



MEDIA RELEASE

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Australians battling the bulge but losing the war on weight

Almost half of Australian adults (46 per cent) have tried to lose weight in the last 12 months, but only one in five believe they've been 'very successful', according to a new survey.

The Newspoll survey, commissioned by the Dietitians Association of Australia (DAA), found only 16 per cent sought professional advice from a dietitian when trying to lose weight.

DAA spokesperson Associate Professor Clare Collins said it was good to see so many people trying to get to a healthy weight, but disappointing they didn't always have the right support.

'Following gimmicky, quick-fix diets and unproven weight loss programs is a sure path to disappointment. And battling along on your own is tough. Get expert advice and the right support, and you'll have a much better chance of success,' said Associate Professor Collins, an Accredited Practising Dietitian.

She said Australia's Healthy Weight Week (January 25 to 31), which falls after the holiday period, is an ideal time to start eating well and commit to a healthy weight for the long haul.

'Making small changes every week will add up over time. Start by writing down your goals and set realistic targets. If you're looking to lose weight, an overall weight loss of 10 per cent can really improve your health. And if you're already in the healthy weight range, fine tuning what you eat will boost your energy and vitality,' said Associate Professor Collins.

To help Australians kick-start a healthier, happier lifestyle in 2009 DAA is calling on Australians to start winning the weight battle by taking up the Australia's Healthy Weight Week 10-week challenge. For more information on the challenge and tips for healthy eating, visit www.healthyweightweek.com.au

For further information or to organise an interview with Associate Professor Clare Collins, contact Maree Garside, Dietitians Association of Australia, on 0408 482 581.

Note to Editors: The Dietitians Association of Australia (DAA) is the professional body representing dietitians nationally. Accredited Practising Dietitian (APD) is the only national credential recognised by the Australian Government, Medicare, the Department of Veterans Affairs and most private health funds as the quality standard for nutrition and dietetics services in Australia. For more information visit www.daa.asn.au

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