



MAKE OR BREAK

THE IMPORTANCE OF DAIRY FOR OLDER AUSTRALIANS

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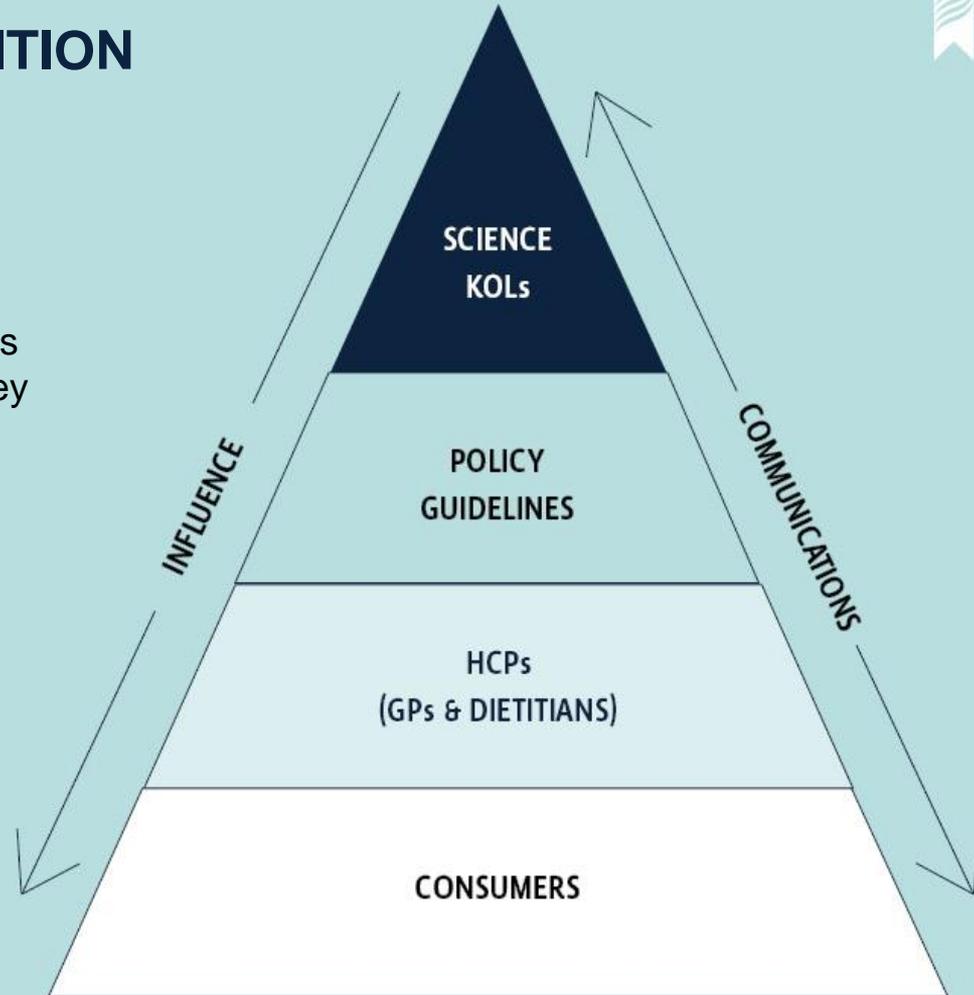
WHO IS DAIRY AUSTRALIA?



OUR HEALTH AND NUTRITION PROGRAM

Our aim is to ensure dairy foods continue to be recognised as part of healthy and sustainable dietary patterns by Australian nutrition guidelines, by Key Opinion Leaders and Health Care Professionals

Healthy Ageing with Dairy

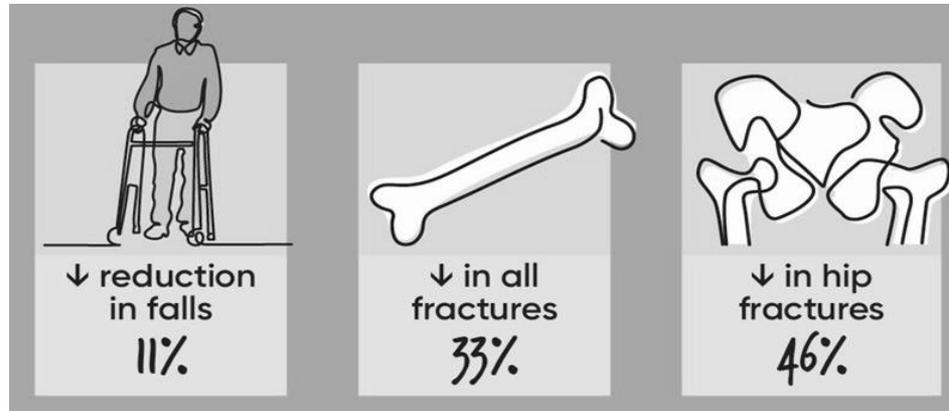


THE FRACTURES TRIAL



KEY FINDINGS

Increasing dairy from 2 to 3.5 serves day:



WHAT'S SO SPECIAL ABOUT THE WORK?

