

Fiona Willer, AdvAPD

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Academic Qualifications

- 2015-present **PhD by Research** Candidate at Queensland University of Technology (QUT) (part-time)
Title 'A Good Fit: Health-Oriented Size Acceptance in Australian Dietetic Practice'
- 2012-2015 Commenced **Masters by Research** at QUT (part-time)
- 2004-2007 **Bachelor of Health Science (Nutrition and Dietetics)(Hons 2A)**
Queensland University of Technology, G.P.A: 5.958
- 1996-1998 **Bachelor of Arts (Anthropology and English)**
University of Queensland, G.P.A: 5.5

Professional Employment

- 2013 – present **Health, Not Diets** (own business)
Non-Diet Approach professional development materials informed by own PhD research, including:
- Workshops for dietitians and other health professionals in the Non-Diet Approach (delivered in Brisbane, Melbourne, Sydney, Perth, Adelaide, Auckland and regional centres; multiple workshops delivered, 2013 - present)
 - Online courses for dietitians, dietetics students, allied health professionals and researchers in the Non-Diet Approach, Unpacking Weight Science and the Science of Self-Compassion
 - Professional development Podcast 'Unpacking Weight Science' with 200+ paid subscribers
 - Authorship of two books based on own PhD research
 - Commissioned workshops and presentations for DAA, Dietitian Connection, Australian Psychological Society, Sports Dietitians Australia, Education in Nutrition, the Association for Size Diversity and Health, Mental Illness Fellowship North Queensland, Women's Health Queensland Wide.
 - Guest Lectures for Queensland University of Technology, Griffith University, University of the Sunshine Coast and Monash University.
- My workshops have been attended by more than 700 health professionals, the online courses have had more than 4000 enrolments and there are more than 2500 of my books in circulation, My free online course for dietetics students has been used by students of Bond University, Deakin University, The University of Sydney, Griffith University, Queensland University of Technology, University of the Sunshine Coast, University of Wollongong, University of Newcastle, Curtin University, Monash University, University of South Australia, Flinders University, Edith Cowan University, La Trobe University, University of Queensland, University of Canberra and international universities. **A list of invited presentations is included on pages 5-6.**
- 2008 – 2014 **NutritionSense Dietitians and Allied Health** (private practice - owner and founder)
Manage successful business with multiple employees. Conduct individual consultations with main practice areas of Irritable Bowel Syndrome, non-diet approach, diabetes, heart disease, pregnancy nutrition.
- 2013 – 2014 **PEACH Program/QUT** (part time)
Parent Facilitator and project officer. Facilitator for two groups in the first wave: QUT Kelvin Grove and QUT Caboolture. Produced literature review and recommendations for feasibility of use of automated text messaging to increase parent engagement in the program.
- 2007 – 2010 **The Wesley Hospital**, Auchenflower, Brisbane (full time for 12 months then part time)
Clinical Dietitian. Substantial practice in the areas of: Respiratory, Cardiac Rehab, Orthopaedics, Stroke Unit, General Surgery. Co-ordinated and practiced in Wesley Hospital dietetic outpatient service, 'Dietitians Wesley'

Academic Employment (Teaching and Research)

