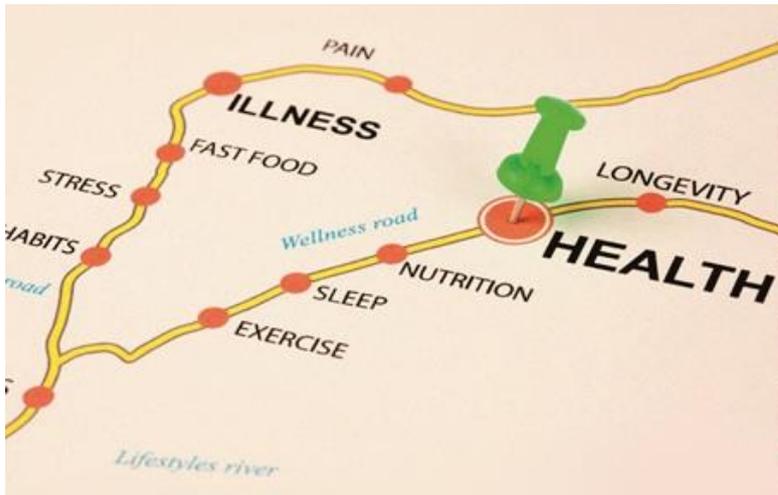


Honours Projects 2022

Department of Nutrition, Dietetics and food



Are you considering an Honours project? This is an ideal opportunity for students in:

***Nutrition, Biochemistry,
Physiology, Biomedical science,
Chemistry, Immunology***

Meaghan Christian

What is the Bachelor of Nutrition Honours?

Are you in final year of a degree in Nutrition, Dietetics, Biomedical Sciences and don't know what to do after completing your Bachelor degree? Why not consider the Bachelor of Nutrition (Honours) degree within the Department of Nutrition, Dietetics and Food at Monash University? It will allow students to develop their research skills and competencies, learn specific techniques and gain a deeper understanding of a selected aspect of human nutrition, as well as giving you a transferable skills advantage over other graduate job applicants.

This program is for top ranking graduates of a nutrition/dietetic/biomedical sciences courses; or those who have completed a science-based degree with a demonstrated interest in nutrition. To determine eligibility please discuss this with the Honours coordinator and the project supervisor. For more information please refer to:
<http://www.monash.edu/pubs/2019handbooks/courses/M3703.html>

What do I actually have to do for Bachelor of Nutrition (Honours) degree?

The program consists of an individual major research project and a compulsory coursework component. The coursework component will be conducted in semester one (for both Full time and half time enrolments), and includes a unit on project organization, literature reviewing, study design, data collection, data analysis, statistics, scientific report writing, and submitting work for peer review. Students also undertake a systematic literature review which supports their research topic. Learning how to do a systematic review is a key skill that Honours students acquire. These units contribute towards the successful completion of an Honours research project.

Duration of study: Most students complete their Honours during a full time academic year. However, a half time study option is available which enables the student to complete their course work (BND 4111 in Semester 1) and systematic literature review (BND 4121 across Semester 1 and Semester 2) during year 1 and their research project in year 2. Students must complete their Honours course in its entirety within two consecutive years. Not all projects are available for half time study and this needs to be discussed with the relevant supervisor.

Where will I be located for my Honours project?

Department of Nutrition, Dietetics and Food

The Department of Nutrition, Dietetics and Food is located at the state-of-the-art 'Be Active Sleep and Eat' (BASE) Facility in Notting Hill (www.med.monash.edu/base). The BASE Facility is dedicated to advance translation of the science of nutrition, sleep and physical activity to enhance the health lifespan of all Australians. The facility comprises iDXA for bone and body composition assessment, sleep laboratory, a commercial kitchen, exercise and fitness studio and consulting suites. You will utilise the equipment and facilities alongside highly qualified and experienced investigators.

How to apply

Applications for entry into the Bachelor of Nutrition (Honours) program are open and the **first round applications will close on last Friday in October**. Provisional offers will be

made 7-10 days later. Late applications will be considered but not all projects will be available. Please check the Handbook for entry requirements
<https://www.monash.edu/medicine/scs/nutrition/study/bachelor-of-nutrition-honours>

If you are interested in any of the projects being offered please contact the relevant named supervisor to discuss the projects you are interested in and ask them to complete the form at the end of this document. Next apply online: [apply online](#) and included the signed project form.

