

NSNZ Conference Workshops 2024

Workshops at the conference have now been confirmed. As you can see below there is a wide range of topics, of interest to both academics and practicing nutritionists. You will have the opportunity to register for the workshops of your choice later, but in the meantime, have a read through and see what catches your interest.

Note that workshops are scheduled for 1.30 - 3.00 pm on Thursday 28th and 2.30 - 4.00pm on Friday 29th. The Friday workshops will be followed by the prize giving and closing.

1. Coeliac Disease – navigating a gluten-free diet for your clients

Workshop Lead: Suzanne Aitken, Coeliac NZ Ltd

This workshop will outline the medical aspects of coeliac disease, and focus on how to ensure a nutritionally balanced gluten-free diet. Participants will experience 'The Buddy Shopper' experience, which helps navigate the supermarket environment to identify gluten within NZ food products, and to shop safely. Participants will gain increased knowledge and confidence to support their gluten free clients to adequately cater to their dietary requirements.

2. Dietary Shift and Paradigm Shift (and Paradigm Return).

Workshop Leads: Ying Xia, Suliving Ltd, and Lena Mkwara, Ara Institute of Canterbury

This workshop introduces the principles behind the Pure Diet (Oriental Vegan), and through a series of interactive conversations will guide participants to an understanding of the ancient wisdom behind this dietary paradigm. Participants will gain a fresh perspective on an Oriental paradigm that offers a unique set of knowledge, values and beliefs unfamiliar to many in a Western environment.

3. Co-Design in Action

Workshop Leads: Dr Sherly Parackal, University of Otago, and Cherise Pendergast, Massey University

This workshop will answer the 'what', 'why', 'how' and 'where' of co-design using two case studies, of an ethnic specific health promoting intervention in NZ South Asians, and a food literacy assessment checklist for use in community health support services. Participants will co-design their own resource to improve vegetable consumption in their chosen community, identifying potential stakeholders for consultation and contributing factors to consider ahead of implementation.

4. Global Policy to Local Action: Upskill in advocacy for better nutrition outcomes

Workshop Leads: Michelle Gibbs, NZ Food Safety MPI, Donnell Alexander, Food and Grocery Council, Frances Arenhold, Heart Foundation, Evelyn Mete, NZ Food Safety MPI.

This workshop will provide information about the food regulatory system, and participants will take on the role of a key stakeholder group to work through a topical case study on the formulation of foods with protein from non-animal sources. Participants will identify the preferred policy option for their stakeholder group, and through facilitated discussions agree on an approach that best meets the needs of different stakeholders. This will increase knowledge on the policy setting process, and confidence in advocacy and negotiation skills.

5. From Food Insecurity to Food Security and Resilience – the role of a nutritionist.

Workshop Lead: Bek Parry, Te Whatu Ora – National Public Health Service

This workshop will provide an overview of the food system and discuss what changes are needed nationally and globally to activate change and the creation of a more food secure environment, specifically focusing on the role of a nutritionist in this space. Participants will be challenged to understand how they can contribute to a changing food system, through understanding the complexities and inter-connectedness of the system and how nutritionists in all fields should contribute to the conversation.

6. Noticing Red Flags in Endurance Sport Nutrition

Workshop Leads: Hannah Alexander, University of Otago, Juliet Slattery, Ara Institute of Canterbury

This workshop will highlight common and less common mistakes or red flags seen in endurance athletes that may not be easily identified. There will be a focus on carbohydrate and fuelling requirements, and participants will work in groups to identify issues in different case studies and possible solutions to the issues. Participants will gain knowledge on a variety of different fuelling issues for athletes and possible solutions, or when specialised referral may be necessary.

7. The Non-Diet Approach: Practical Applications in Clinic

Workshop Lead: Dr Maria Casale, NZRD, Massey University

This workshop will provide a brief overview of the non-diet approach to working with clients, and focus on the practical tools that can be used. Participants will experience tools and activities such as mindful eating, strategies to help with non-hungry eating, and more. Participants will gain knowledge on how to apply a range of tools through a lens of motivational interviewing, as well as on how to identify red flags for eating disorders. Participants will be provided with a toolkit that can be used in their own practice.