- 2017 - 2018 **University of the Sunshine Coast (USC)– Marking and Guest Lecturing** (contract)
Marking and guest lecturing for 'Issues in Contemporary Nutrition'
- 2015 – 2016 **Central Queensland University (CQU)– Lecturer** (part-time)
Lecturer for 'Human Nutrition', 'Food, Nutrition and Health' and 'Nutrition in Practice' units. These units are part of first and second year of a Bachelor of Biomedical Sciences. Duties included development of entirely new lectures, delivery of lectures (using remote technologies) and assignment marking.
- 2013 – 2015 **Queensland University of Technology (QUT)– Research Assistant** (part-time)
2013 Teaching and Learning grant investigating readiness for inter-professional learning between QUT students in the School of Nutrition and Exercise Science and School of Dance. Conducted data collection, data analysis and write up phases independently. Outputs: Conference presentation at 2015 Dietitians Association of Australia national conference in Perth, one paper published and two papers (as lead author) about to be submitted for publication. Principal researcher and supervisor: Dr Katherine Hanna.
- 2008-2014 **Queensland University of Technology (QUT)– Lecturer, Unit Coordinator, Clinical Educator**
During my long history with QUT I performed many roles including clinical educator and practice coordinator at the QUT Clinics, lecturer and tutor across the Bachelor of Health Science degree ('Nutrition Science' and 'Nutrition and Dietetics') from first year to final year units and unit coordinator and lecturer of large first year units (200+ students). I independently developed learning materials including a practicum handbook (for PUB628 Advanced Food Studies, a third year unit) and many assessment task sheets, assisted with curriculum and competency mapping for course accreditation, and instigated and embedded original research into a final year unit for which I was lecturer and co-unit coordinator (XNB455 Dietetic Business Management). This research produced two conference presentations (at the DAA national conference in 2015) and one journal article which is currently in development (as lead author). Please see the summary below for more detail. I left QUT when we moved to Central Queensland due to a change in my husband's employment at the end of 2014.

2008-2016 **Summary of teaching activities**

Year	Unit	Duties
2017, USC	Issues in Contemporary Nutrition (NUT352)	Marking, guest lectures
2016, CQU	Human Nutrition (NUTR12001)	Marking
2015, CQU	Human Nutrition (NUTR12001) Food, Nutrition and Health (BMSC11006) Nutrition in Practice (NUTR12002)	Lecturer, lecture development, marking Marking Lecturer, lecture development, marking
2014, QUT	Food and Nutrition (XNB151) (semester 1 & 2) Dietetic Business Management (XNB455)	Unit coordinator, Lecturer, Tutor Unit coordinator, Lecturer, Tutor
2013, QUT	Dietetic Business Management (XNB455) Introduction to dietetic practice (XNB353) Nutrition Science (XNB251) Medical Nutrition Therapy (XNB351) Diet, Nutrition and Chronic Disease (XNB252) Advanced Food Studies (XNB354)	Lecturer, Tutor Marking Marking Marking Lecturer, marking Guest lecturer
2012, QUT	Food Science (PUB474) Advanced Food Studies (PUB628) Dietetic Business Management (PUB730) Dietetic Leadership and Management (PUB606) <i>QUT Health Clinics Nutrition & Dietetics Clinic practitioner</i>	Lecturer, Tutor Lecturer, Tutor Guest lecturer Marking
2011, QUT	Food Science (PUB474) Advanced Food Studies (PUB628) <i>QUT Health Clinics Nutrition & Dietetics Clinic Student Coordinator</i> <i>QUT Health Clinics Nutrition & Dietetics Clinic practitioner</i>	Lecturer, Tutor Lecturer, Tutor
2010, QUT	Food Science (PUB474) Advanced Food Studies (PUB628) <i>QUT Health Clinics Nutrition & Dietetics Clinic practitioner</i>	Lecturer, Tutor Guest lecturer
2009, QUT	Food Studies (PUB474) Advanced Food Studies (PUB628) Food and Nutrition (PUB201) <i>Prepared new edition of Advanced Food Studies workbook</i>	Tutor Lecturer, Tutor Lecturer, Tutor
2008, QUT	Advanced Food Studies (PUB628)	Lecturer, Tutor

Publications and Conference Contributions (peer reviewed)

