



February 2025

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Why join FONS

FONS has been formed as a Federation under the auspices of the International Union for Nutrition Sciences (IUNS – see below) in the region of Oceania. The purpose of FONS is *To bring together people for the advancement of nutrition science, health and wellbeing throughout Oceania*. There are other Federations of Nutrition Societies (e.g. FENS), but FONS is unique in that many of the countries involved are too small to have their own Nutrition Society, so the FONS constitution allows for individual membership. This allows you, as an individual, to join FONS as a full member. You may ask why and what the benefit is to you. If you are in Australia or New Zealand, you may already belong to your Nutrition Society, so what more can FONS offer? Right now you have the opportunity to be “in on the ground floor” of an initiative that will support an enhanced network of professionals working in nutrition and public health throughout the region. The opportunity to both give and gain knowledge within a diverse community, broaden your understanding of your neighbours throughout Australasia and the Pacific, and take advantage of the leadership opportunities that FONS presents.

Check the [FONS website](#) for more information and membership application forms.

Right now, we are looking for some keen individuals to form a **Communications sub-committee** to look after things like social media and membership engagement. Please send an expression of interest to info@oceanicns.org and we'll be in touch.

The first FONS Webinar



Our first webinar will be next month (March – date and time to be confirmed). The presenter is **Mafi Funaki-Tahifote**, an NZ Registered dietitian. Mafi is a Tongan working in Auckland, New Zealand. She is one of the few dietitians with an MBA, and is also the FONS Treasurer. The title for Mafi's webinar is “Pacific nutrition and dietetic practice in Aotearoa, New Zealand - bridging for healthier outcomes”. Mafi will be supported by fellow FONS committee member, Elisiva Na'ati. Siva is an NZ-trained nutritionist, based in Fiji and working for SPC. These two women have immeasurable experience in health and nutrition for Pacific populations.

Watch out for an email confirming time, date and ZOOM link for this webinar.

FONS Task Forces

Those of you who attended the FONS AGM in November will have heard about the proposal from the committee to develop Task Forces as a means of pursuing the purpose and aims of FONS. Referencing the discussions from the stakeholder workshops, the committee proposed three initial task forces: Tertiary Education, Early Career, Dietary Assessment. A fourth proposal, Animal Nutrition, is still in the early development stages.

Over the next month each of the task forces will hold an online meeting to further those initial discussions for all who are interested in being involved. See below for the details. If you want to join the Task Forces, please add your details to the [sign-up form](#).

FONS Tertiary/Higher Education Task Force

The group who considered the proposed tertiary/higher education taskforce had a rich discussion with several ideas for activities. These included capacity building through supporting nutrition-related curriculum development, staff/student exchanges, competencies, sharing teaching and learning resources, supporting workforce development and engagement, for example, with short courses, and enhancing behaviour change. Our next discussion will aim to identify actions and priorities to develop this task force. Please join us at 12pm (QLD), 1pm (NSW/VIC), 2pm (Fiji) and 3pm (New Zealand) on Wednesday 5th March – all are welcome.

The link is: <https://usc-au.zoom.us/meeting/register/PKYpWRQPRt-WxTGz7JwsqQ#/registration>

FONS Early Career Network

The members who joined the Early Career discussion following the AGM varied widely in career-stage, but all were keen to participate in the formation of the Task Force. Many ideas were put to the group with an emphasis on providing networking opportunities and even providing some tips and tricks for networking when in a situation of opportunity but don't know how to start. The idea of an on-line research symposium as a way to share and learn about research happening around Oceania was received with enthusiasm. There will be an online discussion to discuss the further development of aims and actions for this Task Force on Wednesday, February 26th.

Please join us at 12pm (QLD), 1pm (NSW/VIC), 2pm (Fiji) and 3pm (New Zealand) – all welcome.

Register in advance for this meeting:

<https://otago.zoom.us/meeting/register/BTv1ItxOT0S8jENkqCac6Q>

After registering, you will receive a confirmation email containing information about joining the meeting.

FONS Dietary Assessment Task Force

The discussion highlighted the challenges and successes researchers experienced using different dietary assessment tools and databases in diverse populations. Participants shared their experiences with various techniques, including 24-hour, paper-based and online recalls, targeted food frequency questionnaires (e.g. omega-3 FA or polyphenols), mobile food record (mFR) and dietary diversity scores. They also explored potential collaborations to improve data

collection and resource sharing, particularly for tertiary teaching. This initial discussion demonstrated strong interest and enthusiasm for a FONS Dietary Assessment Task Force.

By leveraging its members' diverse expertise and experience, the task force can play a vital role in advancing dietary assessment practices, research, and training across Oceania.

The date for this TF meeting will be announced shortly. If you or anyone you know is interested in being part of the conversation, please complete the [FONS Task Force sign-up form](#).

Nutrition around the world

IUNS



IUNS-ICN 2025
International Congress of Nutrition
24-29 August 2025 | Paris, France
SUSTAINABLE FOOD FOR GLOBAL HEALTH

The BIG nutrition event for 2025 is the [23rd International Congress of Nutrition \(ICN\)](#), happening at the Palais des Congrès, Paris, France from August 24-29, 2025.

Exciting news! The Nutrition Society of Australia (NSA) Sustainable Diets & Food Systems SIG's symposium proposal has been selected for inclusion in the ICN 2025 Scientific Program. This symposium, a collaboration between the NSA SIG, Nutrition Society of New Zealand (NSNZ), and the Federation of Oceanic Nutrition Societies (FONS), will explore "Unique challenges and opportunities for sustainable diets and food systems in Oceania

Funding support for the symposium has been provided by NSA, NSNZ, and the Australian Nutrition Trust Fund (ANTF). So great to see our region staking a claim at this important international nutrition event.

Other exciting news! The IUNS ICN is held every four years. Nutrition Societies from different countries bid for the opportunity to host the event, and this year there is a bid to host the 2029 ICN in Brisbane, Australia. This bid is supported by a number of Australian and New Zealand organisations AND by FONS. If this bid is successful it will mean that the IUNS ICN is much more accessible to those of us in the Oceanic region.

Find out more about IUNS and sign up for the IUNS newsletter [here](#).

Other International conferences



ICDAM 2025 – the International Conference on Diet and Activity Methods – will be held from April 27 – 30, 2025 in Toronto, Canada.

ISBNPA 2025 will be in AUCKLAND! An opportunity for those of us in Oceania to attend without huge travel costs

