

## SW4 - Innovative 'BEST' practice in mental health



Next Generation Nutrition:  
Innovative Solutions

### Presenter:

#### **Janice Plain**

Janice Plain BSc DipNutDiet DipEd GradCertManagement

My professional interest is in the area of lifestyle and the impact on chronic disease, especially in relation to obesity and diabetes. Since joining the Macquarie Hospital team two years ago, this interest has expanded into mental health in relation to prevention and treatment of co-morbidities.

I have had experience in presenting to audiences, including lecturing at university, teaching, health promotion talks, presenting at conferences, health professional in services and seminars