



Media Release

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THE BRITISH DIETETIC ASSOCIATION AWARDS WORK WITH OVERWEIGHT CHILDREN

Scottish dietitians Laura Stewart and Jan Chapple received the prestigious Elizabeth Washington Award at The British Dietetic Association Awards Ceremony on 21st June, in London, in recognition of an outstanding piece of published work in pioneering ways of treating overweight children in Scotland.

This award was presented to Laura and Jan for writing and publishing an article entitled '*Dietetic management of paediatric overweight: Development and description of a practical and evidence-based behavioural approach*', which was published in the *Journal of the American Dietetic Association* in November 2005.

The article describes a treatment programme for overweight children aged 5 to 11 years, using an approach in which the child takes control of his or her own lifestyle changes. The programme lasts for 26 weeks, involving eight appointments with specially-trained paediatric dietitians. The programme focuses on increasing physical activity (the long-term goal is 60 minutes at least five times per week), reducing sedentary behaviour (e.g. television viewing) to no more than two hours per day, and changing diet (using a modified 'traffic light system' of choosing foods). Crucially, the entire family must be motivated to make lifestyle changes rather than just the overweight child and the emphasis is on weight maintenance and behaviour change rather than weight loss.

Commenting on their award, Laura and Jan expressed their delight and Laura said: "Childhood overweight and obesity is common in Scotland and it is still increasing. There is clear evidence that overweight in childhood is associated with health outcomes both during childhood and into adulthood. Our programme is pioneering in Scotland and aims to provide a good evidence-based, and practical, approach to helping children to achieve and maintain a healthy weight. Furthermore, we will build on this work to continue developing childhood obesity programmes."

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The research – which is described in the article – is part of a large randomized, controlled trial, Scottish Childhood Obesity Treatment Trial and was funded by the Scottish Executive Health Department. Laura Stewart is now undertaking further research towards a PhD with Glasgow University and Jan Chapple is using her research skills to investigate diet and epilepsy in Glasgow.

- Ends -

Notes to Editors

1. The British Dietetic Association Awards ceremony will be held on Wednesday 21 June 2006 at The International Hotel, Docklands, London.
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: 07908 712277, 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: The Next Generation month
Get into Healthy Habits**

www.bdaweightwise.com
www.teenweightwise.com