Phone: +61 3 9902 4269

Email: meaghan.christian@monash.edu

What are our research themes?

Clinical Nutrition

Aims to generate high quality evidence of effective interventions to improve nutritional status across a range of clinical conditions and age groups including clinical dietetics research within paediatrics, diabetes and aging. We have expertise with patient-level interventions and systems-based interventions for food services in hospital and aged care settings. We actively translate new evidence that arises from these studies into practice and our teaching.

Metabolism

Aims to generate understanding of how foods and nutrients can influence molecular and physiological mechanisms to improve health and reduce disease. Nutrition is integral to good health and disease prevention and recovery.

Public Health Nutrition

Aims to improve people's diets to reduce chronic diseases and conditions such as diabetes and obesity. Our research focuses on modifying our food environments to improve everyone's health, especially Indigenous populations.

Education

Aims to discover and evaluate innovative ways to educate nutrition and dietetic professionals to be exceptional leaders in practice, with capability to lead multi-disciplinary teams which are required to manage the complex nutrition problems our communities face.

Some of the advances our researchers are working to achieve:

- Better metabolic health for shift workers
- Novel dietary strategies to reduce risk of type 2 diabetes and cardiovascular disease
- Better gut health for ultra-endurance athletes through optimal nutrition and hydration
- Reduction in inflammation through dietary patterns
- Improved fertility and pregnancy outcomes for women
- Novel bioinformatic and molecular to understand complex nutrient-metabolism interactions
- Enhanced food environments which make the healthy choice the easy choice
- Reduce inequities in food supply and improve food security for all Australians
- Optimal nutrition interventions for the elderly population
- Ensure options for those seeking weight management from youth through to adulthood have access to proven effective evidence based advice.

Research leaders in the department include:



Left to right: Professor Gary Williamson, Dr Ricardo Costa (graduate coordinator); A/Prof Maxine Bonham, A/Prof Claire Palermo, A/Prof Simone Gibson, A/Prof Julie Brimblecombe, Dr Kate Huggins, Dr Tracy McCaffrey, Dr Zoe Davidson, Dr Aimee Dordevic, Dr Nicole Kellow, Dr Jorja Collins and Dr Barbara Cardoso

Researcher profiles can be found at <http://www.monash.edu.au/research/people/profiles/>

What is it really like doing Honours in Nutrition and Dietetics?

We asked some of our former students why they chose to become an Honours student and how it had benefited them.



“Honours gave me a chance to consolidate and crystalize the nutrition science knowledge I had gained in my undergraduate degree. Having the opportunity to focus on an important area of public health, and conduct original research to potentially contribute to the evidence base, was very rewarding.

My project involved planning and executing a clinical study, and the skills and experience developed in project management, interpersonal communication, and problem solving are not only useful in my current PhD research, but will also be transferrable and advantageous beyond academia.

Being new to the department I found the staff and students to be very welcoming and supportive, with many opportunities to participate in department activities and learn about the myriad research projects underway. Ultimately my honours year allowed me to discover a passion for research and develop the confidence to pursue it further, and has given me the opportunity to undertake a PhD in the very exiting field of nutrigenomics and circadian rhythms.”

Rochelle Davis (2016 Graduate and current PhD candidate)



“Prior to beginning my Bachelor of Nutrition (Honours), I was slightly hesitant as to whether I would enjoy a year of research. My Honours year ended up being a highlight of my University experience.

As a component of my research project, I was fortunate to be able to undertake a five month research placement at the University of Surrey in the United Kingdom. This placement enabled me to consolidate my research skills whilst immersing myself in the lifestyle and culture of another country.

I was readily supported to develop my practical research skills with a team of academics from both Australia and the UK. Not only did I learn about the importance and potential of international collaboration, being based in the UK allowed me to travel, gain my independence and meet people from all over the world.

I thoroughly enjoyed my Honours experience and I value the skills that I developed over the course of the year. My Honours year gave me the confidence that I needed to enter the workforce and to ultimately pursue a PhD and a career in Dietetic research.

