

TASKFORCE SUBMISSION: submission

NAME: O'Neill

POSITION: Cookery trainer

ORGANISATION: Cookery Nook

SUBMISSION1: Cookery Nook in conjunction with the Kerrimuir Neighbourhood House in Melbourne is currently conducting a Healthy Eating/Healthy Living Course for diabetics and an obese client group.

The course has been funded by Dept of Health and Ageing and we are grateful for their support.

Our underlying belief is that to bring about behavioural changes in a mature aged adult group we need to re-educate the client group in areas such as basic nutrition, basic cooking techniques and provide appropriate exercise regimes for an over 50's group who may not have exercised much in the last twenty years.

The outcomes we are seeking to attain include lowered weight, lowered Blood Sugar Levels and reduced BMI (Body Mass Index) measurements.

A preliminary reading of the documents does not appear to touch on actual behaviours and measureable outcomes for particular groups. Without prejudice we believe that particular groups have distinct needs which have to be addressed. The needs of adult diabetic clients who are overweight and over 50 are different from the needs of the Aboriginal communities living in capital cities and urban environments, as these are distinct from the needs communities found in remote areas. These needs are in turn different from those in the workforce, the homeless and early school leavers.

The issues of access to food, care of foodstuffs, cooking skills and knowledge of basic nutrition vary across these groups as does the opportunity to exercise and develop tailored programmes which meet diverse needs.

Accordingly Cookery Nook and its associates will be pleased to provide our evidence based reports to the taskforce as these become available and would be pleased to address these issues in greater detail as the enquiry proceeds.

A more detailed commentary on a submission will follow.

PRIVACY: yes

SUBMIT: Submit