



THE NUTRITION SOCIETY
OF AUSTRALIA (INC.)



Australian Academy of Science

Salt in the diet: the elephant in the room: why health professionals need a shake up

Preliminary Program

*A Symposium held under the auspices of
the Australian Academy of Science,
sponsored by The Nutrition Society of Australia, Sydney Group*

Objective: To raise consumer and health professional's awareness of the health consequences of our excessive salt intake and disseminate strategies that can be implemented at a federal, state and community level to reduce dietary salt intake.

Venue The George Institute for International Health,
Level 7, 341 George St, Sydney (Westpac Building)
(Entry via Regimental Square)

Date: Thursday 13 August 2009

Cost: Early Bird registrations - received prior to 31 July
\$120.00 (incl GST) \$110.00 for members of NSA

Registrations received after 1 August
\$140.00 (incl GST) \$130.00 for members of NSA

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Program

09.00-09.30	Registration and coffee
09.30-09.40	Official Opening
09.40- 9.50	What prompted this symposium? Prof. Jennie Brand Miller, University of Sydney
9.50-10.10	History of salt and effects on cardiovascular risk Prof Stewart Truswell, University of Sydney
10.10 -10.30	Salt reduction and Type 2 Diabetes Prof George Jerums, University of Melbourne
10.30 -10.50	Salt in the Australian diet and potential for salt reduction Dr Jennifer Keogh, CSIRO
10.50 – 11.10	The taste for salt and potential for salt reduction in foods Dr Russell Keast, Deakin University
11.10-11.30	Morning tea
11.30-11.50	Getting food labelling right for salt Ms Jacqui Webster, AWASH
11.50-12.10	Meeting the salt targets in cardiac rehabilitation Ms Robyn Speerin, Fairfield Cardiac Rehabilitation & Complex Cardiac Care Service
12.10-12.30	Salt guidelines for hospital menus –strategies and challenges Ms Jacqui Krassie, J Krassie & Associates
12.30-13.00	Panel Discussion: Developing a framework for health professionals Chairperson: Ms Susan Anderson
13.00-14.00	Lunch and tasting of foods with different salt contents
14.00-14.20	Food industry – our assault on salt Dr Geoffrey Annisson, Australian Food & Grocery Council
14.20-14.40	Regulatory approaches to salt reduction – hard and soft Assoc. Prof Stephen Corbett, Centre for Population Health, Sydney West Area Health Service
14.40-15.00	Heart Foundation's Salt Cutting Strategies Susan Anderson, National Heart Foundation of Australia
15.00-15.30	Panel Discussion: Developing a coordinated policy framework Chairperson: Dr Bruce Neal
15.30-16.00	Afternoon tea
16.00-16.50	Public Lecture: 'Should you be eating that much S**T (salt)' Dr Bruce Neal, The George Institute for International Health
16.50-17.00	Closing remarks Prof Jennie Brand-Miller
17.00	Close

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Registration and Tax Invoice

ABN 22 077 332 195

This registration form becomes a TAX INVOICE on receipt of payment in full. Please retain a copy for your records. No refunds will be payable.

Registration Details

Title First Name Surname

Organisation

Postal Address

. State Postcode

Tel: () Fax: () Email:

Please advise any specific dietary requirements:

Registration Fee (including GST)

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\$120.00 \$110.00 members of NSA NSA membership no.

Registrations received after 1 August

\$140.00 \$130.00 members of NSA NSA membership no.

Payment Options

Please note that payments via credit card cannot be accepted.

1. **My cheque for \$A..... is enclosed (payable to "peopleD Pty Ltd")**

2. **EFT**

Bank: National Australia Bank

Account name: peopleD Pty Ltd

BSB and Account No: 083-028 68036 3760

Please ensure registrant's surname is shown on bank transfers

Mail or fax registration form to peopleD Pty Ltd

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