Sarah Lang (2015 Graduate and current PhD candidate)

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METABOLISM THEME**1. Prevention and management strategies of exercise-induced gastrointestinal syndrome.**

Supervisors	Dr Ricardo Costa TBC
Contact details:	ricardo.costa@monash.edu
Enrolment option:	Full time / part time

PROJECT SUMMARY:

Prevention and management strategies of exercise-induced gastrointestinal syndrome (General project scope)- this research project aims to explore pathophysiological mechanisms, advancements in assessment methodologies, and strategies to prevent/ameliorate the detrimental performance and/or health implications of exercise stress on the gastrointestinal tract. Areas of focus include: gastrointestinal epithelial integrity, gastrointestinal functional responses, systemic endotoxin and inflammatory profiles, gut microbiota microorganism composition and bacterial metabolic activity, and associated gastrointestinal symptoms.

Background literature:

Costa et al., (2019). Exertional-heat stress associated gastrointestinal perturbations-management strategies for athletes preparing for and competing in the 2020 Tokyo Olympic Games. *Temp.* 7(1):58-88.

Costa et al., (2017). Systematic review: Exercise-induced gastrointestinal syndrome-Implication for health and disease. *Alim.Therap.Pharmacol.*, 46(3):246-265. doi: 10.1111/apt.14157. PMID: 28589631

2. Good veins: association between dietary intake, tissue advanced glycation end-product (AGE) accumulation and flow mediated dilatation (FMD)

Supervisors	Dr Aimee Dordevic Dr Nicole Kellow Professor Gary Williamson
Contact details:	aimee.dordevic@monash.edu
Enrolment option:	Full time / part time

PROJECT SUMMARY:

AGEs form naturally in our bodies when sugars react with proteins. However, excessive AGE levels in the circulation and body tissues cause damage to proteins, up-regulate the production of reactive oxygen species and enhance chronic inflammation. AGEs play a role in the development and progression of cardiovascular diseases through the modification of the structure and function of tissues. One of the important markers of cardiovascular health is the ability of the blood vessels to dilate i.e. their flexibility. This is measured using a non-invasive technique called “flow mediated dilatation” (FMD).

Apart from AGE formation inside the body, AGEs are absorbed by the body from dietary sources during consumption of highly processed, heat-treated foods. Browning of food during cooking is used to enhance the quality, flavour, colour and aroma of the diet. This process (the Maillard reaction) generates large quantities of AGEs. High-AGE foods include powdered milk and cheese, meats, fish and chicken cooked by dry heat and heat processed cereal-based products.

Aims: 1. To determine whether “diet quality” is associated with the long-term accumulation of AGEs in the human body, and 2. To investigate whether FMD is correlated with accumulated AGE levels.

Adult volunteers will periodically complete an electronic Food Frequency Questionnaire (Australian Eating Survey), in addition to completing a dietary AGE Food Frequency Questionnaire. Volunteers will also have their body composition assessed, FMD measured, and their tissue AGE concentration measured by a non-invasive device called an AGE Reader. The measurement of AGEs in skin tissue provides an estimate of AGE accumulation over many years.

Significance: This work will be the first of its kind to determine whether diet quality or diet composition is associated with AGE deposition in skin tissue, and its correlation with cardiovascular health.

3. Food for fertility: Can a dietary polyphenol supplement improve sperm quality in subfertile men?

Supervisors	Dr Nicole Kellow Dr Fabrizio Horta Professor Gary Williamson
Contact details:	nicole.kellow@monash.edu
Enrolment option:	Full time / part time

PROJECT SUMMARY:

Interested in food and nutrition? Want to participate in research aimed at improving fertility outcomes in the 15% of Australian couples who experience infertility?

Completing an Honours year in the Department of Nutrition, Dietetics & Food at Monash University provides you with the opportunity to develop research and interpersonal skills within a supportive, world-class research facility.

There is increasing interest in the role of dietary patterns, foods and nutrients in optimising fertility. One of the main contributors to poor sperm quality is increased oxidative stress (ie. the presence of greater levels of reactive oxygen species than the body's antioxidant capacity to neutralise them). Polyphenols are micronutrients which are naturally present in many healthy foods including fruit, vegetables, extra virgin olive oil and tea. Some polyphenols have beneficial effects on health due to their antioxidant and anti-inflammatory properties.

