

IN-PERSON CE EVENT

# Fertility & Maternal Nutrition



5 NOV '22 (1 TO 3 PM)



LIFELONG LEARNING INSTITUTE  
11 EUNOS RD 8, SINGAPORE 408601



2 CE  
POINTS

## PROGRAMME

12.45 - 1.00 PM	REGISTRATION
1.00 - 1.50 PM	NUTRITION FOR FERTILITY IN CLINICAL PRACTICE Dr. Claire Pettitt, CP Nutrition
1.50 - 2.40 PM	INFLUENCE OF PERINATAL DIETS ON MATERNAL AND CHILD HEALTH Dr. Mary Chong, National University of Singapore
2.40 - 3.00 PM	Q&A
3.00 - 3.30 PM	Refreshment

PLEASE REGISTER VIA "EVENTS" ON  
SNDA WEBSITE



**SN** MEMBERS

**\$20.00**  
FOR NON-MEMBERS



# SPEAKERS' BIO

## DR. CLAIRE PETTITT



Dr. Pettitt is a UK & Singapore Registered Dietitian and Nutritionist working in academia and private practice with an interest in women's health and gut health, more specifically in those with PCOS and couples trying to conceive.

Dr. Pettitt has many years of experience working across many areas of dietetics including in the NHS, in research doing her PhD, and in private practice, as well in academia; lecturing and supervising students and offering clinical supervision to dietitians and nutritionists working in women's health and with a non-diet approach.

Dr. Pettitt is a member of the Early Life Nutrition Alliance and has done further training in both fertility and pregnancy nutrition. Dr. Pettitt is a committee member of the BDA maternal and fertility specialist group and also is a cofounder and moderator of a nutrition and dietetic online journal club designed to support nutrition professionals develop and improve their critical appraisal skills.

## DR. MARY CHONG



Dr. Chong's main research is on Maternal and Child Nutrition. Trained as a clinical dietitian, she attained her PhD at the University of Oxford, U.K. and is currently Assistant Professor at the Saw Swee Hock School of Public Health, National University of Singapore. She is also Principal Investigator at the Singapore Institute for Clinical Sciences, A\*STAR.

She is the Nutrition Lead for the Growing Up in Singapore Towards Healthy Outcomes (GUSTO) study, a mother-offspring cohort study in Singapore and is involved in two pre-conception studies, SPRESTO and NiPPeR.

Dr. Chong has a special interest in diet and lifestyle behaviours and has been researching in this area with web-based technologies in children and adults. Her current work includes investigating behavioural determinants of health in children, from which her team has developed a web-based, time-use application (MEDAL) to assess diet and lifestyle in school children.

She has been invited to speak at national and international conferences and has published over 140 papers in peer-reviewed journals. She is currently a member of the Advisory Panel on Parenting for the Ministry of Social and Family development and a committee member for the Physical Education Syllabus Review and Development, Ministry of Education.

