

# Food and nutrition essential to quality of life in older adults - Letter 2021

Sent January 2021 - Dietitians Australia wrote to Hon Mark Butler MP, Shadow Minister for Health and Ageing, and Clare O'Neil MP, Shadow Minister for Senior Australians and Aged Care Services, following news of their appointments. And to request a meeting to discuss the role dietitians play in the health and wellbeing of older adults.

## *Letter excerpt*

As we head into the second year of the COVID-19 pandemic, health and wellbeing is at the forefront of the nation's consciousness. This year as we adjust and move forward, and into a likely election year, it is essential that the role of dietitians, food and nutrition in health and quality of life are considered.

Dietitians Australia has long advocated for recognition of this. Our recent work includes:

- Telehealth – [Position paper](#) on the benefits of telehealth including access to dietetic services
- Aged care – Series of 8 position statements on the role of food and nutrition in aged care, presented at the National Congress on food, nutrition and the dining experience in aged care
- Mental health – [Briefing paper](#) on the role of food and nutrition in mental health
- Aboriginal and Torres Strait Islander health – [Submission](#) in response to the Senate Inquiry into Food Pricing and Food Security in Remote Indigenous Communities
- Disability – [Briefing paper](#) on the provision of food and nutrition for people with disability

- Sustainability – [Briefing paper](#) to support the prominent integration of sustainability principles within future iterations of the Australian Dietary Guidelines

For more [read the full letter](#).

## **Get in touch**

If you have any questions about this letter, contact us at [policy@dietitiansaustralia.org.au](mailto:policy@dietitiansaustralia.org.au)