

# SAS Student Networking Meeting

Monday 11 September 2023 | Guest Speaker: Kai Schweizer

**Kai Schweizer** (they/them) will be taking to our podium for September to discuss **Understanding the Eating and Exercise Behaviours of Trans and Gender Diverse People**.

Kai is an LGBTIQ+ health researcher and a qualified Sexologist. Since graduating from Curtin University's Master of Sexology program Kai has become a sessional academic at Curtin University's Sexology Department, a Research Assistant at the University of Western Australia's School of Human Sciences (Exercise & Sport Science), and a volunteer at the University of Sydney's Inside Out Institute for Eating Disorders. Previously, Kai has been involved with the Butterfly Foundation as a consultant and worked as a youth worker, providing inclusive physical activity programs, and supporting young people living with eating disorders and other complex mental health issues. Kai's primary area of research interest is eating and exercise behaviours in trans and gender diverse (TGD) people. Their current projects include a scoping review of the exercise behaviours of trans people, a qualitative study of trans people's eating and exercise behaviours, a global survey of LGBTIQ+ eating and exercise behaviours, and a scoping review of chronic pain in trans people.



This presentation will summarise the literature on eating and exercise in trans and gender diverse (TGD) people and provide preliminary findings from some of Kai's recent work in this area. Participants will gain an understanding of the unique contributors to disordered eating and exercise in TGD people, barriers to healthy participation in healthy physical activity, and the experiences of TGD people's healthcare experiences related to eating and exercise. Findings have implications for both those working therapeutically with TGD people as well as sex educators and researchers.

We are in a privileged position of hearing some super-fresh research findings that have not been published yet. Kai's research team have consented to these findings being shared with us on the proviso that participants refrain from taking screen captures during Kai's presentation. We thank you for supporting this request. 😊

[Join the meeting via Zoom here](#)

Meeting ID: **820 8520 6810**  
Passcode: **272363**

## Start Times

VIC, NSW, ACT, TAS, QLD - **7.30pm**  
WA - **5.30pm**  
NT - **6.00pm**  
SA - **7.00pm**

