



## Queensland dietitian wins top nutrition award

Leading Brisbane-based dietitian, Aloysa Hourigan, has been recognised by the dietetics profession for her outstanding contribution to nutrition and dietetics in Queensland.

Ms Hourigan will be presented with the prestigious Barbara Chester Award this month at the Dietitians Association of Australia (DAA) National Conference in Melbourne.

DAA President Julie Dundon said: 'Aloysa has helped build the profile of dietitians within the community, and has played a key role in influencing policies on nutrition – both in Queensland and Australia-wide.'

Aloysa has sat on a number of Queensland and nation-wide working groups to influence nutrition policy, including the National Obesity Taskforce, the Better Food Better Care project and the SMART Choices for Queensland Schools program.

'Aloysa has trained and mentored nutrition students for more than 20 years. She supervises students during their community nutrition placements and lectured this year at the Queensland University of Technology in the area of nutrition education,' said Ms Dundon.

She said Aloysa is also well-regarded for her work with the media, where she has been able to promote good nutrition and help raise the profile of Accredited Practising Dietitians.

'Being recognised by my profession with the Barbara Chester Award is a great honour. Barbara Chester helped many young dietitians develop a passion for their work and always supported them with empathy and leadership,' said Ms Hourigan.

She said dietetics is a dynamic, innovative profession which has undergone and continues to undergo many developments in response to political, scientific and workforce challenges.

'I am fortunate to have worked in diverse areas of the dietetics. And I encourage other dietitians to be responsive to the environment where they find themselves working and to always aim to make sure our messages promoting better health and well being through healthy eating are able to be heard and acted upon by all Australians,' said Ms Hourigan.

Aloysa currently works between Nutrition Australia and her Brisbane-based nutrition practice. She has a special interest in heart health and eating disorders.

Aloysa was part of DAA's Ageing Population Working Party between 2003 and 2005. She has also been an active member of the organising committee for three DAA National Conferences that have been run in Queensland. She received a Queensland Branch Service Award from DAA in 1996.

The Barbara Chester Award has been funded by the Queensland Health Director General since 2004. It recognises outstanding contribution to the dietetics profession in Queensland.

**For further information or to organise an interview 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](http://www.daa.asn.au)

**Ends**

**Background**

- The DAA National Conference is being held from May 27-29 at the Melbourne Convention and Exhibition Centre. For more information and program details, visit the conference link on the DAA website at [www.daa.asn.au](http://www.daa.asn.au)