- 2019 Willer, F (2019) 'Core food variety, body appreciation, intuitive eating and self-compassion in dieting and non-dieting Australian adults.' (original research oral presentation) DAA National Conference
- Willer, F (2019) 'Is healthier eating associated with weight-neutral or weight-centric use of dietetics strategies?' (original research poster presentation) DAA National Conference
- Willer, F (2019) 'How closely do weight-centric and weight-neutral dietetic strategies used in the community mirror those recommended by dietitians?' (original research poster presentation) DAA National Conference
- Willer, Fiona, Mary Hannan-Jones, and Esben Strodl. "Australian dietitians' beliefs and attitudes towards weight loss counselling and health at every size counselling for larger-bodied clients." *Nutrition & Dietetics* (2019).
- 2017 Willer, F (2017) 'Dietitians have a positive attitude towards weight-neutral non-diet approaches' (original research oral presentation) DAA national conference
- Willer, F (2017) 'Preferred weight management approach is strongly related to individual dietitian characteristics' (poster presentation) DAA national conference
- 2016 Hanna, K, Hanley, A, Huddy, A, McDonald, M D, and F Willer (2016) *Physical activity participation and nutrition and physical activity knowledge in university dance students*. Medical Problems of Performing Artists. (In Press)
- 2015 Willer, F and K Hanna (2015) 'Readiness for Interprofessional Learning in QUT students of Nutrition Science, Nutrition & Dietetics, Exercise Science & Exercise Physiology' (oral presentation) DAA national conference
- Willer, F and M Hannan-Jones (2015) 'Business benchmarking in Nutrition and Dietetics: What makes a healthy private practice?' (original research oral presentation) DAA national conference
- Hannan Jones, M and F Willer (2015) 'Connecting learning and teaching with giving back to the dietetic community: a win win situation' (original research oral presentation) DAA national conference
- 2014 Willer, F and L Adams (2014) *The Non-Diet Approach Guidebook for Psychologists and Counsellors* (book), 181 pages, ISBN 9781291840063
- 2013 Willer, F (2013) *The Non-Diet Approach Guidebook: a how-to guide for applying the non-diet approach in individual dietetic counselling* (book), 127 pages, ISBN 5800094961523
- 2011 Bauer, J., Bannister, M., Crowhurst, R., Denmeade, S., Horsley, P, McDonald, C., Martineau, J., Willer, F. and S. Ash (2011) nutritionDay: An Australian Hospital's participation in international benchmarking on malnutrition. *Nutrition & Dietetics*. 68 (2), 134-139. DOI: 10.1111/J.1747-0080.2011.01513.X

Volunteer Positions

- 2019-2020 **Butterfly Foundation, National Primary School Body Image Project**, invited expert committee member
- 2017-2019 **DAA Membership Engagement Advisory Committee (MEAC)** position conferred by DAA Board of Directors
- 2017-2019 **QUT Nutrition and Dietetics Curriculum Advisory Group**
- 2017-2018 **DAA Corporate Sponsorship Survey Working Group**
- 2016-2018 Elected **Vice President International** of the Association for Size Diversity and Health (ASDAH), serving on Leadership Committee and Membership Committee
- 2016-present **Administrator** of the Society for Australian independent Dietitian-Nutritionists (AIDNSoc)
- 2018-2019 **Treasurer** and **expert advisory committee member** of HAES Australia Inc
- 2017-2018 **Secretary** and **expert advisory committee member** of HAES Australia Inc
- 2016-2017 **President** and **expert advisory committee member** of HAES Australia Inc
- 2016 Invited reviewer for **Practice-based Evidence in Nutrition (PEN)** 'Mindful Eating' knowledge pathway

2016 Invited reviewer for the 'Fat Studies Journal' and 'Appetite' scientific journals
 2013 – 2016 **President** of the Association for Non-Diet Approach Research Inc.
 2013 – 2015 Metro North Brisbane Medicare Local working party for the adaptation of Map of Medicine™ pathways for 'Obesity', 'Dyspepsia and GORD' and 'Irritable Bowel Syndrome'
 2011 Co-supervision of QUT dietetics research stream student. Project: Case-mix of private practice dietitians in Australia to allow comparison with case-mix at QUT Health Clinics Nutrition and Dietetics Clinic.
 2011-present Mentoring of various Provisional APDs in the APD Program
 2009-2010 Executive member Dietitians Association of Australia (DAA) QLD Branch
 2004-2007 Executive member QUT Nutrition and Dietetics Students' Association

