

International reputation dietitians/nutritionists

Prof. Barbara J Meyer

International reputation dietitians/nutritionists

- Establish a track record
 - Nationally & then Internationally

How?

- Through collaborative research
- Meet people & opportunity through Professional organisations, e.g. Nutrition Society of Australia (NSA)
- NLPs, showcase ONLP, but also EASNLP & GNLP
- Attend and present at conferences – networking is very important

Establishing a track record

- Academic
 - Teaching
 - Community service
 - Research
- Nutritionist/Dietitian
 - Professional practice
 - Professional development
 - Research?

To conduct research with scientific rigour
& establish a research track record
- Must do a PhD

It takes time

Establish nationally then internationally

My journey

- Completed PhD in 1993
- Lecturer University of Wollongong 1993-2000
- Senior lecturer UOW 2001-2006
- Associate Professor UOW 2007-2016
- Professor UOW 2017-

Mentor: Professor Peter Howe – career excelled

My journey

Mentor: Professor Peter Howe – career excelled

Dietary Intakes and Food Sources of Omega-6 and Omega-3 Polyunsaturated Fatty Acids

**Barbara J. Meyer^{a,*}, Neil J. Mann^b, Janine L. Lewis^c, Greg C. Milligan^c,
Andrew J. Sinclair^b, and Peter R.C. Howe^a**

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Lipids 2003;38;391-398.

Q3 international journal

348 citations

My journey

Mentor: Professor Peter Howe – career excelled

Good Leadership is to meet the person before the task

Peter Howe arranged for meetings with people from the Food Industry

Applied for research funding (collaboration)
– Government & Food Industry

Joint publications in national and international journals

Research outputs (grants & publications) increased

My journey

Mentor: Professor Peter Howe – career excelled

Opportunity:

- one example is Nutrition Society of Australia

- Volunteering for positions

My journey - NSA

9 regional
groups

Wollongong
group



NSA – volunteer for positions

- Member, NSA since 1995
- Committee member, NSA Inc Sydney Group November 1996-1999
- Chair & founding member, NSA, Wollongong Group 1999-2009
- NSA Council member, NSA 1999-2015
- Chair of Local Organising Committee, Annual Scientific Meeting of the NSA, Wollongong Dec 2002
- Treasurer, NSA since 2006-2009
- President Elect, NSA 2010-2011
- President, NSA 2012-2013 - [Strategic Plan](#)
- Immediate Past President, NSA 2014-2015

Strategic Plan – Oceanic Nutrition Leadership Platform (ONLP)

<http://onlp.org>

The aim of the ONLP is to develop, inspire and connect a new generation of innovative leaders with foresight and broad vision of the integrative role of nutrition, who are working in the field of nutrition throughout Oceanic countries from different sectors including Academia, Research, Industry and Government and are committed to working collaboratively towards food and nutrition security for Oceania.

Oceanic Nutrition Leadership Platform



- Oceanic region
 - Hawaii and North Pacific Islands
 - Fiji and South Pacific islands
 - New Zealand
 - Australia
- Inaugural ONLP course October 2016
- 2nd course July 2018
- 3rd course July 2020
- ONLP course runs every 2 years

