

He Wātaka 2025

Programme 2025

Pre-conference	Day 1: Evidence	Day 2: Translation	Day 3: Action
16:00 – 17:30 Registration 17:30 – 19:30 Advancing early nutrition careers	8:00 Registration 9:00 He mihi whakatau 10:00 Plenary 1: Sustainable food systems 11:00 Morning tea 11:30 Abstracts 13:00 Lunch 14:00 Workshops 15:30 Afternoon tea 16:00 Plenary 2: Research methodology 17:30 Taraka kai: food truck dinner & garden tour	9:00 Plenary 3: Women's health 10:00 Abstracts 11:00 Morning tea 11:30 Abstracts 13:00 Lunch 14:00 Workshops 15:30 Afternoon tea 16:00 Plenary 4: Pacific health & nutrition 17:00 Muriel Bell Mafi Funaki-Tahifote 18:15 Conference social	8:45 Plenary 5: GLP-1 Medications 10:00 Morning tea 10:30 Plenary 6: Female athletes 11:30 Awards 12:00 Conference close
25/11	26/11	27/11	28/11

Rātū 25 Whiringa-ā-rangi - Tuesday 25th November 2025, PRE-CONFERENCE

16:00 - 17:30	Registration <i>Sponsored by Harraways</i>
Session	Pre-conference: Student & early career evening <i>Register via conference website</i>
17:30 - 19:30	Advancing Early Nutrition Careers: Evidence, Translation, Action Featuring expert panelists: Finau Taungapeau (Pacific Trust Otago) Dr. Jen Gale (University of Otago/FONS) Sharon Sutton (Purple Carrot Nutrition)

Rāapa 26 Whiringa-ā-rangi - Wednesday 26th November 2025

8:00 - 8:50	 Registration <i>Sponsored by Harraways</i>	
Session	He Mihi Whakatau - Welcome, Hutton Theatre	
9:00 - 9:30	He Mihi Whakatau - Welcome and official conference opening Mr Mark Brunton (University of Otago)	
9:30 - 10:00	 Paramanawa - Morning refreshments	
Session	Plenary 1: Sustainable food systems, Hutton Theatre	
10:00 - 11:00	Dr Jessica Bogard (CSIRO Agriculture and Food, Brisbane) Towards nutrition-sensitive agriculture and food systems in the Pacific and beyond	
11:00 -11:30	 Paramanawa - Morning refreshments & posters	
Session	Abstract 1: Te Ao Māori & Pasifika lenses on nutrition, Hutton Theatre	Abstract 2: Functional foods & digestive health Barclay Theatre
11:30 - 13:00	Joanne Ulrich & Sarah Williams (Te Hiku Hauora) Marae-based Diabetes Care in Muriwhenua Jamie Iro (University of Auckland) Kai ā nuku: nourishing whānau through an Aotearoa-centred nutrition approach Cherise Pendergrast (Massey University) Developing a food literacy assessment tool for the Aotearoa NZ context Olivia Young (University of Auckland) Conceptualising the role of Kai for Mental Wellbeing among rangatahi Māori Elti Sannyasi (Massey University) Weight stigma and bias in healthcare settings in Aotearoa: Pacific women's voice Dr Hannah Rapata (Te Wānanga o Aotearoa) Food colonialism and the role of food professions in Aotearoa New Zealand: unpacking the problem and pathways for change	Simon Robert Gilmour (Fonterra) Beyond total protein: understanding amino acid variation in dairy powders Ben Wright (Lincoln University) Supplementation of Aotearoa New Zealand hemp seed protein improves arterial health indices in adults with increased cardiovascular risk Syed Ubaid Shah (Massey University) Enhancing protein digestibility in red clover and lucerne seeds through lactic acid fermentation Dr Rachel Scrivin (Toi Ohomai Institute of Technology) The impact of a 48-h high-carbohydrate low-fermentable oligo-, di-, monosaccharide and polyol diet in athletes with concurrent exercise-associated gastrointestinal symptoms and detected small intestinal bacterial overgrowth Laura Ombasa (University of Otago) Effects of Lepterdine™ mānuka honey on functional dyspepsia symptoms and quality of life: a randomised controlled feasibility study.