Our department has unique skills in undertaking best practice assessment of dietary intake and nutritional status. In conjunction with collaborators in the Monash Health Department of Obstetrics & Gynaecology and Monash IVF, the aim of this project is to conduct a randomised controlled trial to **determine the impact of dietary polyphenol supplements on sperm quality in subfertile men.**

Significance: While many studies have previously explored the effects of antioxidant supplements on male fertility, minimal research has been conducted using dietary polyphenols. This work will provide important preliminary data for larger clinical trials.

SKILLS ACQUIRED: clinical trial co-ordination, quantitative statistical analysis, dietary analysis, laboratory skills, scientific writing.

4. Polyphenol-enriched functional bread – a promising staple for diabetes?

Supervisors	Dr Elizabeth Barber, Prof Gary Williamson
Contact details:	Elizabeth.barber@monash.edu, Gary.Williamson1@monash.edu
Enrolment option:	Full time / part time

PROJECT SUMMARY:

The functionality of cereal-based foods can be increased by enriching with natural bioactive compounds from fruits and vegetables to complete the nutritional needs of most populations. This enrichment is known to increase antioxidant activities and total phenolic content in foods. The success of functional foods is influenced by the retention of the bioactive compounds during technological processes in a food matrix until consumption and distribution to the physiological target within the body.

Bread, the mostly consumed cereal-based products, is easily processed and relatively affordable. It has a complex system for endless possibility of enrichment variations. Yeast fermentation is known to increase retention and the bioavailability of some polyphenols (1) and reverse bitter taste of polyphenols (2), with increased shelf-life of end products (3) while others have low thermal stability (4). Limited findings demonstrated reduced glycaemic response by polyphenol-enriched bread (5). The incorporation of these compounds during breadmaking can be challenging, as their presence in the recipe does not warrant their functionality in the end product. Some compounds delayed digestion and increased stability by binding to starch while others decreased antioxidant potential by forming indigestible complexes with bread protein (6,7). Nonetheless, little is known on the differential impact of bioactive compounds and their bioavailability when added as dry powder or fresh pulp during the breadmaking process.

This study aims to **differentiate the antioxidant potential and phenolic content of bread incorporated with dehydrated vs hydrated bioactive compounds at various stages of breadmaking process**. The nutritional quality (including fibre, amylose and amylopectin content), shelf-life and the sensorial properties will be determined, besides testing the postprandial glycaemic response in human volunteers.

1. Zain MZM, Baba AS, Shori AB, 2018. Journal of King Saud University-Science, 30: 278-282
2. Selvamuthukumar M, Pathak YV, 2019. Flavour development for functional foods and nutraceuticals
3. Vasileva I, Denkova R et al., 2018. Food Chemistry 253: 13-21.
4. Jiang D, Chiaro C, et al., 2009. Journal of Agricultural and Food Chemistry, 57:9932-9943
5. Coe S & Ryan L, 2018. Nutrition Research 36: 193-200
6. Sun LJ, Miao M, 2020. Critical Reviews in Food Science & Nutrition 60: 541-555
7. Betoret E & Rosell CM, 2019. Cereal Chemistry 97: 9-19.

SKILLS ACQUIRED:

Food science, recipe modification, communication, sensory analysis, quantitative data analysis and interpretation, scientific writing and general professional transferable skills

5. How much coffee do you drink? Identifying a biomarker of coffee intake.

Supervisors	Prof Gary Williamson Dr Margaret Murray Prof Louise Bennett
Contact details:	Gary.williamson1@monash.edu
Enrolment option:	Full time / part time

PROJECT SUMMARY:

Have you enjoyed your morning coffee yet? Coffee is one of the most commonly consumed beverages around the world. But apart from being a great wake-up call, for some, coffee also contains various bioactives that impact on human health and disease. These include a class of compounds called phytochemicals, some of which are quite unique to coffee.

Because of the potential health effects of coffee consumption, it is of great interest to be able to accurately assess the coffee intake of individuals, through to large populations. Large scale epidemiological studies would benefit greatly from a reliable biomarker of coffee consumption that enables accurate assessment of coffee intake. This would allow for more accurate calculation of the relationship between coffee intake and certain health effects.

This project will use LC-MS analysis to identify metabolites of certain phytochemicals, found in high levels in coffee, in the urine of volunteers. This will be done by comparing urine samples from before and after coffee consumption. Identified metabolites have the potential to become widely used as accurate biomarkers of coffee intake.

