



Media Release

For Immediate Release

DIETITIANS DISCUSS FAMILY FOOD AND HEALTH

What have dietitians, food and mood, exercise, body image and HIV got in common?

They, along with many other nutrition topics, are all being discussed at The British Dietetic Association Annual Conference on 3 and 4 June 2003 in Nottingham. Among the speakers discussing a wide range of current issues relating to food and health will be representatives from government, industry, academia and the NHS.

CONFERENCE BITES

Behaviour, Learning and Mood

After cardiovascular disease, the greatest problems to world health during the next 10-20 years will be mental health and learning disabilities, The World Health Organisation predicts. Research teams often focus on how food affects our physical health, overlooking how it affects behaviour, mood and brain function. Dietitian Marion Ross will examine current scientific evidence of the relationship between behaviour, food additives, fatty acids and nutrient imbalances in relation to dyslexia, dyspraxia, ADHD and autism, as well as depression, and disorders of mood and mental health.

Physical Activity and Obesity Management.

The role of physical activity has been underplayed in obesity management. Len Almond from Loughborough University will identify how much physical activity is needed to reduce weight and prevent weight regain based on the most recent evidence. He will identify how we can put activity into everyday life and suggest appropriate forms of activity that will provide maximum benefit. Len will support the idea that active overweight obese people carry less health risks than inactive normal weight people.

Perceptions of Body Image Among Men and Women

Many writers have argued that current images portrayed by the media and fashion industry are major contributing factors to the increasing dissatisfaction with body image among young women and the incidence of eating disorders.

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However there is increasing evidence that men also suffer from body image dissatisfaction. Claire Green questioned 53 men and women between the ages of 18 and 25 years about how they viewed their body shape. More than twice as many girls as boys were unhappy with their body shape and wanted to lose weight. Both men and women felt that the media, as well as family and friends had a strong influence on their development of a positive or negative body image and believed that the media should portray a variety of body sizes as normal and healthy.

Childhood Obesity – Risks to Future Health

Between 1920 and 1990, Yankee Stadium in New York had to remove 9,000 seats and increase seat sizes from 15 to 19 inches to accommodate its fans. Worldwide, obesity is increasing in children, adolescents and adults. Dr Nicola Bridges, Consultant Paediatric Endocrinologist at the Chelsea and Westminster Hospital will examine the likelihood of obese children becoming obese adults and reviews the adverse consequences of being overweight as a child and the long-term outlook.

High Prevalence of Malnutrition Among HIV Sufferers

Weight loss and wasting are common features in people with HIV, which are known to have significant clinical implications. Sally Martin and colleagues collected data on 120 consecutive admissions of HIV patients to The Chelsea and Westminster Hospital in London. The results of their study showed a substantial proportion of HIV patients admitted to hospital are malnourished.

Bugs, Bowels and Bio-yoghurts

It was once thought that bacteria in food was harmful - but that's not always the case, argues Kevin Whelan, Research Dietitian at King's College London. Probiotics are 'friendly' bacteria contained in yoghurts and fermented milks that may be able to prevent and even treat disease. Of particular interest is the role that probiotics may play in reducing the painful symptoms of Irritable bowel syndrome (IBS), characterised by abdominal pain, bloating, flatulence and altered bowel habit, which is thought to affect as many as 12% of people in the UK. He will also discuss the role of probiotics in the prevention of diarrhoea in children.

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For more information contact

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

Notes to Editors

The British Dietetic Association, founded in 1936, is the professional association for Registered Dietitians (RDs) 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 their members are employed in the National Health Service. The remaining dietitians work in education, industry, research and sports settings or as freelance consultants.

RDs hold the only legally recognised graduate qualification in nutrition and dietetics. They interpret and translate the science of nutrition into practical ways of promoting nutritional well-being, disease treatment and the prevention of nutrition-related health problems. Their advice is independent and evidenced based.

Registration, awarded by The Health Professions Council, is an indication that a Dietitian is competent to practise and must work within an agreed Statement of Conduct.

To access this press release and other details about the British Dietetic Association, please visit our Website: <http://www.bda.uk.com>