

RINH Seminar presentations Monday 1st June

11.30am-12.00pm: Professor Clare Collins

“I know what you ate last summer” - Using biomarkers and technology to help track the truth

Clare Collins is a Professor of Nutrition and Dietetics in the School of Health Sciences, Faculty of Health and Medicine and Deputy Director, Priority Research Centre in Physical Activity and Nutrition at the University of Newcastle, NSW, Australia.

Professor Collins has an H-index of 27 and published over 200 manuscripts. Her research evaluates the impact of interventions to improve dietary intake on changes in eating patterns, weight and health across all ages and stages of life. Current research focusses on using smart technologies to achieve this. She created the online Healthy Eating Quiz that has provided real-time feedback on diet quality to more than 50,000 users to date.

Professor Collins was a team leader on the systematic reviews for the Dietitians Association of Australia (DAA) that informed the revision of the 2013NHMRC Australian Dietary Guidelines. She served on the Australia and New Zealand (ANZOS) council for 6 years, with 2 years as Vice President (2007-08). Professor Collins chaired development of DAA's Best Practice Dietetic Guidelines for the Management of Adult Overweight and Obesity and led the University of Newcastle and DAA reference group updating these in 2011.

Prof Collins founded the Healthe@UON technology network at the University of Newcastle in 2012 and is academic leader for the University of Newcastle's Global eHealth Research and Innovation Cluster

Professor Collins is a Fellow of the Dietitians Association of Australian (DAA) and represents DAA on the international Practice Based Evidence in Nutrition (PEN) collaboration with Dietitians of Canada and the British Dietetic Association. Professor Collins has been a DAA media spokesperson for 15 years. She was a clinical paediatric dietitian for over 20 years at John Hunter Children's Hospital.

12.00pm-12.30pm: Professor Lauren Williams

Using qualitative data to inform and test intervention development: lessons from a study of maternal obesity

Professor Lauren Williams is Head of Nutrition and Dietetics at Griffith University, and holds honorary Professorial appointments at the University of Newcastle and Canberra. She has six tertiary qualifications in science, dietetics, health promotion and social science, and a PhD in public health nutrition conducted through the Australian Longitudinal Study on Women's Health. She is an Advanced Accredited Practising Dietitian has served as Associate Editor for *Nutrition and Dietetics*, and as national Vice President of the Dietitians Association of Australia. Her published research includes weight gain and weight control practices, and she was most recently the chief investigator on an RCT on weight gain prevention at menopause, with Jenna Hollis and Clare Collins. Prof Williams is recognised as fostering a sociological perspective and qualitative research within the discipline of Nutrition and Dietetics, most importantly through co-editing the internationally renowned academic reader: *A Sociology of Food and Nutrition: The Social Appetite* published by Oxford University Press. She has experience in mixed methods, and is presenting on the qualitative work that was used to inform the development of an app to prevent weight gain in pregnancy which she will be presenting on today.