



DIETITIANS DISCUSS SCIENCE, FOOD AND HEALTH....

What have dietitians, organic food and irritable bowel syndrome got in common? They're all being discussed at The British Dietetic Association Annual Conference on 14 - 16 June 2001 in historic Harrogate. The three day Conference will be opened by Yvette Cooper, Parliamentary under Secretary of State for Public Health. The Majestic Hotel will be packed with eminent speakers and key opinion formers from government, industry, academia and the NHS who will discuss a wide range of current issues relating to food and health.

A full programme is available on www.bda.uk.com. Members of the Press wanting more information, who want to attend all or part of the conference, or who wish to interview any speakers, please contact:

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CONFERENCE BITES

Organic food is 'natural' and therefore better?

Dr Keith Goulding of Rothamsted Experimental Station in Hertfordshire will present the available scientific evidence on organic food and farming, which he believes questions the widely held belief that organic foods are better for you than conventionally produced foods. Dominic Dyer from the Food and Drink Federation argues organic farming is important environmentally but agrees with Keith Goulding that the evidence relating to health issues is less convincing. Then hear the opposing view - speakers Sam Craig of the Soil Association, and Catherine Fookes of Sustain, London will give their reasons why they believe organic food is of better quality and healthier. Sure to be a hot session.

Pee for Performance?

The winning margins in all elite sports are extremely slim and even small levels of dehydration can profoundly affect an athletes performance. Ann Price, an experienced and Accredited Sports Dietitian, will discuss evidence that many athletes are dehydrated and don't know it. A key tip for top performance: athletes can easily monitor their hydration status by testing their urine. A simple 'Pee Chart' has been developed by Accredited Sports Dietitians.

When's the best time to have your cuppa?

In the UK, iron deficiency anaemia is a significant problem among adolescent girls, women of child bearing age and older men. m/f

Dr Mike Nelson of Kings College London will review the evidence concerning the effect of tea drinking on the absorption of iron and will suggest some practical solutions.

IBS, and the role of diet?

Irritable bowel syndrome, characterised by abdominal pain, bloating, flatulence and altered bowel habit, is estimated to affect 15% of the adult UK population at any one time. There are several possible causes of which food intolerance is one but food allergy is not. Food intolerance and IBS have been researched at Addenbrookes Hospital for 20 years and Tracey Parker, Research Dietitian at Addenbrookes will be reviewing different approaches to dietary treatment.

What groups in our affluent society are malnourished?

Dr Jackie Eddington reviews large Government surveys of all age groups identifying high risk groups in the community that should be targeted for special attention. Teenage girls and those over the age of 85 years are more likely to have very low intakes of important nutrients than other age groups. In both age groups calcium, iron, zinc and some B vitamins are of particular concern.

Rickets on the increase?

Rickets, thought to be almost eradicated in the UK in the 1950s, is again on the increase. Government survey data have confirmed a worryingly poor vitamin D status in sub groups of the population.

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Judy More, Paediatric Dietitian, warns that simple recommendations to prevent rickets are being ignored. Mothers of children who developed rickets failed to follow Government advice to supplement their diet with vitamin D during pregnancy, breast feeding and early childhood despite vitamin drops being available on the Welfare Food Scheme. Poor uptake of the scheme is widespread.

Too much of a good thing?

Topical though it may be, vitamin injections can lead to overdosing. Dr Derek Shrimpton discusses upper safe levels for vitamins and minerals against a background of global examination of benefits beyond Recommended Daily Amounts (RDAs).

Nutrition on the net – the good the bad and the ugly ...

With the host of websites you're bombarded with, how do you know which ones are credible? Catherine Collins, Chief Dietitian at St George's Hospital in London reviews useful sites to visit for nutrition information and other good sites which warn of nutritional 'non-science'.

Other topics for discussion include salt and heart disease, the work of the Food Standards Agency, the National Menu (NHS), obesity and weight management and inequalities in public health.

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For more information contact:

Notes to Editors

1. The British Dietetic Association, founded in 1936, is the professional association for State Registered Dietitians (SRDs) in Great Britain and Northern Ireland. Members of the Association hold a degree or recognised post-graduate diploma in nutrition and/or dietetics.

The British Dietetic Association is the nation's largest organization of food and nutrition professionals. It has approximately 5,000 members of which around half are employed in the National Health Service. The remaining dietitians work in education, industry and research settings or as freelance consultants.

State Registered Dietitians interpret and translate the science of nutrition into a practical way of promoting nutritional well-being, disease treatment and the prevention of nutrition-related problems.

2. State Registration is awarded by the Dietitians Board of the Council for Professions Supplementary to Medicine (CPSM), under the Professions Supplementary to Medicine Act 1960, and is an indication that a Dietitian is competent to practise, and must work within the Statement of Conduct issued by the Dietitians Board.

The general terms 'nutritional therapist', 'dietary therapist', 'nutritionist' or 'nutrition consultant' do not indicate eligibility for State Registration.

Website: <http://www.bda.uk.com>