Pre-requisites: some chemistry knowledge, an interest in human health and metabolism

SKILLS ACQUIRED: clinical study coordination, laboratory skills, communication, quantitative data analysis and interpretation, scientific writing and general professional transferable skills

6. Time of day effects on glucose metabolism in pregnancy

Supervisors (minimum of 2 and at least one from Nutrition Dietetics and Food):	A/Prof Maxine Bonham Dr Zoe Davidson
Contact details:	maxine.bonham@monash.edu

PROJECT SUMMARY:

The impact of our biological clock on metabolic outcomes changes significantly across the day. We have preliminary evidence to suggest that glucose responses to a high carbohydrate meal at night time can be up to 6 x higher than the same high carbohydrate meal consumed in the morning (1). These findings were observed in healthy adults.

Gestational diabetes is associated with high blood glucose levels during pregnancy and - if not appropriately controlled - can affect the health of the mother and baby. For many women, effective control of blood glucose levels can be achieved by eating healthy foods and exercising; however, advice as to the timing of meals is currently not considered.

In this pilot study, we want to examine change in blood glucose levels following an oral glucose tolerance test in the morning versus the evening in pregnant women without gestational diabetes. If we can see differences in blood glucose control across the day, this may help tailor dietary advice for women at risk of gestational diabetes.

SKILLS ACQUIRED:

Literature review, project management, recruitment, blood sampling, dietary data collection, analyses of glucose and insulin, anthropometric assessment.

7. To investigate the impact of a flexible and prolonged daily fast for 6 week compared to habitual diet on measures of glycaemic control in shift workers with elevated fasting glucose

Supervisors	Maxine Bonham Gloria Leung Tammie Choi
Contact details:	maxine.bonham@monash.edu

PROJECT SUMMARY:

Time Restricted Eating (TRE) is an eating pattern which typically reduces or eliminates night time eating and prolongs nightly fasting intervals to >12 hours helping to time lifestyle behaviours with our body clock. Positive metabolic benefits of a TRE approach to eating have been observed in a number of human intervention studies with the most notable improvements observed in glycaemic control and weight. However traditional TRE protocols lack consideration for the work scheduling of shift workers who, across a typical week, may vary their sleep and wake times by up to 12 hours.

We propose that if shift workers can regularly maintain a prolonged fasting interval (at a time of their choice), we will see improvements in glucose management. This novel application of the more traditional TRE protocol, we have termed flexible (f)TRE, may be beneficial in recovering a healthy metabolic profile in shift workers by restoring some degree of circadian alignment.

This pilot study will examine the effect of a flexible approach to TRE in shift workers at risk of diabetes. A unique aspect of the study is co-designing the intervention with shift workers. This process utilises creative participatory methods and involves shift workers as partners in planning, designing, implementing and evaluating the (f)TRE approach. The co-design approach will allow tailoring of (f)TRE approach for optimal translation to practice.

Primary outcome measures will be glucose (fasting and/or postprandial) and weight.

Pre-requisites: *leave blank if nothing additional to standard entry requirements*
<http://www.monash.edu.au/study/coursefinder/course/3865/>

SKILLS ACQUIRED: Project management, qualitative and quantitative analyses, metabolic and dietary analyses.

8. Can time restricted eating improve sleep outcomes in patients with sleep apnoea

Supervisors	Maxine Bonham Denise O'Driscoll
Contact details:	Maxine.bonham@monash.edu

PROJECT SUMMARY:

Obstructive sleep Apnoea is a chronic condition caused by repetitive collapse of the upper airway during sleep. The condition is strongly associated with central obesity and results in highly fragmented sleep as a result of the frequency of apnoeas experienced overnight. As such patients with a diagnosis of obstructive sleep apnoea experience excessive daytime sleepiness and may experience circadian disruption as they may be awake overnight when our body is designed to sleep.

There is accumulating evidence that suggests that restricting eating occasions to a defined period during the day (typically 6-10 hours) and prolonging the overnight fasting period (> 14 hours) can improve circadian rhythmicity. This strategy is known as time restricted eating (TRE) and has been associated with a number of metabolic benefits including improvements in glucose and lipid. An additional benefit of reducing the timeframe for energy intake is a reduction in energy intake and subsequent weight loss. The impact of TRE on sleep hygiene is less well documented.

