

## **Workshop 01: Environmental Sustainability and planetary health– enhancing dietitian’s motivation, capability, and opportunity to lead transformative change.**

### **Presenters**

- Kristen Mackenzie-Shalders, Bond University (Primary Presenter) Nicole Senior, Professional Nutrition Services
- Joanna McCormack, Griffith University Sara Forbes, University of South Australia

### **Overview**

The effects of climate change on health are substantial and unequivocal (1, 2) and urgent transformation of our food system is required (9-11). While nutrition professions are taking steps towards promoting planetary health, there are likely a number of barriers to behaviour change including; • High eco-anxiety (12) • Attitude/behaviour gaps (13) • Confusion on appropriate actions (14) • Helplessness or displacing blame (15, 16) • Political, economic or human factors outweighing planetary concerns (18). Dietitians are important within the broader food system, however educating and upskilling our profession is critical. This workshop will support dietitians to contribute to, and navigate, planetary health in practice.

### **Learning outcome**

To describe dietitians’ current motivation, capability, and opportunity to support transformative change in environmental sustainability in practice, including the role of advocacy. - To apply the Individual plus Policy, System and Environmental (I+PSE) Conceptual Framework for Action for Advancing Healthy, Sustainable and Resilient Food and Water Systems to dietetic practice and identify strategies for change - To discuss the essential content and structure of educational approaches for dietitians in planetary health and environmental sustainability.

## **Target audience**

Dietitians and student dietitians across all areas of dietetic practice and sectors. No prior knowledge is required, and dietitians with any level of self-identified level of motivation, capability, and opportunity to enhance environmental sustainability in dietetic practice are welcome.

## **Workshop abstract**

**Background / rationale:** The effects of climate change on health are substantial and unequivocal (1, 2). Educating and upskilling our dietetic profession in environmental sustainability and planetary health is critical to support transformative change. **Content overview:** The workshop will include a series of activities to support dietitians' motivation, capability, and opportunity to enhance environmental sustainability in dietetic practice. **Evidence base:** Key back-ground information will be presented including best-practice education and environmental sustainability-related frameworks, exemplar international sustainability toolkits designed to support dietetic profession education and upskilling and a recently published framework on next-generation solutions to address adaptive challenges in dietetics practice (i.e., The I+PSE Conceptual Framework for Action). **Strategies to be used for audience engagement:** A pre-workshop survey, facilitated discussion, brainstorm and group activity will be used to - describe dietitians' current motivation, capability, and opportunity to support transformative change in environmental sustainability in practice, including the role of advocacy. - apply the Individual plus Policy, System and Environmental (I+PSE) Conceptual Framework for Action for Advancing Healthy, Sustainable and Resilient Food and Water Systems to dietetic practice and identify strategies for change - discuss the essential content and structure of educational approaches for dietitians in planetary health and environmental sustainability.