

An Open Letter for Dietitians

Dear Dietitian,

This tool kit has been designed by a multidisciplinary team working and researching in Residential Aged Care as part of the Australian Government Department of Health and Ageing's program to support the strengthening of evidence based practices in nutrition and hydration.

We hope you find the tools and fact sheets useful and are asking that you use these tools as the best evidence to date, underpinned by strong research findings.

Some of the strategies, you may find challenging if you have not worked in the aged care sector long or previously or with foodservices more generally in healthcare. The use of higher BMI targets and high energy dense foods are critical to the very elderly population and this is coupled with a reduced focus on weight loss, fat reduction and other aspects of the Australian Guidelines for Healthy Eating, which as you know are for the well, younger population.

Your role as dietitian to this facility is vital to ensure that we halt and reverse wherever possible the malnutrition which is so prevalent among our elderly population.

Yours sincerely

Sandra Capra AM,
Fellow, Dietitians Association of Australia
Chief Investigator
Encouraging Best Practice in Residential Aged Care, Nutrition and Hydration
Professor of Nutrition, University of Queensland
Conjoint Professor of Nutrition and Dietetics, University of Newcastle

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