

9 July 2020

Assessment Panel  
Special Initiative in Mental Health  
National Health and Medical Research Council

Dear Assessment Panel

**LETTER OF SUPPORT FOR PROPOSAL  
2002212 - CENTRE FOR LIFESTYLE MEDICINE AND BETTER MENTAL HEALTH (CLIMB)**

Dietitians Australia (DA) is the peak body for dietetic and nutrition professionals, representing more than 7,000 members around Australia and overseas. It is committed to supporting its members, advocating for the profession and building healthier communities. DA and its members both research and deliver evidence-based information on food and nutrition locally, nationally and internationally.

DA is both a professional association and a strong and inspiring community. The proposed Centre for Lifestyle Medicine and Better Mental Health (CLiMB) will include dietary and nutrition interventions as a part of its program of work. These interventions will be based on the available body of scientific evidence, and will inform new guidelines for the use of such interventions as a part of an integrated lifestyle medicine approach to mental health.

The project therefore strongly aligns with the DA's strategic priorities in research and clinical practice especially in mental health. The Chief Investigator team on the CLiMB proposal, including Professor Felice Jacka and A/Prof Adrienne O'Neil, Food & Mood Centre, at Deakin University are close collaborators with strong ongoing connections with DA.

DA will make a number of important contributions to CLiMB by providing a clinical forum to support the development of clinical guidelines in lifestyle medicine and nutritional psychiatry. It will provide opportunities for the education of Accredited Practising Dietitians (APDs), for example through accredited professional webinars, Future Online Courses and online programs.

DA recognises that our mental healthcare system needs urgent action towards the generation of new knowledge and new solutions for treating and preventing mental health conditions that also support physical health. We commend the consortium that has been assembled to develop the CLiMB proposal, and are confident that it will deliver a new model of care and outcomes for people living with mental ill health.

Yours sincerely



Robert Hunt  
Chief Executive Officer



Tara Diversi  
President