

Dr Fiona Willer, AdvAPD, PhD

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Academic Qualifications

2021 **PhD 'A Good Fit: Health-Oriented Size Acceptance in Australian Dietetic Practice'**
Queensland University of Technology (QUT) [ePrint](#)

2020 **Fellowship of the Higher Education Academy (FHEA)**
Advance HE (equivalent to Postgraduate Certificate in Higher Education)

2007 **Bachelor of Health Science (Nutrition and Dietetics)(Hons 2A)**
Queensland University of Technology, G.P.A.: 5.958

1998 **Bachelor of Arts (Anthropology and English)**
University of Queensland, G.P.A.: 5.5

Academic Employment (Teaching)

2008-present **Summary of teaching activities**

| Year | Unit | Duties |
|------------------|---|--|
| 2021, QUT | Food and Nutrition (XNB151)(semester 1) Leadership in Nutrition and Dietetics (XNH448)(semester 2) | Unit Coordination, lecturing, tutoring, marking, supervising tutors and markers |
| 2020, QUT | Food and Nutrition (XNB151)(semester 1 & 2) | Unit redesign, Unit Coordination, lecturing, tutoring, marking, supervising tutors and markers |
| 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 |

Professional Employment

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|----------------|--|
| 2013 – present | <p>Health, Not Diets (own business)</p> <p>Development and facilitation of continuing professional development resources for health professionals in the application of health-focussed weight inclusive approaches in clinical practice and research. Professional development resources include self-paced, assessed, online courses aimed at updating and extending practice knowledge for different levels of professional competence (introductory to advanced), face-to-face workshops around Australia and in New Zealand, practice guidebooks for dietitians and psychologists (global distribution), and an innovative subscriber model professional development podcast, ‘Unpacking Weight Science’ (each episode includes learning outcomes, supporting materials and quiz). Resources include understanding Medical Nutrition Therapy through weight-neutral lens and the effect of dieting on health markers and outcomes. I provide mentorship, supervision and advisory services on a consultancy basis. I’ve provided multiple commissioned workshops and presentations for health professionals organisations and guest lectures for undergraduate and masters–level dietetics students for many Australian universities, and worked with media, in print, television, radio and online.</p> |
| 2008 – 2014 | <p>NutritionSense Dietitians and Allied Health (private practice - owner and founder)</p> <p>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.</p> |
| 2013 -2014 | <p>Queensland University of Technology (QUT)– Research Assistant</p> <p>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. Principal researcher and supervisor: Dr Katherine Hanna.</p> |
| 2013 – 2014 | <p>PEACH Program (QUT)</p> <p>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.</p> |
| 2007 – 2010 | <p>The Wesley Hospital, Auchenflower, Brisbane</p> <p>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’</p> |

Education - Short Courses

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|--------------------------|---|---|
| Governance | Company Directors Course (by Dec 2021) Ethics in the Boardroom Director Financial Literacy Workshop | Australian Institute of Company Directors (AICD) Australian Institute of Company Directors (AICD) Corporate Information Management Services |
| Health Law | Health Care Law and Ethics LWN164 (2021) | QUTeX Professional Development |
| Human Rights | Discrimination Awareness in Queensland Public Entities and the QLD Human Rights Act Diversity Awareness | Queensland Human Rights Commission Queensland Human Rights Commission Queensland Human Rights Commission |
| 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) |

Awards

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|-----------|---|
| 2021 | Nominated for University Outstanding Doctoral Thesis Award (QUT) |
| 2020 | Awarded post-nominal of Fellow of the Higher Education Academy (FHEA) |
| 2020 | International Conference of Eating Disorders (ICED), combined Australia and New Zealand Academy of Eating Disorders (ANZAED) and Dietitians Australia (DA) Research Prize for oral research presentation based on quality, relevance and contribution to the field of eating disorder research and dietetics |
| 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 |
| 2015-2020 | Recipient of an Australian Postgraduate Award (APA) PhD Scholarship |
| 2007 | Meals on Wheels Nutrition Award recipient |

