

## Book Review

### *Nutrition Promotion: Theories and methods, systems and settings*

Edited by Tony Worsley

Published by ALLEN & UNWIN and Oxford University Press, 2008

ISBN: 978-1-741-75241-0

ISBN: 978-1-845-93463-7

It is increasingly uncommon to have a scholarly book in a multidisciplinary realm like that of nutrition promotion, its science, social contexts and settings, and its educational and behavioural dimensions, which is single author. Tony Worsley has achieved this with excellence. It is noteworthy that he has recently co-edited a multi-author textbook on Public Health Nutrition, also published by Allen and Unwin.

The present volume draws on an extensive career in the behavioural and nutritional sciences with a particular interest in food choice and health-seeking characteristics. It has methodological depth, provides much support for the conclusions and recommendations drawn, and contains numerous illustrations of relevant evidence and its applications. At times, as is the nature of any field which is scientifically active and indeed controversial, constructs are offered where the basis is both evidential and deductive. But the reader is able, by and large, to discern the differences in derivations of the ultimate conclusions. This is typified by the approach to settings for nutrition promotion (communities, schools, worksites, hospital and health service programs, the retail sector and the media). Relevant studies are reviewed and critically integrated into a policy framework. The book therefore has great utility for teachers, community and health workers and policy makers, and even individuals if they were in a position to find the book and read the gems of interest to themselves.

Perhaps the over-riding sense one has of the book is its optimism about what might be achieved through nutrition promotion, in an era when there seems to be gloom about trends in nutritional status.

By Mark L Wahlqvist

## Future Events

April 1-4, 2009

*3rd International Congress on Prediabetes and the Metabolic Syndrome, Nice, France*

<http://www.kenes.com/prediabetes/mailshots/ms2.htm?ref2=db1>

April 7-8, 2009

*Frontiers in Adipose Tissue Biology, Meeting hosted by the Nutrition Society Scottish Section, Royal Society of Edinburgh*

[www.nutritionssociety.org](http://www.nutritionssociety.org)

April 18-19, 2009

*Unite for Sight: Achieving Global Goals Through Innovation, Yale University, Connecticut, USA*

<http://www.uniteforsight.org/conference>

April 23-25 2009

*American Overseas Dietetic Association Conference 2009 (AODA 2009), Crowne Plaza Mutiara, Kuala Lumpur, Malaysia*

[www.EatrightOverseas.org](http://www.EatrightOverseas.org)

May 12-15, 2009

*2nd Micronutrient Forum: Micronutrients, Health, and Development: Evidence-based Programs Beijing, China*

[www.micronutrientforum.org](http://www.micronutrientforum.org)

May 24-29, 2009

*Africa Forum 2009: Successful practices in integrated HIV/AIDS and food and nutrition security (FNS) programming, Malawi, Africa*

[www.projectconcern.org](http://www.projectconcern.org)

June 4-7, 2009

*7th International Conference on Diet and Activity Methods - ICDAM7*

<http://www.icdam.org>

June 8-12, 2009

*International Scientific Conference on Nutraceuticals and Functional Foods - FOOD AND FUNCTION 2009, Slovak Republic*

[www.foodandfunction.com](http://www.foodandfunction.com)

June 17-19, 2009

*Dietary Management of (Inflammatory) Disease (Dates and title to be confirmed), Queen's University, Belfast, Northern Ireland*

[www.nutritionssociety.org](http://www.nutritionssociety.org)

June 29-July 2, 2009

*Over and Undernutrition: Challenges and Approaches The Nutrition Society Annual Summer Meeting, University of Surrey, UK*

[www.nutritionssociety.org](http://www.nutritionssociety.org)

August 12-16, 2009

*10th CAPGAN Conference on Diarrhoea and Malnutrition, Blantyre, Malawi*

[www.capgan.org](http://www.capgan.org)

September 7-18, 2009

*International Course in Nutritional Epidemiology, London, England*

[http://www1.imperial.ac.uk/medicine/teaching/shortcourses/sc\\_epidem/nutritionalepidemiology/](http://www1.imperial.ac.uk/medicine/teaching/shortcourses/sc_epidem/nutritionalepidemiology/)

September 27-30, 2009

*World Congress On Oils and Fats & 28th ISF Congress, Sydney Convention & Exhibition Centre, Sydney, Australia*

<http://www.isfsydney2009.com>

**October 4-9, 2009**

*19th International Congress of Nutrition 2009, Nutrition Security for All BITEC, Bangkok, Thailand*  
<http://www.icn2009.com>

**October 11-24, 2009**

*Production and use of food composition data in nutrition (9th edition), Wageningen, The Netherlands*  
<http://www.vlaggraduateschool.nl/eduvlco.html>

**October 18-21, 2009**

*7th Euro Fed Lipid Congress "Lipids, Fats and Oils: From Knowledge to Application", Graz, Austria*  
<http://www.eurofedlipid.org/meetings/graz/index.htm>

**November 12-14, 2009**

*1st Congress of Fatty Liver and Metabolic Syndrome, Budapest, Hungary*  
<http://www.akcongress.com/>

**December 10-12, 2009**

*4th Shanghai International Congress & Exhibition on Nutrition, Fitness and Health (NFH 2009), Shanghai, China*  
<http://nfh.sstec.com.cn>

**Important Deadlines:**

*20th April 2009*

*Notification of Abstract Selection*

*4th July 2009*

*Deadline for Early-Bird Registration*

*20th September 2009*

*Deadline for Regular Registration*