



Editorial

Author

Ross, Lynda

Published

2019

Journal Title

Nutrition & Dietetics

Version

Accepted Manuscript (AM)

DOI

[10.1111/1747-0080.12573](https://doi.org/10.1111/1747-0080.12573)

Downloaded from

<http://hdl.handle.net/10072/397360>

Griffith Research Online

<https://research-repository.griffith.edu.au>

Editorial

The 36th National Conference of the Dietitians Association of Australia is being held on Queensland's Gold Coast in 2019. Conference delegates will experience a mild subtropical winter, fabulous Gold Coast nightlife and diverse Queensland landscapes. This year's conference also promises to be diverse and exciting. Consistent with the theme "More than meets the eye," the conference provides a dynamic, interactive and family-friendly program. The focus of the conference is very much on the diverse and evolving roles of the dietitian, ever extending and expanding into areas where we can make a real difference, especially to the health of those most vulnerable and at risk.

The conference will explore significant health issues in three key areas of risk and vulnerability—Indigenous Health, Mental Health and Childhood health. Keynote speakers with expertise in these fields will deliver thought-provoking talks and share ideas on current nutrition-related issues and the role of the dietitian. Plenary sessions will culminate in a panel of experts who will engage and challenge their audiences in robust discussion and debate on the issues presented.

The conference will open with a live traditional indigenous "Welcome to Country" followed by an Indigenous Plenary Session. Keynote speakers will invite delegates to celebrate bush foods and to explore how we can work together in intercultural spaces and use holistic and strengths-based approaches to indigenous health.

Celebrity Chef Matt Golinski will open the Mental Health Plenary session with a food demonstration using fresh local Queensland produce. Matt will draw on his own experiences to describe a healthy relationship between mental health and food. Other keynote speakers in this session will explore the evidence behind diet and mental health and discuss opportunities for the role of the dietitian in prevention and management.

Australia's future is the focus of the final day, with a Childhood Health Plenary session. Keynote speakers will explore issues in children's nutrition and how medical and dietetic professionals can work together to deliver best practice paediatric health care.

The scientific and social program of the 2019 conference will provide multiple opportunities for delegates to network with new and established friends and to discuss and debate current nutritional issues. I believe the conference will inspire dietitians to implement new evidence, ideas and challenges into their own practice; to become strong advocates for the extension and expansion of the dietetic role in health care ... and to be more than meets the eye!

Finally, on behalf of the Scientific and Social Program Committee, it is with great pleasure that I welcome all conference delegates to Queensland's beautiful Gold Coast to help celebrate the diversity of the dietitian.

Lynda Ross PhD, AdvAPD, Scientific and Social Program Committee Chair

Menzies Health Institute Queensland, Griffith Univesity