Rāapa 26 Whiringa-ā-rangi - Wednesday 26th November 2025, afternoon

13:00 - 14:00	 Pouputanga o te rā Lunch & poster session <i>Sponsored by Beef & Lamb New Zealand</i>			
Session	Workshop 1 <i>TG01 College of Education</i>	Workshop 2 <i>Hutton theatre</i>	Workshop 3 <i>Barclay Theatre</i>	Workshop 4 <i>Kākāpo Room</i>
14:00 - 15:30	W1. Culinary nutrition Julie North, Foodcom & Tansy Boggon, Joyful Eating	W2. GLP-1 medication Dr Maria Casale, Massey University	W3. Co-design ACT based approaches to support healthy eating Dr Sara Styles & Jo Murphy, University of Otago	W4. Reducing dementia through lifestyle change Khai Mardon & Juliet Slattery, Ara Institute of Canterbury
15:30 - 16:00	 Paramanawa - Afternoon refreshments			
Session	Plenary 2: Best practice: research methods and data sovereignty, Hutton Theatre			
16:00 - 17:30	Associate Professor (Honorary) Andrew Sporle (The University of Auckland) Te Ao Māori considerations for New Zealand researchers on data sovereignty Associate Professor Karen Murphy (University of South Australia) Extension of the CONSORT reporting guidelines for randomized controlled trials in nutrition			
Session	Conference Side event <i>Register via Gecco</i>			
17:30 - 18:30	Taraka kai University of Otago Food truck dinner, and tour of the garden and kitchen			

Rāpare 27 Whiringa-ā-rangi - Thursday 27th November 2025

Session	Plenary 3: Women's health, Hutton Theatre	
9:00 - 10:00	Dr Wendy Sweet (My MT) Does Menopause need a new (lifestyle) narrative?	
Session	Abstract 3: Nutrition for mental wellbeing, Hutton Theatre	Abstract 4: Tackling chronic disease, Barclay Theatre
10:00 - 11:00	Dr Nicola Gillies (University of Auckland) Design and evaluation of the "Feel Good" Feasibility Study – A multi-component fruit and vegetable intervention in children measuring cognitive and mental health outcomes. Lauren Zwalue (University of Auckland) Food, feelings, and the future – exploring the connections between dietary behaviours, the environment and wellbeing among young adults in Aotearoa, New Zealand Georgia Smith (University of Auckland) Food and Mood Study – Exploring the determinants of dietary behaviours that support wellbeing in young adults with symptoms of depression, anxiety, and/or stress in Aotearoa, New Zealand. Charlotte Mawson (Fonterra) Therapeutic potential of milk fat globule membrane for stress, anxiety, and depression: a meta-analysis	Vanessa Knowles (University of Otago) Navigating food choices during colorectal cancer: The patient experience in New Zealand Dr Sherly Parackal (University of Otago) Understanding saturated fat knowledge and dietary behaviours among South Asians who self-reported hypercholesterolemia: A mixed-methods study Frances Arenhold & Alexandria Nicholas (Heart Foundation) Enhancing heart health nutrition resources for Pacific communities: Insights from a talanoa focus group Kate Jaffray (University of Otago) Alongside technology: a qualitative study exploring the role of nutrition education in the care of youth with type 1 diabetes in Aotearoa New Zealand
11:00 - 11:30	 Paramanawa - Morning refreshments	
Session	Abstract 5: Food systems: policy, data and trends, Hutton Theatre	Abstract 6: Formative years: from infancy to independence Barclay Theatre
11:30 - 13:00	Prof Sheila Skeaff (University of Otago) Food loss and waste in New Zealand: a baseline estimate Dr Karen Mumme (Massey University) How does the government-funded school lunch programme contribute to the daily nutrient intake of New Zealand adolescents? Dr Kathryn Bradbury (University of Auckland) Trends in population food and macronutrient availability in Aotearoa New Zealand from 1961 to 2022	Meiliana Meiliana (Liggins Institute) Standardised reporting framework for nutrition and growth in preterm nutrition studies: A Delphi study Farah Nisa (University of Otago) Low birth weight in Indonesia: a systematic review and meta-analysis Stephanie Cox (Massey University) Macronutrient composition of donor human milk from the first human milk bank in New Zealand

