



Serving up Inequality: A workshop about women, food and health promotion

Thursday, 14 June, 2018
10:00AM - 4:00PM

This full-day workshop explores how gender and gender inequality impact women's health and their relationship to food. The workshop navigates the complexities of health messaging, body image, and the expectations around of women's role with food and nutrition. The workshop explores the controversy that exists in public health and health promotion around the approach and key messages that should be adopted in relation to food-related behaviours and body size to promote 'health' and prevent illness for women.

- Gender as a key determinant of health
- The complex interplay between women's health, body size and body image, food and physical activity
- How gender impacts on chronic disease and eating behaviours
- A gendered approach to health promotion
- An introduction to sex-disaggregated health data resources, including the Victorian Women's Health Atlas

Audience: This workshop is designed for professionals or students working in a range of areas including health promotion, mental health, nutrition, social policy, community development, health and support services, women's health, community health and local and state government.

Workshop facilitators:

- Rebecca Tipper is a qualified nutritionist with 10+ years of experience in private practice. She is also a skilled facilitator in the gender equity space.
- Megan Bugden is the health promotion officer and training coordinator at Women's Health Victoria, and is responsible for the design and delivery of WHV's professional development programs.

Date: 14th June 2018

Time: 10.00am – 4.00pm

Location: Women's Health Victoria, Level 8, 255 Bourke St, Melbourne

Cost: \$220 (Full) \$154 (student/unemployed)

For **information** and **registration**, visit: <https://www.eventbrite.com.au/e/serving-up-inequality-a-workshop-about-women-food-and-health-promotion-tickets-45752181005>

Please indicate any requirements for assistance such as attendant care, interpreting and any special dietary requirements.

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