- ✓ **First high-quality study to link dairy foods and fracture risk reduction**
- ✓ **Affordable**
- ✓ **Effective and safe**
- ✓ **Residents enjoyed the food**
- ✓ **Widely accessible and versatile**



COMMUNICATION OPPORTUNITIES

- Promotion of health benefits (to both community and aged care)
- Practical evidence to demonstrate dairy can be incorporated into aged care menus
- Evidence to support food-based policy changes in aged-care facilities
- Evidence to support dairy in dietary guidelines
- Global promotion of outcomes

LEVERAGING THE FINDINGS

Objective 1:

DRIVE AWARENESS

Increase awareness that consumption of dairy foods in older adults reduces their risk fractures

Objective 2:

DRIVE CHANGE

Increase uptake of dairy in aged care setting and within the community

AUDIENCES

Adults 65+

Encourage older adults in the community and their carers to consume recommended levels of dairy



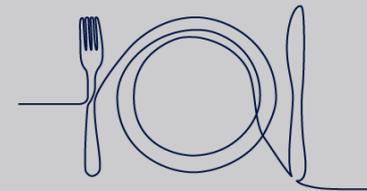
Health Care Professionals

Encourage dietitians and GPs to advocate / recommend increased dairy consumption in older adults



Aged Care Sector

Ignite discussion about the importance of a food first approach to drive policy change in aged care facilities



CONSUMERS AND HEALTH PROFESSIONALS

UNSTOPPABLE WITH DAIRY CAMPAIGN



CONSUMER ADVERTISING

HCP ADVERTISING



Dairy Australia

With 46% less chance of a hip fracture
it's easier to be unstoppable in old age.

dairy.com.au/unstoppable

Dairy Australia

WORLD-FIRST RESEARCH BY THE UNIVERSITY OF MELBOURNE AND AUSTIN HEALTH

SPOKESPERSON – DR SANDRA IULIANO



Improving falls and fractures with dairy foods

Dr Ginni Mansberg speaks with Dr Sandra Iuliano, University of Melbourne



Ginni Mansberg



Sandra Iuliano

For more interviews and the Drivetime Medical podcast visit: www.drivtimeradio.com.au

Supported by Dairy Australia, produced April 2022

Visit www.dairy.com.au/ageing for further information



Dairy Australia: fracture research

New research shows the role dairy can play in reducing falls and fractures in older age

Two-thirds of Australians living in aged care are at risk of malnutrition and increased fractures. How can this figure be reduced?

This content is produced and promoted by Dairy Australia

Opening the (Fridge) Door to Fractures Prevention

Concerningly, 64% of older adults in aged care are malnourished or at risk of malnutrition and this can increase the risk of falls and fractures, with around 30% of hip fractures occurring in this population group. Ground breaking new research undertaken by the University of Melbourne and Austin Health investigated a nutritional approach to preventing falls and fractures.

Sixty aged-care facilities and over 7000 residents took part in the study over two years, where half continued with their regular menu and the other half increased their serves of dairy (milk, cheese, yoghurt, and skim milk powder) from an average of two to 3.5 serves per day. The study found a 32 percent reduction in all fractures, a 46 percent reduction in hip fractures, and an 11 percent reduction in falls in the group that increased dairy.

Dr Sandra Iuliano is the Principal Investigator of the study from the University of Melbourne that was recently published in the *British Medical Journal*. We spoke to Dr Iuliano to understand how we can reduce falls and fractures using a nutritional approach, in this case with as simple as it sounds - milk, cheese and yoghurt.

For a long time we've known about dairy's role in building strong bones, but what makes the findings of this study different to other studies on dairy and bone health?

It sounds surprising, but no previous studies have investigated the efficacy and safety of a nutritional approach to fracture risk reduction, especially in older, frail aged care residents over such a long intervention period. The only data available comes from prospective observational studies, but these can only report associations and there are a number of issues with methodology.

Previous studies investigating fractures reduction have mostly focused on pharmaceutical intervention such as calcium and vitamin D supplementation. This is the first randomised controlled trial over this length of time to show a benefit of dairy food intake on fracture risk in aged-care residents.

Are the benefits of the study due to the increased milk, cheese and yoghurt, or is this due to the increased calcium and protein?

