



Almond Nutrition News

Educating Health Professionals Project

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**Hort
Innovation**
Strategic levy investment

**ALMOND
FUND**

**Nutrition
Australia**

18th Australian Almond Conference

Pullman Hotel Melbourne, Albert Park, Victoria

October 30th - November 1st, 2018



SUPPORTED BY:
Horticulture Innovation Australia Ltd



HOSTED BY:
The Almond Board of Australia



About Nutrition Australia



**18th Australian
Almond Conference**
October 30th - November 1st, 2018

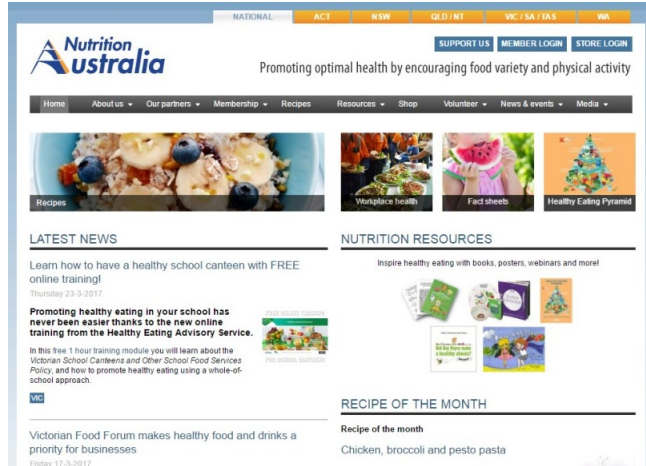
- Not for profit organization founded in 1979
- Vision: Healthy Eating for all Australians
- Mission: Inspire Healthy Eating
- Values
 - Independence
 - Innovative
 - Evidence based best practice
 - Passionate



Nutrition Australia brand



18th Australian Almond Conference
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- Website: 2.5 million hits per year
- Facebook: 22,000 likes
- Twitter: 12,000 Twitter fans
- Reach: 4.2 million Australians

The trusted national leader in nutrition education

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Overview



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- About the Educating Health Professionals project
- Project objectives, activities and outcomes
- Priorities for next year
- Research update
- Preview of draft first resource



About the project



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2.5 years (May 2018 – October 2020)

Falls under Outcome 5 of Hort Innovations Almond Strategic Investment Plan for 2017-2021.

Aim: to increase awareness amongst Australian health professionals of the health benefits of daily consumption of almonds.

Long-term goal:

Increase consumption of Australian almonds within the population.



Objectives



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- To provide scientific evidence that almonds play an important role in a healthy diet.
- To increase the understanding and advocacy by health professionals of the nutritional value of almonds to:
 - Heart health,
 - Diabetes prevention and management,
 - Healthy weight.
- To raise the profile of almonds as a food with aspirational health benefits leveraging the health benefits of almonds as:
 - An exercise recovery snack
 - A food that improves cognitive function



Activities and outputs



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- Educational resources (create and disseminate):
 - Digital clips x 4
 - Factsheets x 12 approx.
- Conference attendance x 8
- Webinars x 2
- Monitoring and evaluation



Achievements and priorities for next 12 months



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- Work completed to date – research and planning phases
- Focus for next 12 months:
 - Developing digital clips and factsheets
 - Conference attendance
 - Hosting first webinar – February 2019
 - Commence monitoring and evaluation



Outcomes



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- Reinforce with health professionals that almonds are a heart healthy snack
- Raise the profile of almonds due to lesser known benefits (exercise recovery and cognitive function)
- Increase demand for almonds by consumers



Research update



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- 2016 systematic review conducted by University of Wollongong
- Explored different nut categories (including almonds) and their impact on heart health and weight.
- Found that daily consumption of a handful of almonds as part of a healthy diet:
 - Contributes to heart health (able to substantiate a general level health claim “Almonds are a heart healthy food”)
 - Does not result in weight gain

Research update



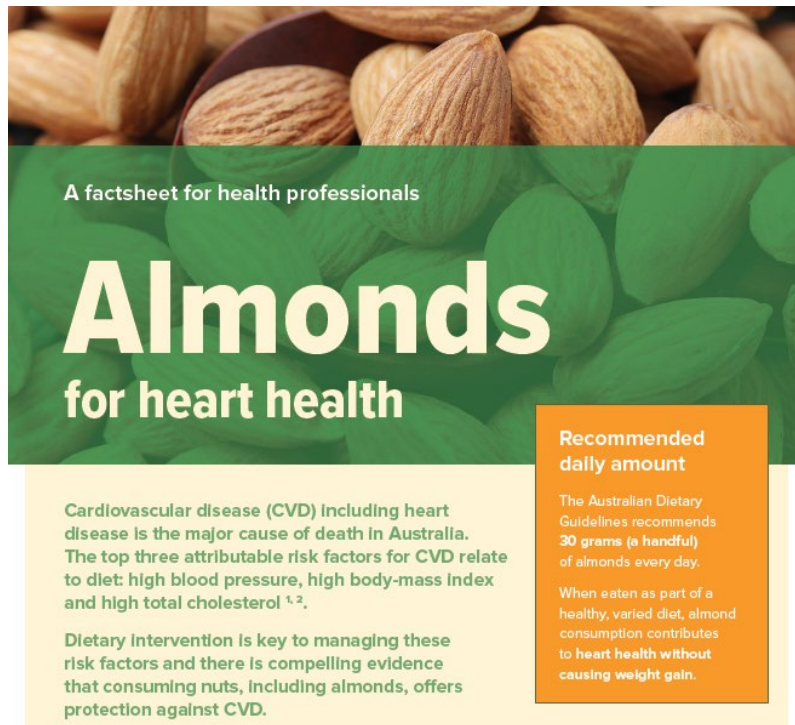
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- Literature review conducted in August 2018 by research associate from University in Sydney
- Looked at effect of almond consumption on diabetes prevention and management (in relation to blood glucose)
- Key findings:
 - Some positive effects were found in individual studies on blood glucose
 - BUT – small number of trials on small number of people
 - Therefore more research is needed in this area

Resource preview



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Australian Almonds website



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Thank you



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