



THE BRITISH DIETETIC ASSOCIATION

The Professional Association for Registered Dietitians
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M e d i a R e l e a s e

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THE BRITISH DIETETIC ASSOCIATION AWARD

London dietitian Christine Baldwin will be awarded the prestigious Elizabeth Washington Award at The British Dietetic Association Awards Ceremony on 15th June in Cardiff in recognition of an outstanding piece of published work.

This award is to be presented to Christine for writing and publishing an article entitled '*Dietary advice and nutritional supplements in the management of illness-related malnutrition: systematic review*', which was published in *Clinical Nutrition* (the Journal of ESPEN, the European Society for Clinical Nutrition and Metabolism) in December 2004.

The article is a systematic review investigating whether dietary advice improves nutritional intake in adults who have lost weight as a result of illness, and whether nutrition supplements provide any additional benefit when given in combination with dietary advice. The publication resulted from the successful completion of training in systematic reviews methodology, funded by The British Dietetic Association.

Says Christine: "*Nutritional supplements are frequently prescribed for people with weight loss and account for almost 100 million pounds each year in the UK, although evidence for their benefit is limited. Improved food intake is a real alternative to nutritional supplements and dietitians are uniquely-skilled to provide such advice*".

Since publishing the article, Christine has embarked on research towards a PhD at Imperial College, University of London and The Royal Marsden NHS Trust, to examine the benefits of providing patients with advice about increased food intake as an alternative to routine prescription of supplements.

Commenting on her award, Christine said: "*I am absolutely delighted to have won this award in recognition of work in an area to which I have dedicated so much time and energy. I feel strongly that we have a lot to learn about the*

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

importance of giving advice about diet to patients who have lost weight due to illness, as opposed to simply supplying them with supplements. It is crucial that dietitians base their advice on scientific evidence”.

Ends

Notes to Editors

1. The British Dietetic Association Awards ceremony will be held on Wednesday 15 June 2005 at The Thistle Hotel, Cardiff.

2. Further information on the conference and the awards ceremony is available from:

Dr Frankie Phillips National PR Officer, The British Dietetic Association.
Tel: 01626 362473, Mobile: 07958 715222, Email: pr@bda.uk.com

3. The British Dietetic Association, founded in 1936, is the professional association for registered dietitians in Great Britain and Northern Ireland. It is the nation's largest organisation of food and nutrition professionals with over 5,000 members. About two-thirds of members are employed in the National Health Service. The remaining members work in education, industry, research, sport settings or freelance.

Registered dietitians hold the only legally-recognisable graduate qualification in nutrition and dietetics. They are experts in interpreting and translating the science of nutrition into practical ways of promoting nutritional well-being, disease treatment and the prevention of nutrition-related problems. Their advice is sound and based on current scientific evidence.

Registration, awarded by the Health Professionals Council, is an indication that a dietitian is fit to practise and is working within an agreed statement of conduct.

For further details about the British Dietetic Association, please visit our website: www.bda.uk.com

June is Weight Wise at Work month
Choose Healthy Work Habits

www.bdaweightwise.com