



MEDIA RELEASE

Sunraysia Community Health Service nutrition expert: Give healthy habits a kick-start in 2016

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To mark the start of a New Year, dietitians are throwing their support behind the people of the Sunraysia region to help them eat better to feel better.

The call comes as Australia's peak body for dietitians, the Dietitians Association of Australia (DAA), launches Australia's Healthy Weight Week (AHWW) 15-21 February 2016.

With events being held across the country, Sunraysia Community Health Service (SCHS) dietitian Alana Hosken said this year's campaign calls on Australians to make simple changes towards smart eating, starting with cooking at home more often.

She said research shows home cooking is linked with healthier habits, such as eating smaller portions and more fruit and vegetables, plus less visits to fast food restaurants, and in turn, this is more likely to result in a healthy weightⁱ.

A national Omnipoll survey of 1,230 Australians aged 18-64 years, commissioned by DAA, revealed around 52% of adults want to lose weight and around one in ten (14%) eat out or buy take-away three or more times a weekⁱⁱ.

'I encourage all locals to look at making small changes to how they eat, for long-term health. A good place to start is to cook at home more often, as we know this is a key ingredient for a healthier diet,' said Alana Hosken, SCHS Accredited Practising Dietitian.

Alana said by improving skills in home cooking, Australians can 'up' their vegetable intake by more than half a serve a dayⁱⁱⁱ – an important finding given more than nine in 10 Australians don't eat enough vegetables^{iv}.

For locals wanting to shape up, Alana said a realistic weight loss of around 2-4kg a month could be achieved with healthy eating, correct portion sizes and regular physical activity.

'Being a healthy weight helps lower your risk of lifestyle-related conditions, such as type 2 diabetes, heart disease and some types of cancer – and importantly, helps you to feel your best and live life to the full. And the good news is it's never too late to start,' said Alana.

Join the local Sunraysia Community Health Services Accredited Practising Dietitians, Alana and Adelaide, on supermarket tours which will help you kick start more cooking at home, Supermarket tours are running at 1.30pm and 2.30pm on Tuesday 16th February 2016 at Woolworths Centre



Plaza. Pay close attention during the supermarket tour and you could win yourself some Woolworths prizes! You can also visit the dietitians at their Healthy Weight Week stall outside Woolworths at Mildura Centre Plaza on Tuesday 16th February 2016, where you can have your questions answered and sample a variety of fruits. See more at: <http://healthyweightweek.com.au/events/shopping-savvy-in-sunraysia-mildura-vic/#sthash.WT4DZRwh.dpuf>

For more information on AHW, and to download your free copy of **the AHW cookbook, *Everyday Healthy II*** developed by DAA and Sprout, visit: www.healthyweightweek.com.au

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Media enquiries to:

Alana Hosken
Dietitian
Phone: 5022 5444

Background

About Australia's Healthy Weight Week (15 to 21 February 2016):

AHW, an initiative of the Dietitians Association of Australia, is an ideal time to kick-start healthy eating habits.

The aim for the 2016 campaign is straight-forward: to encourage more Australians to cook at home as a way to help achieve and maintain a healthy weight. AHW also encourages Australians to seek expert and individual nutrition advice from an Accredited Practising Dietitian (APD). APDs are nutrition scientists with years of university study behind them. They work with people to develop tailored eating plans and support and motivate them to make diet changes for life.

Award-winning celebrity cook, Callum Hann, and Accredited Practising Dietitian, Themis Chryssidis (both from Sprout), are supporting AHW in 2016. Sprout will be urging all Australians to be healthy and confident cooks in their own kitchen.

For more information, including the AHW Instagram Cooking Challenge and the new AHW cookbook *Everyday Healthy II* plus nutrition tips, recipes, event details and a social media toolkit, see the AHW website at www.healthyweightweek.com.au and follow AHW at www.twitter.com/DAA_feed and use #AHW. You can also take part in the [AHW live Twitter chat](#).

