

Capital Health Network Limited

Election of Directors 2025

Candidate Statement

Candidate name (please print):	Dr Emily Lewis		
Tick the Director Position being nominated for:	E2		

Statement in support of nomination

First person version:

I am Dr Emily Lewis, an Accredited Practising Dietitian and Accredited Exercise Physiologist with a PhD in obesity management from the University of Canberra. I am the founder and director of Canberra Allied Health, a multidisciplinary allied health practice comprising dietitians, exercise physiologists, and psychologists, supporting long-term health and wellbeing in the Canberra community.

I work full-time at the University of Canberra as a lecturer and researcher and am the course convenor of the Exercise Physiology and Rehabilitation degree within the Discipline of Sport and Exercise Science. In this role, I contribute to training the next generation of allied health professionals while maintaining a strong focus on evidence-based practice and community health. Over the course of my career, I have worked across public and private sectors, including Canberra Health Services, private practice, and the university setting. This diversity of experience has provided me with a thorough understanding of the opportunities and challenges faced by health professionals in different workplaces and contexts.

I believe I am well-positioned to serve on the Capital Health Network Board of Directors, bringing a broad perspective to advocate for initiatives that strengthen collaboration, support workforce development, and improve patient outcomes. I am committed to ethical, evidence-based, and inclusive approaches to health service development and policy and am dedicated to supporting the ongoing mission of the CHN Board to enhance health care across the Canberra region.

NOTE: 250 word maximum

Capital Health Network Limited

Election of Directors 2025

Statement addressing the position requirements for Director position E2

Candidate name (please print):	Dr Emily Lewis
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Statement addressing the position requirements

I am Dr Emily Lewis, a dual-qualified allied health professional with accreditation in both dietetics (Accredited Practising Dietitian, Dietitians Australia) and exercise physiology (Accredited Exercise Physiologist, Exercise and Sports Science Australia). Maintaining accreditation and meeting all continuing professional development requirements for the past 13 years, I bring a rare combination of expertise across two complementary disciplines. This dual perspective allows me to understand and advocate for allied health professionals across a broad spectrum of clinical and community settings, and provides a unique insight into integrated, patient-centred care—a perspective I believe would be highly valuable to the Capital Health Network Board.

I am the founder and sole director of Canberra Allied Health, a thriving multidisciplinary team of dietitians, exercise physiologists, and psychologists. Since establishing the practice in 2021, I have grown it from a solo practitioner model into a dynamic, collaborative team, demonstrating my ability to lead strategically while fostering a positive team culture. Operational efficiency, staff engagement, and patient-centred outcomes are core values of the practice, reflecting my commitment to effective leadership and high ethical standards.

In addition, I convene the Exercise Physiology and Rehabilitation course at the University of Canberra, managing staff, curriculum, and student outcomes. Leading both a private practice and an academic program has strengthened my capacity to apply governance principles across diverse organisational settings while maintaining integrity and evidence-based decision-making. While I have not managed a team within Canberra Health Services, I worked there for eight years and have a thorough understanding of CHS policies, procedures, and organisational structures. During this time, I was one of the founding members of the Obesity Management Service (now the Department of Bariatric Medicine), where I supported a team of physicians, nurses, and allied health professionals to establish a new community health service. This experience was a unique opportunity to develop services from the ground up and demonstrated my ability to lead and collaborate effectively in both multidisciplinary and inter-disciplinary teams.

These combined experiences equip me to contribute meaningfully to the Board's strategic thinking, governance, and leadership. I am committed to advocating for allied health perspectives, supporting workforce development, promoting collaboration, and advancing initiatives that improve health service delivery and patient outcomes across the Canberra region.




NOTE: 500 word maximum



Dr Emily Lewis, PhD

Accredited Practicing Dietitian and Accredited Exercise Physiologist with a doctorate of philosophy in obesity management, University of Canberra. Accredited with both Dietitians Australia and Exercise and Sports Science Australia. Enthusiastic, positive and approachable personality with excellent interpersonal and communication skills. Extensive working experience in a range of fields, predominantly community health, private practice, lecturing and academic research.

CONTACT

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EDUCATIONAL BACKGROUND

University of Canberra

Doctorate of Philosophy, 2017 - 2019

University of Canberra

Graduate Diploma in Research Methods and Design, 2015 - 2016

University of Sydney

Bachelor of Science (Nutrition) Honors Class 1, 2011

University of Sydney

Bachelor of Applied Science (Exercise and Sports Science) and Bachelor of Science (Nutrition), 2007 - 2010

SKILLS

- Experience teaching at the University level
- Experience convening units and degrees at the University level
- Extensive experience supervising students - both clinical and research
- Research experience with both qualitative & quantitative methodology
- Publication within Q1 journals
- Experience presenting to national and international audiences
- Strong time management and communication skills
- Strong leadership skills

EXPERIENCE

UNIVERSITY OF CANBERRA (UC)

February 2022 - February 2023 and July 2024 - Present

I am a Senior Lecturer at the UC and am the current course convenor for the Bachelor of Exercise Physiology and Rehabilitation. I am the unit convener of the Exercise Oncology unit and teach into multiple units within the Exercise Physiology and Exercise Science courses. I am involved in Faculty Research and am the primary supervisor for student researchers.

CANBERRA ALLIED HEALTH

2021 - Present

I founded Canberra Allied Health in January 2021 and have quickly grown this multidisciplinary private practice to a team of dietitians, exercise physiologists, psychologists, a practice manager and administrative support. As the director of Canberra Allied Health, I work clinically and oversee the practice, including mentoring, supervising and leading the team. The practice is now well established, allowing me to re-establish a working relationship at the University and contribute to the future development of the profession.

CANBERRA HEALTH SERVICES

2014 - 2023

I joined the Obesity Management Service (Department of Bariatric Medicine) on its inception in 2014. Over my years there I undertook the roles of dietitian, exercise physiologist and complex case manager. The role also involved extensive community development and education. I led a number of quality improvement and research projects, most notably overseeing the implementation of my PhD research findings into the service model of care.

DOCTORATE OF PHILOSOPHY

2017- 2019

I completed my PhD at the University of Canberra. My thesis explored adherence to lifestyle intervention for adults with obesity. The findings impacted policy and procedural changes within Canberra Health Services. All four papers within this thesis have been published in peer reviewed journals, and I have presented my findings at numerous conferences and symposiums.