

Nutrition Society of New Zealand Conference Workshops

We're excited to announce that the workshops have now been confirmed! This year's programme offers a diverse selection of topics designed to engage both academics and practicing nutritionists. Whether you're looking to deepen your expertise or explore new areas of interest, there's something for everyone.

Workshops will take place in the afternoons on **Wednesday and Thursday**, with each session offering **four concurrent workshops** for attendees to choose from. You are now able to register for your preferred workshops through Gecco.

Rāapa 26 Whiringa-ā-rangi - Wednesday 26th November 2025	
14:00 - 15:30	Workshop 1: Culinary Nutrition - delivering applied health solutions through food and cooking
Workshop capacity: 24 people Room: TG01 College of Education	Julie North, Foodcom & Tansy Boggon, Joyful Eating Explore the emerging field of culinary nutrition in this hands-on kitchen-based workshop. Culinary nutrition places importance on the full eating experience rather than a nutrient-led approach. Discover global innovations, delve into gastrophysics and "nudging," and learn practical tips for creating visually enticing, nourishing dishes - perfect for anyone passionate about great food.
14:00 - 15:30	Workshop 2: Supporting clients using GLP-1 medicines: practical, weight-inclusive nutrition care
Workshop capacity: 40 people Room: Hutton Theatre	Dr Maria Casale, Massey University An interactive, case-based session to equip clinicians supporting clients who use GLP-1 medicines. Working in small groups, participants will practice implementing nutrition care across three key phases of GLP-1 medication use: initiation, maintenance, and discontinuation. They will troubleshoot GI side-effects, safeguard protein, fibre, and micronutrient adequacy during appetite suppression, screen for red flags (including disordered eating risk), and plan behaviour maintenance after cessation. Activities will use a weight-inclusive, non-diet lens, focusing on sustainable change that centres the client's health goals in a non-stigmatising way.
14:00 - 15:30	Workshop 3: From Evidence to Action: Co-Designing ACT-Based Approaches to Support Healthy Eating in Aotearoa
Workshop capacity: 40 people Room: Barclay Lecture theatre	Dr Sara Styles & Jo Murphy, University of Otago Build your psychology skills in Acceptance and Commitment Therapy (ACT) to support healthier eating and wellbeing. In this interactive workshop you will explore barriers to healthier eating among tāngata whaiora and whānau, and co-design practical strategies to boost psychological flexibility—staying present, open, and values-driven, even when difficult to do so. You will collaboratively select strategies to increase psychological flexibility that are likely to be feasible and acceptable in your practice.
14:00 - 15:30	Workshop 4: Reducing dementia through lifestyle change
Workshop capacity: 40 people Room: Kākāpo room	Khai Mardon & Juliet Slattery, Ara Institute of Canterbury Discover how to cut dementia risk by up to 45% in this interactive, hands-on workshop! Explore 14 modifiable risk factors through Dr. Sherzai's NEURO framework—Nutrition, Exercise, Unwind, Restore, Optimize—and take part in memory games, quizzes, and group activities to build evidence-based prevention strategies that boost brain health and wellbeing. Empower yourself to apply practical, science-backed tools in your personal and professional life.

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

14:00 - 15:30	Workshop 5: Workshop on how to apply the CONSORT reporting guidelines for randomized controlled trials in nutrition
Workshop capacity: 40 people Room: Hutton Theatre	Associate Professor Karen Murphy, University of South Australia The CONSORT (Consolidated Standards of Reporting Trials) guidelines provide a framework for reporting RCTs, until recently there was no specific guidance tailored to nutrition studies. The Federation of European Nutrition Societies (FENS) Working Group recently launched the CONSORT-Nut, a nutrition-specific extension of the CONSORT guidelines. This interactive workshop will introduce participants to the rationale behind CONSORT-Nut, explore its new items, and demonstrate how it can enhance the transparency and quality of nutrition research reporting. Through hands-on activities and real-world examples of well- and poorly-reported nutrition RCTs, participants will gain practical experience applying CONSORT-Nut to improve reporting of nutrition trials.
14:00 - 15:30	Workshop 6: Presentation of NZ Standards of Practice for Sports Nutrition Practitioners in High Performance or Professional Sport
Workshop capacity: 40 people Room: U530 Castle St RmG01	Kirsty Fairbairn, Sara Richardson & Rebecca Cooke, On behalf of the High Performance Sports Nutrition Practitioners group Calling all sports nutrition fans! Join this interactive session introducing the new Standard Operating Procedures (SOPs) for Sports Nutrition Practitioners. Learn how they define competencies, training, and professional standards for safe, evidence-based athlete nutrition. Engage in group discussions to explore their value in your role, how you can support their use, and share questions or feedback to help shape future practice across sport, education, and professional nutrition settings.
14:00 - 15:30	Workshop 7: From insight to action: applying co-design to build a behaviour change toolkit
Workshop capacity: 40 people Room: Kākāpo Room	Elena Piere, University of Otago Are you passionate about behaviour change? This workshop will showcase a behaviour change toolkit, developed to reduce food waste in aged residential care. You will get to take part in a simulation of the co-design process used to develop the tool as a stakeholder in the process. You will explore a realistic scenario, consider diverse perspectives, and generate practical intervention ideas. You will emerge with an understanding of how this process could be adapted and applied to a range of other nutrition, sustainability, or behaviour change challenges.
14:00 - 15:30	Workshop 8: Beyond the Brush - Can we also eat our way to a healthy smile?
Workshop capacity: 40 people Room: Human Nutrition, 7th floor, Rm 7c9	Sarah Chisnall, Community Oral Health Service - Health New Zealand Let's flip the narrative on the strong relationship between nutrition and oral health! Brushing, flossing and dental check-ups are key for tip top teeth, but WHAT and HOW we eat/drink are just as important for our oral health. Our daily dietary habits can positively or negatively influence oral health. In this workshop you will find out how the caries process can help inform daily dietary advice. With the use of live polls, audience participation and activities you will identify areas where nutritional recommendations might not align and generate potential solutions to better support oral health outcomes.