

Friday 10 February 2017

## RESEARCH: AUSSIE DADS IN THE KITCHEN BOOST KIDS' HEALTH

New research has revealed Aussie dads take on a greater responsibility for cooking than men without children, highlighting the important contribution dads make to their family and the positive influence they have on their kids' health.

The research, by the Dietitians Association of Australia, found that 71 per cent of dads cook between two and five times each week, with just 57 per cent of men without children cooking that often. A further 16% of dads are cooking more than six times per week.

One third of dads reported serving up meat dishes, with other favourites including spaghetti bolognese, curry and Asian stir-fry - all dishes that can be made healthily and prepared quickly.

Mark, Dad to Kaylen, age 7, and 5 year old Alex, is on board with the idea that healthy meals don't have to be fancy, "Adding a salad to BBQ meat or extra veggies to a pasta dish or stir-fry is easy! It makes the dish ever healthier and helps fill tummies both big and small!"

"Dads cooking at home and being role models for their kids is powerful in terms of health and weight management," says Trent Watson, Accredited Practising Dietitian, spokesperson for the Dietitians Association of Australia and Dad to three boys.

These results lead into Australia's Healthy Weight Week, 13 – 19 February. Join us for our launch event on Monday 13 February, 11am – 3pm in the Pitt St Mall, Sydney or at one of the hundreds of events being hosted by Accredited Practising Dietitians around the country during the week.

**ENDS**

**For further information, images or to organise an interview with Trent Watson, contact Maree Hall (Mon-Wed) 0408 482 581 or Sally Moloney (Thurs & Fri) 0428 916 425.**



# MEDIA RELEASE

## Background

Australia's Healthy Weight Week (AHWW), run by the Dietitians Association of Australia from 13-19 February 2017, is the perfect time to kick-start healthy eating habits.

In 2017, dietitians will be educating Australians that there's a healthy weight that's right for them, whilst raising awareness of the support that Accredited Practising Dietitians can offer in inspiring good health.

The week will focus on getting Australians cooking more meals at home and eating the right foods, in the right portions, as smart ways to help achieve the best weight possible.

Award-winning celebrity cook, Callum Hann, and Accredited Practising Dietitian, Themis Chryssidis (both from Sprout), are supporting AHWW in 2017. Sprout will be urging all Australians to be healthy and confident cooks in their own kitchen. Dr Andrew Rochford, medical expert and media personality, is also an ambassador of AHWW.

For more information, including the AHWW Instagram Cooking Challenge and the new bumper edition AHWW cookbook, plus nutrition tips, recipes, event details and a social media toolkit, see the AHWW website at [healthyweightweek.com.au](http://healthyweightweek.com.au) and follow AHWW at [www.twitter.com/DAA\\_feed](http://www.twitter.com/DAA_feed) and use #AHWW2017.

AHWW 2017 will kick-off with a launch event in Sydney on Monday 13 February.

*Note: Australia's Healthy Weight Week 2017 is proudly supported by Meat and Livestock Australia, Healthy Food Guide, CanPrint, Australian Mushroom Growers Association, Australian Chicken Meat Federation, Xyris, McKenzie's Foods, and Almond Board of Australia.*

**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 Veteran 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). For the Media section on the DAA website contains DAA's media releases and position on topical nutrition issues in the media.