

10 June 2021

Ms Emma McBride MP
Shadow Assistant Minister for Mental Health
House of Representatives
Parliament House
CANBERRA ACT 2600

By email: emma.mcbride.MP@aph.gov.au

Dear Ms McBride

Dietitians Australia recognises there are many ways that the foods we eat affect how we feel, with a growing body of evidence highlighting how nutritious food choices can reduce symptoms of depression and rates of remission. Making healthy food choices helps prevent and reduce the risk of developing lifestyle related chronic diseases commonly associated with mental ill-health.

Engaging Accredited Practising Dietitians (APDs) in prevention and treatment of mental illness is a cost-effective solution for governments and consumers.

Our specific areas of focus are the following:

- The need for recognition of the critical role of dietitians in the mental health care team.
- Increased access to dietitians through Medicare for people with mental health issues as is recognised for chronic disease.
- Increased access to dietetic services in Government funded mental health initiatives.

All the above call for equity and greater access to dietetic services in the prevention and treatment of mental illnesses and related physical illnesses.

Both myself and members of our Advocacy and Policy team would appreciate the opportunity to meet with you to discuss these issues and to offer our expertise about broader issues relating to food and nutrition.

We look forward to a meeting at your convenience.

Yours sincerely



Robert Hunt
Chief Executive Officer