

Carbohydrate researcher wins national dietitians award

The Dietitians Association of Australia (DAA) has presented its Emerging Researcher Award to Therese O'Sullivan, a dietitian with a passion for nutrition research.

The award, for the best research article from a first time author in DAA's journal *Nutrition & Dietetics*, was announced at the Association's National Conference in Melbourne this week.

Dr O'Sullivan, an Accredited Practising Dietitian, won the award for her research into the eating patterns of women aged between 40 and 80 years participating in the Longitudinal Assessment of Ageing in Women study in Brisbane.

Her groundbreaking work has helped dietitians better understand the type of carbohydrate foods which affect blood sugar levels in this age group.

In presenting Dr O'Sullivan with her award, DAA President Julie Dundon said: 'Therese is a passionate and dedicated nutrition researcher. Her paper in our journal, *Nutrition & Dietetics*, was of a high standard, and she has published other top-quality scientific papers in international journals.'

Ms Dundon said Therese was an inspiration to other young dietitians interested in nutrition research. Therese's research formed part of her PhD studies, which she completed in 2008 through the Queensland University of Technology.

Dr O'Sullivan has previously worked in private practice and now lectures nutrition students at Edith Cowan University. She has also continued her nutrition research, now based at the Telethon Institute for Child Health Research in Western Australia where her most recent research has focussed on the link between diet and metabolic health in adolescents.

'My research has moved from women to adolescents. It's been interesting to see the differences in the types of carbohydrate foods influencing blood sugar levels in both groups. In the women, the main food sources were bread, fruit and dairy foods, but in the teens it's bread, breakfast cereal and soft drinks,' said Dr O'Sullivan.

DAA's Emerging Researcher Award is proudly supported by the Nestle Nutrition Institute. Dr O'Sullivan will receive a cheque for \$1,000 and a complimentary pass to the DAA National Conference.

**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

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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