**ISSFAL Board of Directors Candidate Statement : Barbara Meyer, BSc(Hons), PhD, RNutr**

I completed my PhD research in the area of Lipid Metabolism at the Baker Medical Research Institute and graduated in 1993 from Monash University in Victoria Australia. I am currently an Associate Professor in the School of Health Sciences and the Director of the Metabolic Research Centre at the University of Wollongong, Australia. I am also the President of the Nutrition Society of Australia.

The aim of the Metabolic Research Centre’s research is to understand the role of lipids in health, ageing and disease. We have state of the art lipidomics set up at the University of Wollongong. My current research interest is in the area of lipid metabolism, including long chain omega-3 polyunsaturated fatty acids (LC n-3 PUFA) in relation to health and disease as well as during pregnancy. I have taken a lead role in determining the Australian LC n-3 PUFA intakes. The National Health & Medical Research Council (NHMRC) in Australia have based their Nutrient Reference Values (2006); namely “Adequate Intakes” and “Suggested Dietary Target” intakes, for various PUFA, based on my research. I have investigated the role of lipids in cardiovascular disease, depression and post-natal depression and during healthy and complicated pregnancies and a recent example of research outcome: “Preeclampsia is associated with compromised maternal synthesis of long chain polyunsaturated fatty acids leading to offspring deficiency” published in Hypertension 2012;60:00-00 (DOI:10.1161/HYPERTENSIONAHA.112.197897). My research work has also influenced policy: for example the results of my publication “Meyer BJ, Hammervold T, Rustan ACHr, Howe PRC. Dose Dependent Effects of DHA Supplementation in Statin Treated Hyperlipidaemic Subjects. Lipids 2007;42(2):109-115” were included in the National Heart Foundation of Australia Position Statement (2008) on "Fish, fish oils, n-3 polyunsaturated fatty acids and cardiovascular health". The National Heart Foundation of Australia stated that "Marine n-3 PUFA has an additive effect to statin therapy in decreasing TG levels and increasing HDL-C (Level 11 NHMRC evidence)". I am an effective research team player nationally and internationally and have recently set up a multi-disciplinary international research team that will investigate the “Effect of fish oil and micronutrient supplementation on behaviour and mental health of adult offenders: a Randomised Control Trial (RCT) feasibility study”, with a longer term view to conduct a multi-centre RCT across Australia.

I am currently on the Biomedical Assessments Advisory Board Committee that provides advice to the Department of Health & Ageing and the Australian Bureau of Statistics regarding the National Health Risk Survey currently being conducted in Australia.

I have been a member of ISSFAL since November 1998 and I actively take part in the ISSFAL conferences. I think ISSFAL is an exemplary professional society because it has a core focus of lipid and fatty acid research interest and it translates the research into Authoritative Statements available on the ISSFAL website. I am passionate about translating the science into clear nutritional messages that is supported by scientific substantiation. Given my expertise, I can add considerable value to this Society as a Board member.

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Associate Professor

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