

Dr Laura Stewart RD

Laura has a long-standing interest in obesity working through out her career in adult and childhood obesity. She has been a dietitian for over 35 years and is currently one of the Professional Advisers to the Scottish Government on their Obesity and Type 2 Diabetes Framework, as well as running her own freelance business, AppleTree Healthy Lifestyle Consultancy. Laura was previously one of the Nutrition and Dietetic Service Lead (Weight Management & Diabetes) at NHS Tayside in Scotland.

Laura was a member of the SIGN 69 (2003) guidelines on childhood obesity and the SIGN 115 (2010) guidelines on adult and childhood obesity working groups. She is a past chair of the British Dietetic Association's Obesity Specialist Group and is currently an ordinary committee member.

Laura has published over 30 peer reviewed articles and text book chapters on childhood obesity. In 2018 she received the British Dietetic Association's Ibex award for her contribution to dietetics. She has also received the BDA's 2006 Elizabeth Washington Award and has been named in the BDA's role of honour in 2006, 2007 and 2010.

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