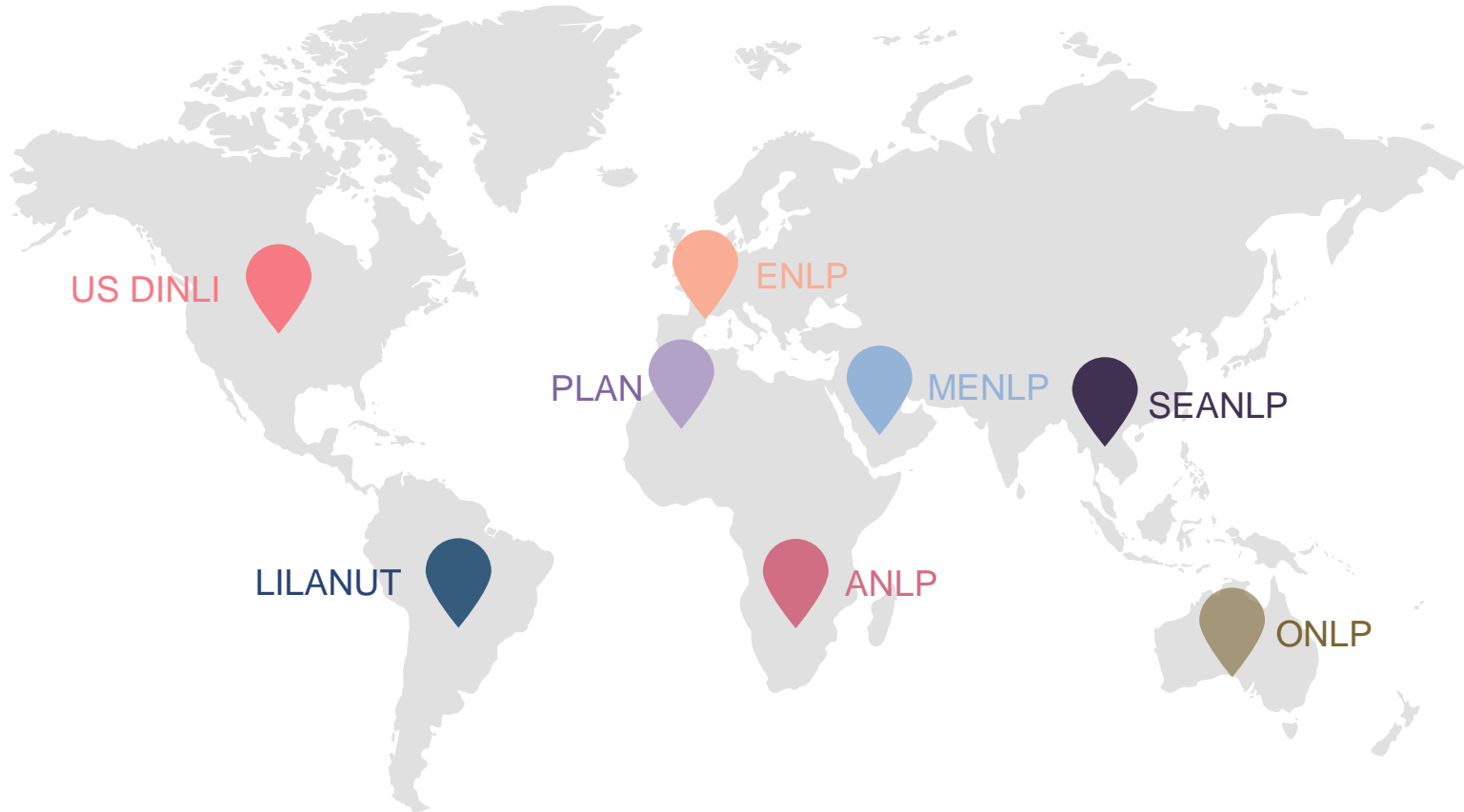


Towards global leadership in nutrition

The Nutrition Leadership
Programs

Roos Verstraeten, PhD (IUNS Presentation 2017)
*On behalf of the Nutrition Leadership Programs in Europe,
Africa, South-East Asia, Oceania, USA, Latin America, and
the Middle-East*

Nutrition Leadership Programs (NLPs)



Our philosophy

Develop and strengthen leadership capabilities of nutrition professionals...

- 3-10 days
- Annual / biennial / triennial
- Early-career, mid-career, and advanced nutrition professionals
- Individual and institutional level
- Multi-sectoral backgrounds
- Remove barriers, create trust

...connecting them

Training

programs

Network

...inspiring them

- Continued personal growth and development beyond the program (local circles)
- Conferences

Outreach

- Alumni network
- Connecting various nutrition professionals within the region

...to use leadership to affect change in nutrition in their region

Establish a Track Record

Good Leadership is to meet the person before the task

How would you meet a new person in your profession?

Illawarra Health & Medical Research Institute (IHMRI) <http://www.ihmri.org.au>

Our vision

Excellence and innovation in health and medical research, supporting better health services, leading to a healthier Illawarra community.

