



Expressions of interest

Title: Member, Australian Dietary Guidelines Expert Committee

The National Health and Medical Research Council (NHMRC) is seeking up to 12 experts to form the Australian Dietary Guidelines Expert Committee (the Expert Committee) which will advise on the scope, priorities and quality of the evidence to inform the review of the *Australian Dietary Guidelines*.

Individuals are invited to self-nominate to be considered for appointment to the Expert Committee.

The members of the Expert Committee will be appointed based on their recognised expertise in areas such as evidence translation, epidemiology, research methodology, nutrition across the life cycle, nutrition communication, and food and health relationships, and will include cultural and consumer representatives.

Members of NHMRC Council have also been invited to suggest suitably qualified individuals to be considered for appointment. Suggested individuals will be required to meet the same criteria and will follow the same appointment process as detailed below.

The work of the Expert Committee will continue for the duration of the review process. The revised Guidelines are anticipated for release in early 2024.

About the Organisation

NHMRC funds high quality health and medical research, builds research capability, supports the translation of health and medical research into better health outcomes and promotes the highest standards of ethics and integrity in health and medical research.

An important part of NHMRC's role is the development of public health and clinical advice designed to prevent illness, improve health, enhance clinical care and support the states and territories in achieving consistent standards of health care and advice.

NHMRC is responsive to national health priorities, to researchers, to consumer needs and to community perspectives, whilst meeting the requirements and directions of government.

More information about NHMRC can be found at www.nhmrc.gov.au

About the Australian Dietary Guidelines

The *Australian Dietary Guidelines* (the Guidelines) provide the evidence base for Australia's public health nutrition policies and practices. The Guidelines, along with the companion *Eat for Health* resources, support healthy food choices and eating behaviours by the Australian community. The Guidelines provide information on foods, food groups and dietary patterns that protect against chronic disease and provide the nutrients required for optimal health and wellbeing. Balanced nutrition is essential for normal growth as well as the physical

and cognitive development of children. The Guidelines promote healthy eating to reduce the risk of diet-related disease and improve community health and wellbeing.

The Guidelines are intended for people of all ages and backgrounds in the general healthy population, including people with common diet-related risk factors such as being overweight. The Guidelines do not apply to people with medical conditions requiring specialised dietary advice such as people classified as obese or individuals diagnosed with non-communicable health conditions including diabetes, or to frail elderly people who are at risk of malnutrition.

The current Guidelines were released in January 2013, following NHMRC Council approval. NHMRC coordinated the revision process, which commenced in April 2008.

Nutrition science and the evidence which underpins the Guidelines are evolving. Additional information on existing topics, as well as notification of emerging topics, and user feedback have all been received since the release of the 2013 Guidelines.

This new evidence and the need to improve dietary patterns has prompted the Australian Government to undertake a review of the current Guidelines. Revising the Guidelines will ensure that the Australian community is provided with the most up to date evidence, as well as practical information on the recommended dietary patterns for good health.

More information on the current Guidelines can be found at www.eatforhealth.gov.au

About NHMRC guideline processes

NHMRC is required to follow the process to develop guidelines as set out in the *National Health and Medical Research Council Act 1992*. Within these legislative consultation and approval requirements, developing or updating NHMRC guidelines involves a thorough review of the evidence, methodological advice on the quality of these reviews, and an independent expert review¹.

A multidisciplinary committee composed of an appropriate mix of subject matter experts, including relevant end-users and consumer representatives, advises on this process.

All potential committee members are required to provide NHMRC with their declaration of interests (DOI). NHMRC then determines whether any interests present an actual or perceived conflict of interest in accordance with the NHMRC Policy on the [Disclosure of Interests Requirements for Prospective and Appointed NHMRC Committee Members \(2019\)](#). This policy requires that all potential conflicts of interest are declared and identifies the following as conflicts of interest:

- any relevant direct or pecuniary interest (for instance, having provided expert testimony for a fee on behalf of an entity with a commercial or other interest in the issues being considered by the Committee)

- working and personal relationships, including board membership, employment at the same organisation, shares and/or ownership or consultancies between the prospective member or 'immediate family members' (partner and dependent children) and corporations whose products or services are related to the issues being considered by the Committee or that have a commercial or other interest in the issues being considered by the Committee
- affiliations or associations with any organisations or activities which could reasonably be perceived to be an influence due to a competing interest either for or against the issues being considered by the Committee.

About the Australian Dietary Guidelines Expert Committee

Successful appointees must meet the following criteria:

Essential Criteria

- Tertiary qualification in science, nutrition or public health
- Experience in critically analysing scientific evidence and translating this evidence into policy or public health guidelines
- Recognised expertise in the field of evidence translation, epidemiology research methodology, nutrition across the life cycle, nutrition communication, or food and health relationships as demonstrated by number and quality of peer reviewed publications
- Excellent written and verbal communication skills
- Demonstrated participation in research in the last 5 years
- A minimum of 10 years of experience as an academic, researcher, practitioner, or health professional
- Absence of financial interests, affiliations or associations with organisations or activities which could reasonably be perceived to be an influence either for or against the issues being considered.

Desirable Criteria

- Principal investigator for research relating to diet and disease prevention in the last 5 years
- Recognised consumer advocacy or cultural representative expertise.

About the process

To be considered for appointment, individuals **MUST**:

- Submit a maximum 1-page pitch demonstrating how they meet the criteria
- Submit a maximum 2-page curriculum vitae with the relevant information to support their pitch. The curriculum vitae should include details of education, employment, peer-reviewed publications, presentations, blogs, funding sources, and other affiliations with organisations that may have direct interests in the revised Guidelines
- Acknowledge that NHMRC will assess applicants based on their expertise and any perceived or actual conflicts of interest as per the NHMRC policy on *Disclosure of Interests Requirements for Prospective and Appointed Committee Members (2019)*.

Applicants are encouraged to consider the expected duration of the appointment prior to applying. It is NHMRC's preference that members are available to be appointed for the full term.

Completed applications must be submitted to NHMRC before 3pm (AEDST) 16 December 2020.

Supporting documents (CV and 1-page pitch) must be submitted in Word or PDF formats via the NHMRC website.

Late applications or applications which do not clearly demonstrate meeting the selection criteria or do not comply with the submission requirements will not be considered for shortlisting.

How will applications be assessed?

Efforts will be made to balance the areas of expertise in the Expert Committee as well as ensuring diversity of gender and cultural background.

Individuals will be shortlisted initially on their demonstrated ability to meet the selection criteria. Shortlisted individuals will be contacted to provide further detail on their declaration of interests and to provide contact details of referees to support their application.

Further shortlisting will then occur and final recommendations for appointment will be made to the NHMRC Chief Executive Officer for approval.

Queries on this process can be submitted to dietaryguidelines@nhmrc.gov.au

ⁱ National Health and Medical Research Council (2018): Guidelines for Guidelines 2018. Canberra. National Health and Medical Research Council.