Session	Abstract 5: Food systems: policy, data and trends (con't)		Abstract 6: Formative years: from infancy to independence (con't)	
11:30 - 13:00	Deb Sue (Heart Foundation) Heart Foundation's Food Reformulation Programme and its impact on the food supply – past, present and future Prof Helen Eyles (University of Auckland) Changes in the sodium content of New Zealand packaged breads: 2013 to 2023 Lucy Pakenham (University of Auckland) Development of the Intake24 New Zealand dietary feedback function: review of existing 24-hour recall tools and expert input Dr Carolyn Lister (Bioeconomy Science Institute) Updating the New Zealand Food Composition Database 2024 Dr Nick Smith (Bioeconomy Science Institute) Expanding the New Zealand Food Composition Database for greater usefulness to the nutrition community		Mitchelle Kale (University of Otago) Missed opportunities: Infant feeding practices and caregiver knowledge in Papua New Guinea Judith Yeabsley (Massey University) An appreciative inquiry into positive healthcare provider appointments by parents help-seeking for their child's picky eating in Aotearoa New Zealand Prof Kathryn Beck (Massey University) Exploring ultra-processed food consumption and associations with nutrient intake in New Zealand adolescents Kate Hammond (Massey University) UPF consumption in New Zealand adolescents: the role of eating context. Dr Berit Follong (University of Auckland) Understanding student food insecurity in Aotearoa: revealing the tip of the iceberg	
13:00 - 14:00	 Poupoutanga o te rā Lunch & poster session			
Session	Workshop 5 <i>Hutton Theatre</i>	Workshop 6 530 Castle St RmG01	Workshop 7 <i>Kākāpo Room</i>	Workshop 8 <i>Human Nutrition, 7th floor, Rm 7c9</i>
14:00 - 15:30	W5. Workshop to apply CONSORT to nutrition RCTS Assoc Prof Karen Murphy, University of South Australia	W6. Standards of Practice for Sports Nutrition Dr Kirsty Fairbairn, Sara Richardson & Dr Rebecca Cooke	W7. From insight to action: Co-design to build a behaviour change toolkit Elena Pierre, University of Otago	W8. Beyond the brush - can we eat our way to a healthy smile Sarah Chisnall, Community Oral Health Service (Southern), Health New Zealand
15:30 - 16:00	 Paramanawa - Afternoon refreshments			
Session	Plenary 4: Pacific health & nutrition, <i>Hutton Theatre</i>			
16:00 - 16:45	Elisiva Na'ati (The Pacific Community) The multi-sectoral nutritional approach to address NCDs in the Pacific region (inclusive of the monitoring with the MANA dashboard)			
Session	Muriel Bell Lecture, <i>Hutton Theatre</i>			
17:00 - 18:00	Mafi Funaki-Tahifote (MAS Foundation) Feeding Futures: Advancing nutrition through action and evidence in our communities.			
18:15 - 21:00	Conference Side event <i>Register via Gecco</i> Tūhura Otago Museum's Tropical Forest and Science Centre			

Rāmere 28 Whiringa-ā-rangi - Friday 28th November 2025

Session	Plenary 5: GLP-1 medications, <i>Hutton Theatre</i>
8:45 - 10:00	Dr Maria Casale (Massey University) GLP-1 medications: from mechanism to measured impact Simon Erickson (University of Otago) Physiological pathways of weight stigma: a scoping review of biomarker evidence and methodological challenges
10:00 - 10:30	 Paramanawa - Morning refreshments <i>Sponsored by Crafty Weka</i>
Session	Plenary 6: Sports nutrition, <i>Hutton Theatre</i>
10:30 - 11:30	Associate Professor Katherine Black & Penelope Matkin-Hussey (University of Otago) Female athlete nutrition across the lifecycle: Misfed or misled
Session	Conference close and awards, <i>Hutton Theatre</i>
11:30 - 12:00	Awards & closing ceremony