We propose a pilot randomised control trial whereby patients with sleep apnoea will either be allocated to a 6-week TRE protocol or usual care. We hypothesise that TRE for 6 weeks will improve sleep outcomes (e.g sleep quality, sleep efficiency and the apnoea-hypopnea index). Benefits to weight may also be observed.

SKILLS ACQUIRED: Recruitment and project management, assessment of sleep quality, body composition assessment, dietary analysis

CLINICAL NUTRITION THEME

9. Where to go for help? Mapping services in Victoria for children who are overweight or obese.

Supervisors	Dr Zoe Davidson Dr Sue Kleve Natassja Billich
Contact details:	zoe.davidson@monash.edu
Enrolment option:	Full time / part time

PROJECT SUMMARY:

Victoria has the highest rates of childhood overweight and obesity in Australia. Almost one in three children in Victoria are overweight or obese, and this figure is rising. Data from the Australian Institute of Health and Welfare reported that overweight and obesity in children in Victoria increased from 23.4% in 2011 to 30.8% in 2014. This is above the national average of 26.1%.

Whilst prevention of childhood obesity is an area of much research, policies and programs, it is unclear what services are available to manage or treat children who are overweight or obese. Paediatric tertiary hospitals have limited services available and often with long waiting lists. It is unclear what is available through community health or other services.

Helping families to manage overweight and obesity during childhood is essential for optimising health and minimising the risk of chronic disease into adulthood. Studies have clearly shown that children who are overweight or obese remain so into adulthood.

This study will map services available in Victoria for families to access for managing childhood overweight or obesity. It will use a series of review strategies to identify potential contacts in conjunction with a survey of what services are available. Services available through tertiary services, community health as well as private practice will be considered.

SKILLS ACQUIRED: project planning and coordination (including ethics), literature review, consultation and communication skills, survey development, quantitative statistical analysis and interpretation, scientific writing and general professional transferable skills

EDUCATION RESEARCH THEME

10. Exploring curricular activities and employability potentials for international students

Supervisors	Dr Tammie Choi Dr Mahbub Sarkar Dr Aimee Dordevic
Contact details:	tammie.choi@monash.edu

PROJECT SUMMARY:

There is limited knowledge of the factors that influence employability for international students. This study aims to explore the association of formal and informal curricular activities and development of employability potential, using Contribution Analysis. This will involve mapping of curricular activities, interviewing international graduates and document analysis of employment applications. The expected outcome will include development of the contribution story which will be a useful practical tool to provide international students with guidance to improve their competitiveness in the labour market in Australia and in their home country.

Pre-requisites: *qualitative research methodology understanding +/- experience. Applicants do not need to be an international student, however, applicants with culturally diverse backgrounds are preferred.*

SKILLS ACQUIRED: literature review, qualitative methodology skills on using Contribution Analysis, qualitative data analysis and interpretation, communication, scientific writing and general transferable skills

11. How are we preparing our future health professionals to address impacts of climate change?

Supervisors	A/Prof Claire Palermo Co-Supervisor Liza Barbour (TBC)
Contact details:	claire.palermo@monash.edu
Enrolment option:	Full time / part time

PROJECT SUMMARY:

In order to prepare health professionals and health systems for the impacts of climate and environmental change, there is an urgent need to incorporate sustainable healthcare education (SHE) into health professions training. SHE is defined as teaching and learning approaches that equip educators to develop students' knowledge, skills, worldviews, and practices based on the interdependence of ecosystems and human health, in order to contribute to a more sustainable human existence.

This current research aims to document existing SHE teaching and learning activities at Monash University Faculties of Medicine, Nursing and Health Sciences and Pharmacy and Pharmaceutical Sciences as a baseline measure. Methods will include (i) content analysis of course curriculum frameworks, unit handbooks, student learning outcomes and assessment task objectives from all 13 health professional courses, and (ii) an online survey of relevant Unit Coordinators (as identified via content analysis) to gather greater detail about relevant teaching and learning activities including pre/in/post-class activities, assessment tasks and placements.

Pre-requisites: NUT3006 Food Sustainability Systems (or equivalent climate change unit)

SKILLS ACQUIRED: Quantitative and qualitative data analysis skills. Literature review skills.

