

Webinar #03




**Healthy Ageing
Tasmania**

The How of Eating



Healthy Ageing Tasmania

 health.tas.gov.au/healthy-ageing

 community.nutrition@health.tas.gov.au

*Funded by the Australian Government Department of Health.
Visit the Department of Health website (www.health.gov.au) for more information.*



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The Healthy Ageing Tasmania Team acknowledge the palawa people as the traditional owners and ongoing custodians of Lutruwita (Tasmania).

We recognise the strength and resilience of all First Nations people and their care and protection of country and community for thousands of years. Aboriginal people demonstrate deep respect and value for their elders and their communities. First Nations people have been story telling for more than 65,000 years, and we proudly pay tribute to their culture when we share stories and connect with our ageing community.

In the spirit of reconciliation, I extend my respect to Tasmanian Aboriginal people and Elders past and present and acknowledge that their land was never ceded.



This session will cover

- What it means to eat well
- Strategies to improve how your clients eat
- The importance of social mealtimes
- Resources





Eating well is a critical part of ageing well.

and

Eating well is about much more that what we eat.



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Eating well can mean:



Eating food that makes us
feel satisfied



Connecting with our
culture and traditions



Celebrating milestones
and connect with our
community



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Strategies to improve how your clients eat.



Promote regular meals and snacks



Consider your clients' cultural heritage



Take opportunities for social meals



Take care with food presentation



Avoid interruptions at mealtimes



Make the eating environment appealing



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Social mealtimes.

- Social connection is essential to wellbeing
- Studies show that when older people regularly eat alone it increases their risk of:
 - Depression
 - Skipping meals
 - Poor subjective health
 - Decreased energy intake (1,2,3)
- If someone doesn't have family or friends to share a meal with, they could consider:
 - visiting a day centre
 - the Eating with Friends program
 - contacting their local neighbourhood house.



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Resources and support.

www.health.tas.gov.au/healthy-ageing

- Nutrition for older people online training
- Malnutrition in older people online training
- Factsheets to support eating well.



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References

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