



Media Release

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LEADING SCOTTISH DIETITIAN HONOURED FOR RAISING STANDARDS IN HOSPITAL FOOD

Livingston-based dietitian Helen Davidson has been honoured with the prestigious Ibex Award at The British Dietetic Association Awards Ceremony on 20th June in Belfast at the Association's annual conference. This award was presented in recognition of the significant contribution to the dietetic profession which Helen has made, particularly in the challenging field of food services in hospital settings.

Helen's passion to promote the importance of food as a pivotal part of patient care has been evident since the mid 1990s when, working in Nottingham, she took on a role to monitor the nutritional aspects of the Trust's catering contract. After a spell in London as a catering development dietitian, Helen moved to Scotland and continued to play an active part in improving catering standards for patients. In 2004, she undertook a major review of the food service menus at South Glasgow University Hospitals Division as part of the NHS Quality Improvement Scotland (QIS) Food, Fluid and Nutritional Care in Hospital Standards. More recently, Helen was appointed as the NHS Scotland Food and Nutrition Advisor commissioned by the Scottish Executive to complete work on a National Catering Specification for Scotland. Consequently, every patient receiving a hospital-provided meal will benefit from the expertise and dedication that Helen has shown in this area.

Professionally, Helen has also made an outstanding contribution to The British Dietetic Association. She is currently serving on the BDA Council as Scotland Constituency Council member she has previously lead the Scientific Programmes Committee. In addition Helen set up, as well as acted as, inaugural chair of the Association's Specialist Group on Catering – Food Counts.

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On being nominated for the lbex award, Helen said: "It is really good to be recognised by my peers for my work that I feel so passionately about and I can only hope that some of my enthusiasm will rub off on others to ensure that patients in hospital get good nutritious food."

- Ends -

Notes to Editors

1. The British Dietetic Association Awards ceremony will be held on Wednesday 20 June 2007 at The Europa Hotel, Belfast.

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