PUBLIC HEALTH NUTRITION THEME

12. Factors influencing food price in remote Aboriginal communities: Impact of remoteness, store management model and type/frequency of food delivery

Supervisors	Julie Brimblecombe Adam Barnes Megan Ferguson Emma McMahon
Contact details:	julie.brimblecombe@monash.edu

PROJECT SUMMARY:

Food prices in remote Aboriginal communities of Australia are markedly higher than in urban centres, impacting food affordability and diet. Many factors likely contribute to this price differential including distance from food distribution centres and the size of store businesses. However, little empirical evidence exists on key contributors. NT Health is the custodian of food price data collected bi-annually from stores in remote Aboriginal communities of the Northern Territory locations. This Honours research aims to collaborate with NT Health and use these data to address the research question: **to what extent is the food price differential explained by level of remoteness, store management model and type/frequency of food delivery?**

It will involve:

- i) Literature review to identify and describe factors indicated to impact food price in remote Aboriginal communities of Australia
- ii) Analysis of data collected by NT Health to investigate the relationship between remoteness, store management model, type/frequency of food delivery and food price.

This research will inform policy and advocacy effort within Australia to achieve a more equitable food supply for Aboriginal and Torres Strait Islander communities.

Pre-requisites: *qualitative research methodology understanding +/- experience.*

SKILLS ACQUIRED: literature review, qualitative methodology skills on using Contribution Analysis, qualitative data analysis and interpretation, communication, scientific writing and general transferable skills

13. Australia's involvement in UN food security related agenda setting initiatives

Supervisors	Julie Brimblecombe Julia McCartan Beau Cubillo
Contact details:	julie.brimblecombe@monash.edu

PROJECT SUMMARY:

The United Nations (UN) comprises funds, programmes and specialized agencies, with the role to coordinate this work and UN system entities, to achieve its goals. Australia, in accordance with the Charter of the United Nations, has been a member to the UN since 1945. In 2015, the UN launched its sustainable development agenda (SDGs) for reducing global poverty, improving the lives of people everywhere and to build a more sustainable global economy and later in 2019 called on all sectors of society to mobilize for a decade of action to “generate an unstoppable movement pushing for the required transformations” for the realisation of the SDGs by 2030. As part of this a Food Systems Summit is planned for 2021 to “launch bold new actions to deliver progress on all 17 SDGs, each of which relies to some degree on healthier, more sustainable and equitable food systems”. As a UN member state, Australia has opportunity to influence global agenda-setting to ensure sustainable food systems and food security for all. There is little known however by the public health community in Australia, on Australia's involvement in UN food security-related agenda-setting initiatives and where advocacy opportunities exist within the governance arrangements and processes to leverage action within Australia.

This Honours research aims to address the research question: How and to what extent is Australia engaged in UN food security related agenda-setting initiatives?

It will involve:

- i) Literature review to collate current UN related funds, programs, specialised agencies and action agendas in relation to food security with an additional focus on Indigenous Peoples and map Australia's involvement
- ii) Document analysis and key informant interview to determine how and to what extent Australia is involved in UN food security-related agenda setting initiatives.

This research will inform public health nutrition and sustainability advocacy effort within Australia through providing knowledge on how Australia can and is participating in UN related action.

Pre-requisites: *qualitative research methodology understanding +/- experience.*

SKILLS ACQUIRED: literature review, qualitative methodology skills on using Contribution Analysis, qualitative data analysis and interpretation, communication, scientific writing and general transferable skills.

14. Can the Store Scout App be used as a benchmarking tool for the retail food environment in Victoria?

Supervisors	Meaghan Christian Julie Brimblecombe
Research Theme	Public Health Nutrition
Contact details:	meaghan.christian@monash.edu

PROJECT SUMMARY:

