

Project Information

Healthy Eating
Healthy Ageing
Kai Hauora, Hauora Pakeke

Canterbury
District Health Board
Te Poari Hauora o Waitaha

Enquires

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Healthy Eating, Healthy Ageing

Healthy Eating, Healthy Ageing is a public health project which aims to improve physical activity levels and the nutritional well-being of community-living older people (aged 65 years and over, Maori and Pacific Island aged 50 and over) in Canterbury. The project is delivered by two registered dietitians and a nutritionist based at The Princess Margaret Hospital, Canterbury District Health Board, Christchurch.

Our Services

Professional development for health professionals and community workers

The project team can deliver in depth training on specific dietary issues for older people, such as nutrition and bone health, wound healing and weight management. Additional training programmes on specific nutrition and physical activity topics can be developed in response to your needs.

Community based education programmes

We are available to provide support to existing programmes and facilitate the development of new community-based education programmes aimed at increasing knowledge and skills of community members, about nutrition & physical activity for older people.

Information and resources

The project team develop accurate and up-to-date nutrition and physical activity information/resources for older people. We are also able to provide articles/promotions on healthy food choices and physical activity for older people to the media.

Advocacy and advice

The project team are available to support and facilitate the development and implementation of nutrition and physical activity policies and education programmes for older people in key settings including PHOs, older people's support groups and organisations.

Note: We are not available to provide individual dietary counselling or dietetic services to older people in residential or acute hospital care.