Awards

2019 Finalist for '**2019 Dietitian of the Year**', '**Allied Health Education Excellence**' and '**Allied Health Impact Achievement**' awards at the 2019 Australian Allied Health Awards
 2017 **DAA Research Prize** recipient for best workshop at the Australia and New Zealand Academy of Eating Disorders (ANZAED) national conference
 2015 Recipient of an **Australian Postgraduate Award (APA)** PhD Scholarship until PhD completion
 2012 Recipient of Research Training Scheme funded Masters by Research position (successfully articulated into position in PhD program in May 2015)
 2007 **Meals on Wheels Nutrition Award** recipient
 2004 QUT **Deans Commendation** for high achievement

Professional Memberships

- Advanced Accredited Practising Dietitian (AdvAPD, conferred 2017) with the **Dietitians Association of Australia (DAA)**
- HAES Expert member with the **Association for Size Diversity and Health (ASDAH)**
- Verified Provider with **HAES Australia**
- Professional member (MAITD) of the **Australian Institute of Teaching and Development (AITD)**
- Australian Independent Dietitian-Nutritionist (AIDN) with the **Society for Australian Independent Dietitian-Nutritionists (AIDNSoc)**

Education - Short Courses

Teaching & Learning	QUT Academic Development, Sessional Academic Program Teaching Adult Learners	Queensland University of Technology Open Universities Australia
Mentoring/ Coaching	Workplace Learning with Coaching and Mentoring How to Mentor in the Workplace	The Open University (UK) TAFE Queensland
Business	Project Management Entrepreneurship	e-Grad School (Australia) e-Grad School (Australia)
Professional academia	Digital Competencies for Researchers Public Policy	e-Grad School (Australia) e-Grad School (Australia)

Referees

Dr Esben Strodl e.strodl@qut.edu.au

Dr Mary Hannan-Jones m.hannan-jones@qut.edu.au

Presentations (invited)

- 2019
- 'Unpacking Weight Science'**
Untrapped Retreat, Uki NSW (presentation for body positive retreat participants)
 - 'Know Thy (changing) Self'**
QUT guest lecture to first year Nutrition and Dietetics Students
 - Dietetic Masterclass – Complex Case Presentation discussion panel**
Queensland Eating Disorder Service (QuEDS), July, invited panellist
 - 'Weight (Neutral) Science'**
Upper Yarra Body Image Group 'Don't Judge a Book by its Cover Symposium', September 2019, invited
 - 'Health at Every Size in Dietetic Practice'**
Provided separately to 3rd year Nutrition and Dietetics students at Queensland University of Technology and Griffith University as 2 hour guest lectures
- 2018
- 'Weight (Neutral) Science'**
Women's Health Victoria *Symposium on Women, Food and their Bodies*, Melbourne
 - 'Weight Neutral Public Health'**
Tasmanian Department of Health and Human Services
 - 'Weight (Neutral) Science'**
RACGP Fellowship NSW, Sydney (presentation to RACGP NSW Fellows and recent Fellows)
 - 'Weight Science and Health at Every Size Explainer'**
Griffith University, Gold Coast (presentation for 3rd year Nutrition and Dietetics students)
 - 'HAES and Women's Liberation'**
Centre for Integrative Health (CIFH) (presentation to staff for International Women's Day, invited)
 - 'What is a healthy weight?'**
QUT Wellness Matters program (presentation to QUT staff, invited)
 - 'Weight-Neutral Lifestyle Approaches for Health Enhancement'**
Megabite Nutrition (online course development, invited)
- 2017
- 'The case for abandoning weight loss efforts in eating disorder treatment: introducing weight neutral lifestyle approaches'**
Australia and New Zealand Academy of Eating Disorders (ANZAED) invited plenary speaker for final conference panel (Sydney)
 - 'What do iPhones and HAES have in common? The art and science of disseminating weight neutral practices'**
EDRDPro webinar (www.EDRDPro.com, 60 minutes)
 - 'Time for a paradigm shift: why you should consider offering weight neutral care to everyone'**
Invited speaker at the Australasian Lifestyle Medicine Conference (Sydney, 40 minutes)
 - 'Why take a weight neutral approach?'**
Guest lecture for senior dietetics students delivered separately at Griffith University and University of the Sunshine Coast (1 x 2 hour lecture, 3 x 3 hour workshops)
 - 'The disembodied and disengaged: are dietitians becoming distanced from the population?'**
DAA National Conference, Hobart (2 hour workshop with Fiona Sutherland, APD)
 - 'Health at Every Size® and the Non-Diet Approach: moving from weight to wellbeing'**
Professional Development day for ACT Health, Canberra (lecture/workshop for 120 health professionals)
 - 'Body Image and the Non-Diet Approach in Dietetic Practice'**
South Eastern Sydney Local Health District, Sydney (2 day workshop)

