



Anne Diamond – Broadcaster & Journalist

Anne Diamond has been a household name for the past 25 years, working in daily TV, radio and national newspapers. She is Patron of the **National Obesity Forum** and published "**Winning the Fat War**" - the Untold Truth about Dieting and Weightloss by Capstone in 2009 and authored an accompanying TV documentary for **Sky Real Lives "Anne Diamond's War On Fat"**, which made record ratings. The **Anne Diamond Show** broadcasts daily on **BBC Radio Berkshire**; Anne is a regular panelist for **The Wright Stuff** on **FIVE** and is a regular columnist for **the Daily Mail**.



Anne is currently taking part in a nationwide advertising and education campaign for **PostGoldForCash** the gold buying service and has **The Anne Diamond Jewellery Range** on **QVC**.



Anne's TV career is well known, but her radio credentials are also considerable. She has been the anchor of many high profile breakfast shows – including 4 years on **LBC**, 2 years on **Radio Oxford** and she now regularly presents weekend and morning shows on **BBC London** and the **Anne Diamond Show** on **BBC Berkshire**.



Anne now writes regularly for the **Daily Mail** on women's health and family issues. Far from being just a journalist, she pioneered **breakfast TV** in the early 80s, anchoring **TVam** and interviewing global leaders, celebrities and top politicians in locations as varied as Sydney Harbour during the Australian Bicentennial, the Brandenburg Gate during the fall of the Berlin Wall, Bosnia, Hollywood and No 10 Downing St. She started daytime TV with the **BBC** with "**Good Morning with Anne and Nick**" and is the author of many books, both fact and fiction whilst being a busy Mum of four boys. Anne is a classically trained pianist, flautist and singer.

Professionally, she is most recognised, however, for her reputation as a health campaigner, spearheading awareness drives on a national level concerning cervical cancer screening, autism, dyslexia and vaccination programmes. She marks as her proudest achievement the formation and presentation of the 1991 "**Back To Sleep**" campaign to prevent cot death, which dramatically reduced the SIDS rate in Britain – from around 2,500 annual deaths to 300. This followed the cot death of her own son, Sebastian. For her part in saving what's estimated to be around 20,000 lives, Anne was awarded the **Gold Medal of the Royal College of Paediatrics and Child Health**, the only non-medical to ever receive such an award.

Now she has turned her attention to the obesity epidemic, since her own well-publicised battle with her weight. She is currently **Patron of the National Obesity Forum** which was established by medical practitioners in May 2000 to raise awareness of the growing health impact that being overweight or obese was having on patients and the National Health Service (NHS).



Since publication of her book, Anne has been actively lobbying health ministers, GPs and health workers for compassionate support for the obese, and constructive treatment. Now she runs a free weight-loss support website which has thousands of members and which is recommended to patients by top Bariatric surgeons and obesity specialists – it's called "Buddy Power" www.buddypower.net and is helping ordinary men and women lose weight with practical and emotional support, easy access to expert advice, and a blame-free environment where people can learn a new, healthy lifestyle, with the help of a unique buddying system – Buddy Power!



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