



Australia's Healthy Weight Week

24 – 31 January 2010

The Dietitians Association of Australia (DAA) is the leading nutrition focused body in Australia. We are a professional member association representing dietitians and nutritionists, student and associate members.

DAA has made addressing overweight and obesity a top priority. The Association has a comprehensive obesity strategy to tackle Australia's health crisis due to the rising rates of overweight and obesity.

As part of this strategy, in January 2008 we launched the inaugural Australia's Healthy Weight Week (AHWW). This important initiative aims to give Australians the support they need to take control of their health to achieve and maintain a healthy weight.

As GPs are at the forefront of treating Australians for a range of health conditions, including overweight and obesity, DAA wanted to let you know about AHWW and the resources available for your patients to help them maintain or achieve a healthy weight.

There is a range of supporting resources available, free of charge, including:

- **www.healthyweightweek.com.au** - comprehensive website which has nutrition guidelines and information on healthy eating and activity to maintain or achieve a healthy weight. The website also features the 'Find an Accredited Practising Dietitian (APD)' feature which allows GPs and the public to search for APDs in their local area who can provide accurate and practical nutrition advice, tailored to each individual.
- **'Take 10 in 2010' factsheets** - sets of ten tips to help your patients achieve a healthy lifestyle by making small changes every week. These include tips on healthy lunches, surviving at the supermarket, and healthy eating for families. They are available to download from the 'Take 10 in 2010' section of the AHWW website.
- **AHWW brochure** - a consumer targeted brochure which includes practical information and advice for healthy eating. This is available to download or order hard copies online from the 'Resources' section of the AHWW website.
- **AHWW promotional poster** - also available to download or order hard copies online via the AHWW website.
- **AHWW food and exercise record** – a tool for consumers to record their intake and exercise. This can be provided to your patients along with a referral to an APD. These are available to order from the AHWW website.

Please contact Sally Moloney, Marketing Dietitian on 02 8920 9317 or smoloney@daa.asn.au if you have any questions or would like more information about AHWW or DAA.