

WHO WOULD YOU LIKE TO SEE WIN THE LIFE SCIENCES WOMEN OF INFLUENCE AWARD 2018?



Dr Shelley Wilkinson Senior Maternity Research Dietitian, Mater Health Services/Mater Research

Dr Wilkinson aims to improve mothers' and babies' health, during and after pregnancy, by advancing nutrition care and capabilities of services and clinicians, statewide.

As Mater Mothers' dietitian clinician-researcher, Shelley has a unique opportunity to minimise delays in translating research into practice. Since 2008 she has developed, implemented, and evaluated initiatives to overcome evidence-practice gaps of poor diets, excess weight gain, and under-resourced maternity services.

Programs include innovative print, online, and clinic resources, implementation of guidelines, and staff training and access to tools to improve nutrition care for (future) mothers.

Results include significant increased fruit and vegetable consumption, and physical activity levels, decreased excessive gestational weight gain, lengthened breastfeeding times, reduced medication requirements (gestational diabetes), and development of a popular pregnancy weight-tracker. And recognition with 6 awards in clinical translational research.

This grant allows dissemination of findings at the Perinatal Society ANZ and Dietitians Association of Australia conferences in 2019.