



# Nutrition in Healthcare Conference

MELBOURNE – FEBRUARY 17-19 2023

## **MEDIA RELEASE:**

**23 September, 2022**

## **Upskilling health professionals about the importance of what's on our plates**

Our region faces a growing epidemic of chronic non-communicable diseases. This proliferation of ill health has many of us beginning to look more critically at what we eat. Health professionals play a key role in helping our communities embrace this shift towards healthy nutrition.

In February 2023, health promotion charity Doctors For Nutrition will host the Australasian Nutrition in Healthcare Conference (NIHC). It will provide everyone from general practitioners, medical specialists and healthcare students, through to those simply interested in exploring the diet/disease relationship, the opportunity to expand their nutrition expertise.

NIHC will see some of the biggest names in whole food plant-based nutrition and healthcare arrive in Melbourne to present their indispensable knowledge and research. More than 20 medical and dietetic expert speakers will showcase both the long-established and the latest research on whole food plant-based nutrition. Hear from Dr Dean Sherzai, Dr Ayesha Sherzai, Dr Alan Desmond, Dr Gemma Newman, the list goes on.

You'll learn about the role of diet in the prevention, management and reversal of numerous chronic disease conditions. Topics to be covered include; brain health, gut health, heart health, hormonal health, skin conditions, cancer, type 2 diabetes, weight management, food systems and the environment.

Along with the in-depth and enlightening educational program, the conference offers social events, workshops, a cooking demonstration and opportunities to

connect and network with other delegates, speakers and sponsors.

Doctors For Nutrition's peak social event is the Nutrition in Healthcare Conference Dinner. Connect with like-minded people and enjoy a celebration of whole food plant-based culinary delights through an array of nourishing dishes. Professor Boyd Swinburn will be speaking at the conference dinner, presenting on the global syndemic of obesity, malnutrition and climate change.

Registration is now open. Visit [doctorsfornutrition.org/nihc](https://doctorsfornutrition.org/nihc) to secure your spot.

**Media opportunity: Interviews with speakers available on request. Phone interviews can also be arranged.**

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Doctors For Nutrition is a health promotion charity led by medical and dietetic professionals dedicated to putting evidence-based nutrition at the heart of healthcare.



[doctorsfornutrition.org](https://doctorsfornutrition.org)