



Media Release

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For Immediate Release

Local Dietitian Wins Prestigious Nutrition Research Award

Hilary Wickett, Senior Dietitian with North Glamorgan NHS Trust and Rhondda Cynon Taff Local Health Board, is to receive the 2003 Research Award from The British Dietetic Association (BDA) for her work in the Heart Attack Project which is a Health Promotion Project funded by the Welsh Assembly Government's 'Inequalities in Health' Fund.

"Heart disease is the biggest killer in Wales and is largely preventable by choosing a healthy lifestyle. It is vital that the money spent on prevention is spent on high quality interventions which are effective and represent good value for money. Our work in Health Promotion is based on best available evidence and to win this award I critically reviewed the scientific literature to ensure we follow best practice in Rhondda Cynon Taff."

Hilary came to Cardiff to study to be a dietitian at UWIC. Hilary commented "I found Cardiff a really welcoming and friendly city with lots going on and my husband Barry and I are keen to stay working in the Cardiff area. We now live in Gwaelod-y-Garth and I really enjoy working in Rhondda Cynon Taff".

Hilary expressed her delight at winning the Research Award and commented "Heart disease is such a major public health problem in Wales it is crucial that our services are the best available." Hilary views the Award as 'further recognition of the value of health promotion in the community'. Hilary will receive her Award during The BDA's Annual Conference, at the Award's Dinner on Tuesday 3 June in Nottingham.

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

Notes to Editors

- The British Dietetic Association was founded in 1936 and is the professional association for over 5,000 Registered Dietitians (RDs) and qualified nutritionists in Great Britain and Northern Ireland.
- RDs hold the only legally recognised graduate qualification in nutrition and dietetics.
- “Family Food and Health” is the title of The British Dietetic Association's Annual Conference this year. It will be held on 3-4 June 2003, at the East Midlands Conference Centre, Nottingham.

For Further Information

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