Volunteer Positions

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| 2019-2021 | Dietitians Australia (DA) non-executive Board Director , elected role |
| 2019-2021 | Butterfly Foundation, National Primary School Body Image Project , invited expert committee member |
| 2021-2022 | HAES Australia Governance Committee Co-Chair |
| 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 |

Professional Memberships

- Advanced Accredited Practising Dietitian (AdvAPD, conferred 2017) with **Dietitians Australia** (formerly Dietitians Association of Australia, DAA)
- HAES Expert member with the **Association for Size Diversity and Health** (ASDAH)
- Verified Provider with **HAES Australia**
- Professional member (MAICD) of the **Australian Institute of Company Directors** (AICD)
- Professional member (MAITD) of the **Australian Institute of Teaching and Development** (AITD)
- Professional member of the **Public Health Association of Australia**
- Professional member of the **Team-Based Learning Collaborative** (TBLC)
- Australian Independent Dietitian-Nutritionist (AIDN) with the **Society for Australian Independent Dietitian-Nutritionists** (AIDNSoc)
- Professional member of **The Ethics Centre**

Referees

Associate Professor Mary Hannan-Jones

Discipline Lead, Nutrition and Dietetics
School of Exercise and Nutrition Sciences (SENS)
Queensland University of Technology
0419 120 794 m.hannan-jones@qut.edu.au

Dr Lynda Ross

Course Coordinator, Nutrition and Dietetics
School of Exercise and Nutrition Sciences (SENS)
Queensland University of Technology (QUT)
0438 404 681 l20.ross@qut.edu.au

Relevant Publications and Conference Presentations

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|------|---|
| 2020 | Willer, F 'Health at Every Size (HAES) for People with Diabetes.' <i>Australian Diabetes Educator</i> . 2020 23(1). |
| 2019 | Willer F, Hannan-Jones M, Strodl E. Australian dietitians' beliefs and attitudes towards weight loss counselling and health at every size counselling for larger-bodied clients. <i>Nutrition & Dietetics</i> . 2019 Sep;76(4):407-13. Willer, F (2019) 'Core food variety, body appreciation, intuitive eating and self-compassion in dieting and nondieting 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 |
| 2017 | Hanna K, Hanley A, Huddy A, McDonald M, Willer F. Physical activity participation and nutrition and physical activity knowledge in university dance students. <i>Medical problems of performing artists</i> . 2017 Mar 1;32(1):1-7. 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 |
| 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 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) <i>The Non-Diet Approach Guidebook for Psychologists and Counsellors</i> (book), 181 pages, ISBN 9781291840063 |
| 2013 | Willer, F (2013) <i>The Non-Diet Approach Guidebook: a how-to guide for applying the non-diet approach in individual dietetic counselling</i> (book), 127 pages, ISBN 5800094961523 |

Invited Presentations (2021)

- Invited speaker at the Australia and New Zealand Metabolic and Obesity Surgery Society (ANZMOSS) Conference, Cairns, 27th-29th October 2021. Session title: '*Approaches to Improving Quality of Life*'
- Invited speaker at the Dietitians Australia Qld Branch Symposium, 1 October 2021
- Invited speaker at the Australasian Diabetes Congress, Brisbane, 11th August 2021. Presentation title: '*Weight neutral approach in diabetes management*'
- Invited speaker at the Yarra Ranges Body Image Group via the Yarra Ranges Council, 10th June 2021. Presentation title: '*Unpacking Weight Science*'
- Invited speaker at Dietitians Unite 2021 event hosted by Dietitian Connection, 21st May 2021. Panel Discussion: '*Weight Management*'
- Invited presenter for the Eating Disorders Interest Group of the Singapore Dietitians Association, 17th May 2021, 4-hour online workshop, '*Health at Every Size and the Non-Diet Approach in Dietetics*'
- Invited speaker at the Diabetes Online Expo 2021, 27th March 2021. Presentation title: '*Health at Every Size*'