Dietitians Australia commends 2023 Australian of the Year Taryn Brumfitt

Dietitians Australia extends a sincere congratulations to 2023 Australian of the Year Taryn Brumfitt, acknowledging the incredible impact she has had on shifting the stigma around body image in this country.

“Our members are all too familiar with the impact poor body image has on the lives of so many Australians and its prevalence as a contributor to eating disorders and mental health issues,” Dietitians Australia President Tara Diversi said.

“The work Ms Brumfitt has done to date, and the spotlight she will continue to shine on this issue as Australian of the Year, will amplify the awareness needed to support the myriad of health issues that stem from poor body image,” Ms Diversi said.

“Anyone struggling with poor body image and eating patterns should reach out to an accredited practising dietitian for support.”

“Speak to your GP about a Medicare subsidised eating disorder plan.

To find an accredited practising dietitian near you use our Find a dietitian tool.

Media enquiries

For media enquiries and interviews, contact0409 661 920.

Note to editors: Dietitians Australia is the leading voice in nutrition and dietetics in Australia, representing dietitians nationally and advocating for healthier communities. Accredited Practising Dietitian (APD) is the only national credential recognised by the Australian

Government as the quality standard for nutrition and dietetics services in Australia.