing of the Australian population and assist the food industry bring foods with substantiated health and functional benefits to market.

Consumer Behaviour: Improved health and wellbeing outcomes in the Australian population through sustained changes in eating behaviours.

Sustainable Agri-food Processing: Development of innovative approaches for the efficient transformation of agri-food materials that enable validated through-chain sustainability in a resource constrained world.

Food Safety and Stability: Assuring the safety and quality of Australian foods within an integrated national biosecurity system.
**The 3rd Annual Food Industry Forum for Nutrition Research**  
**Healthy Food for a Healthier Australia**  
Monday 3 September 2012 - Stamford Sydney Airport Hotel

### REGISTRATION FORM

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**Registration options**

*All fees include GST. Students must include a copy of their student ID with this form*

*Should there be a necessity to cancel a registration please contact Newcastle Innovation on 02 4921 8777*

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Please email completed form to innovation@newcastle.edu.au or fax to 02 4921 8778

Accommodation at a special Forum rate is available. For details see Forum Flyer.

Registration enquiries to Newcastle Innovation on 02 4921 8777 or innovation@newcastle.edu.au


**FORUM ACCOMMODATION**

The Food Industry Forum for Nutrition Research Organising Committee has secured a special accommodation rate at the Forum venue, the Stanford Sydney Airport Hotel, for attendees.

To book, guests are advised to call Reservations direct on +61 2 9317 1610 and quote either the conference name or the block code detailed below:

- **Conference:** Food Industry Forum
- **Check in:** 2 September 2012
- **Check out:** 4 September 2012
- **Rate:** AUD $170 (room only)
- **Block code:** (R)FIF020912
- **Specials:** AUD $20 Full Buffet Breakfast

Guests are asked to secure all bookings with a credit card and please advise 24 hour cancellation.

**FORUM SUPPORTER**

Newcastle Innovation is a rapidly growing not-for-profit organisation linking business and government to the knowledge and expertise at the University of Newcastle, Australia. Since its creation in 1969, Newcastle Innovation has facilitated the transfer of knowledge, technology and scientific research from the University to commercial partners. This is achieved by linking the University's consulting and contracted research to industry and securing investment dollars to commercialise innovative technology developed within the institution. Visit www.newcastleinnovation.com.au or call 02 4921 8777.