Fast facts

- The latest National Health Survey (2014-2015) found 63.4% of adults are overweight or obese, this equates to 11.2 million Australians. Looking a little deeper the survey found seven out of 10 men (70.8%) and just over half of women (56.3%) are overweight or obese^v.
- The same survey found only 7% of Australian adults meet the recommended daily serves of vegetables, and just 49.8% meet the Australian Dietary Guideline's recommendation for fruit.

- According to Australia's latest National Nutrition Survey (2011-2012), more than 2.3 million Australians (13%) aged 15 years and over reported that they were on a diet to lose weight or for some other health reason. This included 15% of females and 11% of males^{vi}.

Note: Australia's Healthy Weight Week 2016 is proudly supported by Meat & Livestock Australia, Australian Mushroom Growers, CanPrint and Thomas Farms Kitchen.

Alana's top tips for a healthy 2016:

A healthy lifestyle means good nutrition and regular exercise. To start, make small, positive changes that you feel you can maintain over time, such as:

- Cooking more at home – and adding an extra serve of vegetables to your main meal (or making sure the vegetable portion of your meals makes up at least half your plate). And plan healthy, quick and easy meals for busy days.
- Enjoying a healthy diet that includes foods like vegetables and fruits that are low in calories but high in fibre and nutrients. They'll fill you up and keep you from over-eating.
- Being aware of portion sizes
- Eating a healthy breakfast every day
- Adding an extra serve of vegetables to your main meal, or starting your meal with a portion of vegetables or a salad
- Swapping to healthy snacks such as fruit, yoghurt and wholegrain crackers
- Limiting foods that are rich in energy (kilojoules) but provide little nutrition – such as many cakes, biscuits and pastries
- Make meal times special occasions for the whole family. And turn off the TV!
- When eating out, make healthy choices. For example, choose grilled or steamed foods and avoid creamy sauces.
- Choose water instead of soft drink, cordial, fruit drinks, vitamin waters, energy drinks, sports drinks or alcoholic drinks.
- Taking every opportunity to be active. Go for a walk, play active games, go for a ride, start a vegetable garden. Get the kids involved too. And don't spend a long time sitting down. Turn off the computer!

And for people looking to lose weight and maintain this weight loss, studies show that the following additional strategies can help:

- Weigh yourself weekly. Go slow – healthy weight loss is around ½ to one kilogram a week.
- Expect challenges. Weight loss is a process—it takes time, patience and effort.
- Be aware of your eating and activity habits. Track your food choices and your activity level in a journal or on-line tracker.
- Eat slowly and savour every mouthful. Listen to your body - stop when, or even before, you feel full.
- Don't shop when you're hungry – and use a shopping list.
- Find a friend or family member to help support you to eat healthily and be active.

ⁱ Wolfson JA and Bleich SN Is cooking at home associated with better diet quality or weight-loss intention? (2014) Public Health Nutrition: 18(8), 1397–1406.

ⁱⁱ Omnipoll survey (October 2015) of 1,230 Australians adults aged 18-64 years, commissioned by the Dietitians Association of Australia.

ⁱⁱⁱ Flego A. Jamie's Ministry of Food: Quasi-Experimental Evaluation of Immediate and Sustained Impacts of a Cooking Skills Program in Australia. PLOS ONE | DOI:10.1371/journal.pone.0114673 December 16, 2014.

^v Australian Bureau of Statistics. (2015). National Health Survey: First Results, 2014-15. Retrieved on December 16 2015 from <http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4364.0.55.001~2014-15~Main%20Features~Overweight%20and%20obesity~22>

^{vi} Australian Bureau of Statistics. (2014). Australian Health Survey: Nutrition First Results – Foods and Nutrients, 2011-2012. Retrieved from <http://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/4364.0.55.007~2011-12~Main%20Features~Key%20Findings~1>