



SPH SEMINAR SERIES

Changes in Dietary Supplements Use among Australian Military Personnel during Deployment to the Middle East

Chi-Wai Lui is a lecturer at the School of Public Health. He is a sociologist by training with teaching and research experience in Australia and Hong Kong. Chi Wai's current research interests focus on the use of supplements and complementary and alternative medicine, social gerontology, health practices of CALD populations, experiences of chronic illness, and the role of social media and internet in health care.

The use of dietary supplements (DS) is gaining popularity in Western societies over the past decades. Studies on military personnel and elite athletics revealed that the use of DS is even higher in these distinct population groups. Survey findings found that promoting general health and performance enhancement are two of the most common reasons for using DS as reported by military personnel. The use of DS for performance enhancement was a reason seldom cited in studies on general civilian population. Researchers believe the purposes and consumption patterns of DS among service members reflect the job nature and the working environments they are exposed to. The veterans use body-building, energy or weight-loss supplements to cope with physical or cognitive stressors encountered at work, to help recovery from training or injury, and to control their body weight to meet occupational requirements. Given the high level of DS use in the military, there is a growing concern on the risks of side-effects and overuse of these products as the safety and effectiveness of many of them are not verified.

This seminar reports findings of an ongoing study that examines the patterns of DS use of a large cohort of Australian service members who had recently served in Iraq and Afghanistan.

Date: Tuesday 1st August
Time: 1-2pm
Room: 113
Location: Public Health Building, Herston