- 'The Non-Diet Approach for Dietitians, Self-Compassion and Body Image workshop'**
Institute of Urban Indigenous Health, Brisbane (2 day workshop)
- 2016 **'Swimming against the tide: how questioning the status quo can lead to better client care'**
Dietitian Connection Dietitian Day event, Sydney
- 'HAES(R) in eating disorders: a conceptual exploration'**
Association for Size Diversity and Health (ASDAH) (webinar, invited speaker)
- 'Nutrition, Wellbeing and Body Image for Women'**
Mental Illness Fellowship North Queensland (4 hour workshops delivered in three regional Qld towns)
- 'Working with Weight Concern: The Non-Diet Approach'**
Australian Psychological Society (APS), Sydney (full day workshop for psychologists, invited facilitator)
- 'Self-Compassion for Dietitians'**
DAA Tasmania Branch, Hobart (4 hour workshop)
- 'Why take a weight neutral approach?'**
Guest lecture for senior dietetics students delivered separately at Griffith University and Queensland University of Technology (Brisbane and Gold Coast, 2 hour lecture, invited speaker)
- 'Body Image and the Non-Diet Approach for Dietitians'**
Sports Dietitians Australia – Qld Branch (Brisbane, 2 hour presentation, invited speaker)
- 2015 **'Weaving together wisdom: Exploring the evidence for and against the Health At Every Size (HAES)/ non-dieting approach for individuals with eating disorders'**
DAA Eating Disorders NSW Interest Group event (Sydney, invited keynote)
- 'The Non-Dieting Approach to Health: An Introductory Workshop for Health Professionals'**
Eating Disorders and Obesity conference (Gold Coast, 90 minute workshop)
- Invited expert panel member for discussion **'Health at Every Size: Godsend or Curse?'**
Eating Disorders and Obesity conference (Gold Coast)
- 'Working with Weight Concern: the non-diet approach'**
Australian Psychological Society, Albury-Wodonga Branch (full day workshop, invited facilitator)
- 'An Introduction to HAES in Dietetic Practice'**
QUT guest lecture (60 minute webinar, invited), repeated for Monash University and Griffith University
- 'An introduction to Mindfulness, DBT, ACT, MBSR and MBCT for dietetics students'**
QUT guest lecture (40 minute webinar, invited)
- 2014 **'Integrating HAES into Medical Nutrition Therapy'**
Association for Size Diversity and Health (60 minute webinar, invited speaker)
- 'Health at Every Size: a gentle and effective way to a healthier lifestyle'**
Women's Health Queensland Wide Inc (60 minute videoconference, invited speaker)
- 2013 **'The Non-Diet Approach: why, when and how to integrate it into your practice'**
DAA National Conference, Canberra (2 hr workshop)
- 'The non-diet approach explained'**
Griffith University (2 x 2 hr guest lectures)
- 'It's a gas, gas, gas! FODMAPs and the Low FODMAP Diet explained'**
Home Economics Institute of Australia (Qld) State Conference 'Food! Nutrition! Futures!' (40 mins, invited)
- 'Health at Every Size ®: Implications for dietetic practice'**
DAA Qld Branch Networking Evening (45 minute lecture, invited speaker)
- 'The Non-Diet Approach to Weight Management'**
Education in Nutrition webinar (60 minutes, invited speaker)