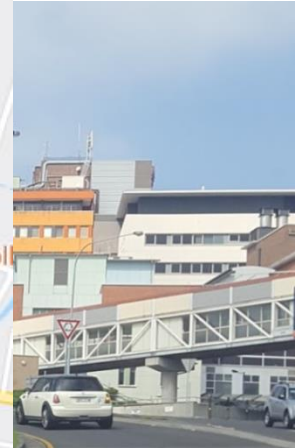
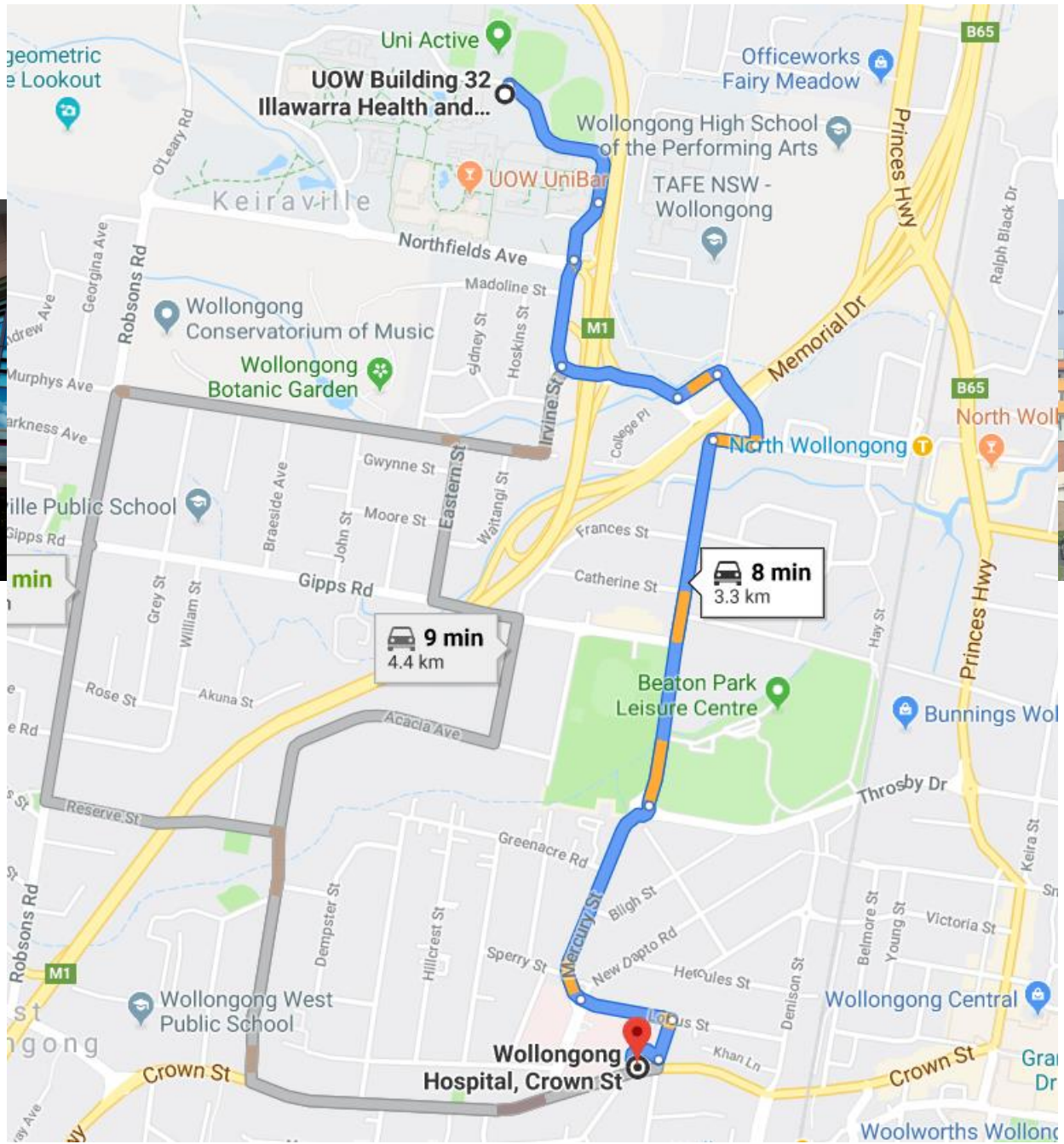
Our research

Although our affiliated researchers come from different scientific and clinical disciplines, they are united in their commitment to improve the health and wellbeing of people living in the Illawarra-Shoalhaven. Our researchers also aim to have a national and global impact.

Translational research

IHMRI fosters a translational approach to research.

Discover – Improve – Develop



IHMRI breakfast at Wollongong Hospital

Meet the person breakfast 8am-9am

Researchers from basic science meet:
medical doctors/clinicians,
nurses,
allied health professionals

Conferences / Workshops

- Encourage you to submit an abstract to a conference
 - Present your research
 - Meet new people
- Encourage you to attend relevant workshops
 - Meet new people

International Conferences

- Usually the language is English
- Submit and present your research
- Meet new people
 - May lead to research collaboration