Research has demonstrated that the food retail environment drives food choice, and that effective in-store strategies to promote healthy eating and limit discretionary food intake via product pricing, availability and promotion, can have a significant effect on the diet of the local community. Store Scout App is a decision-support tool designed to provide a store environment index score and identify areas where action can be focused based on store practice relating to the 4Ps of marketing (Promotion, Price, Product, Placement). It has been designed to promote evidence-informed practice to restrict sales of discretionary products and to increase visibility and boost sales of targeted core foods. The App provides a store environment index score rates out of 100 for key food sections drinks, snack foods, meal/convenience foods, breads & cereal, meat & seafood, dairy & eggs. A high score suggesting the store environment is designed to encourage selection of healthy foods over less healthy foods. Similarly, the Healthy Choices: food and drink classification guide developed by the Victorian State Government uses the traffic light classification for food (Green, Amber and Red) to increase the availability and promotion of healthier food and drink options in community settings. Green category represents food or drink classified as the best choice, amber food and drink which should be consumed in moderation and red is food and drink that the consumer should rarely consumer, or only in small amounts with limited or no advertising. Aim: This study will conduct an analysis of the food retail environment based on Monash University Campus using the two food environment assessment methods. Based on the findings, this study will determine how a traffic light system could be applied to the Store Scout scoring index and be used as a benchmarking tool to encourage a shift to healthier food retail environments.

***** **PLEASE UPLOAD THIS FORM WITH YOUR ONLINE APPLICATION** *****

Project selection (to be completed by applicant and potential supervisor)

The purpose of this form is for you to indicate the projects of your choice. Apart from nominating a preferred project, you should also indicate alternative projects. This will ensure that if you miss out on your preferred project you will have one or two alternatives to pursue. The nominated supervisor(s) makes the decision as to who is selected for a particular project. It is possible that you may miss out on your first (or second) choice even though you have met the eligibility criteria.

Project of First Choice (Compulsory)

Applicant's Name _____

Planned Enrolment status (please circle) Full time or Half time

Project Title _____

Supervisor: _____ Location: _____

Phone: _____ E-mail _____

Primary Supervisor to complete

(1) I have discussed this project with the student and I have advised the student that I will consider him/her for this project (insert date) _____

(2) The supervisory team will consist of the following people:

(3a) Have the appropriate ethics approvals been granted or applied for? Yes No

(3b) Will your project include involved recruiting or data collection at a Health Service or other Government department (schools, emergency services etc.)? Yes No

(3c) Is there an industry partner? Yes No

(4) Do you anticipate being absent for any periods in excess of 2 weeks during the academic year? Yes No

If yes please advise time and duration of absence: _____

Signature _____ Date: _____

Honours Co-ordinator of Department/Centre/Institution to complete

I fully support this application and I am satisfied that appropriate resource/s, permit/s and supervision is/are available in this Department for successful completion of the above named project

Signature _____ Date: _____

Print Name: _____

Project of Second Choice

Applicant's Name _____

Planned Enrolment status (please circle) Full time or Half time

Project Title _____

Supervisor: _____ Location: _____

Phone: _____ E-mail _____

Primary Supervisor to complete

(1) I have discussed this project with the student and I have advised the student that I will consider him/her for this project (insert date)_____

(2) The supervisory team will consist of the following people:

(3a) Have the appropriate ethics approvals been granted or applied for? Yes No

(3b) Will your project include involved recruiting or data collection at a Health Service or other Government department (schools, emergency services etc.)? Yes No

(3c) Is there an industry partner? Yes No

(4) Do you anticipate being absent for any periods in excess of 2 weeks during the academic year? Yes No

If yes please advise time and duration of absence: _____

Signature _____ Date: _____

Honours Co-ordinator of Department/Centre/Institution to complete

I fully support this application and I am satisfied that appropriate resource/s, permit/s and supervision is/are available in this Department for successful completion of the above named project

Signature _____ Date: _____

Print Name: _____

Project of Third Choice

Applicant's Name _____

Planned Enrolment status (please circle) Full time or Half time

Project Title _____

Supervisor: _____ Location: _____

Phone: _____

E-mail _____

Primary Supervisor to complete

(1) I have discussed this project with the student and I have advised the student that I will consider him/her for this project (insert date)_____

(2) The supervisory team will consist of the following people:

(3a) Have the appropriate ethics approvals been granted or applied for? Yes No

(3b) Will your project include involved recruiting or data collection at a Health Service or other Government department (schools, emergency services etc.)? Yes No

(3c) Is there an industry partner? Yes No

(4) Do you anticipate being absent for any periods in excess of 2 weeks during the academic year? Yes No

If yes please advise time and duration of absence: _____

Signature _____ Date:_____

Honours Co-ordinator of Department/Centre/Institution to complete

I fully support this application and I am satisfied that appropriate resource/s, permit/s and supervision is/are available in this Department for successful completion of the above named project

Signature _____ Date: _____

Print Name: _____



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