It is likely both. Calcium has a moderate effect on reducing the rate of bone resorption, but across an entire population this may have a marked effect on fracture risk. Bone density was maintained in the dairy group. We also observed that 64% increased in the group that increased their dairy consumption and muscle mass in the arms and legs was maintained. There may be other nutrients such as peptides or the combination of nutrients in dairy foods that may have contributed to outcomes observed too.

Supplements have demonstrated short term benefits in relation to weight gain in older adults in aged care, but long-term benefits have not been demonstrated due to poor compliance.

Instead, we used a preventative approach by improving the protein and calcium intake of all the residents using foods that were familiar to them. The intervention was sustainable across the two year study, with dairy consumption averaging 3.5 servings/day, calcium intake above the EAR of 1100mg/day and protein intake was 1.1g/kg body weight/day.

What are the take home messages from the research?



AMBASSADOR: WELL-KNOWN COOK MAGGIE BEER



Maggie Beer

The Maggie Beer Foundation was established in 2014 to improve the food experiences for older Australians



Dairy Australia

MAGGIE BEER'S OVERNIGHT OATS

PREPARATION	COOKING	MAKES	SEASON	COST	ABILITY	STORE	EQUIPMENT
10 minutes	8-10 minutes	4 people, 500g (2 served)	Any	Medium	Easy	Can be made up to 4 days ahead	Oven



- INGREDIENTS**
- 40g rolled/old-fashioned oats
 - 1/2 cup (50g) oats
 - Pinch salt (low-sodium sea salt with iodine added)
 - 1 tablespoon psyllium
 - 200g full cream milk, fortified with folic acid and milk powder
 - Add:
 - 200g Greek yoghurt
 - 1 tablespoon (25g) honey
 - 1 medium apple (50g), grated
 - 1 teaspoon lemon zest

Top with fruit of your choice, some ideas as follows:
Ripe and/or orange slices
Ripe and/or orange slices
Ripe and/or orange slices

NUTRITION INFORMATION

	Per serve
Energy	2568 kJ
Protein	23g
Fibre (total)	29g
Saturated fat (total)	5g
Carbohydrate	62g
Sugars	44g
Dairy free	1.4g
Sodium	263mg
Calcium	442mg
Iron	3.6mg

NOTES

1. The oats are oven-toasted, place almonds on a tray and bake for 8-10 minutes or until golden, set aside to cool. Once cool store in an airtight container ready to top your finished oats.
2. Place the dried apricots, oats, salt, psyllium and fortified milk in a bowl, stir to combine. Cover and refrigerate overnight.
3. The next day stir in the yoghurt, honey, apple and lemon, mix well. Store in an airtight container in the fridge, the mix will keep for up to 4 days.
4. When ready place half the mix into a bowl and top with fruit and toasted almonds.

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Dairy Australia

FIVE WAYS TO GET MORE DAIRY IN YOUR DIET, WITH MAGGIE BEER



Milk, cheese and yoghurt are some of my favourite products to incorporate into my cooking. They are so versatile, full of flavour and provide an excellent source of bone and muscle building nutrients, including calcium and protein.

As I get older, I've learnt through science how important it is to make sure I am getting enough dairy to help keep my bones and muscles strong, and to prevent fractures and falls in later life - I find it so easy to do because it's been part of my food life and that's the shared with my family of my life.

And it's done me well, too. A recent bone density test has me at almost 77 years of age but with the great level of bone strength, plus because I love my milk I like a whiting devil, I'm prone to fish just from fishing.

Here are some of my top tips for making sure you get enough dairy:

1. GET CREATIVE WITH MILK (DRINKING)

For me, it's about simple additions that are easy to do so that cooking becomes fun and indeed therapeutic, particularly if the outcome is something you love to eat that is so good for you. If I'm cooking a bone, I have my milk turned around with family, they get to help clean up too - so everything is shared and there are some really ideas to bring more dairy to your meals.

Both week, try new ideas. It could be as simple as roasted vegetables with a sauce of ricotta to take it from a side dish into a main instead. Dairy can do so much and you may even find a new favourite in the time it's off-mine.

To start you off, try my super cheesy mashed potato recipe. Mashed potato is always a crowd favourite in my home and this dish is so easy and an unbelievably delicious way of enjoying your dairy intake!

2. SHOP AT YOUR FRESH

When you head out shopping whether supermarket or corner store, make sure to add products like milk, cheese and yoghurt to your trolley so you always have dairy on hand at home. Full fat dairy is a great option - it provides additional energy to the diet and adds a beautiful creamy mouthfeel to dishes. The great thing about dairy is that it's affordable, and you'll naturally find yourself reaching for more dairy products and doubling your dairy, without even realising!

3. SHARE YOUR NUTRIENTS

A lot of us are time poor, and a quick and easy way of making sure we are still getting our daily dose of dairy is to incorporate yoghurt and milk into a refreshing smoothie that can be enjoyed at any time of the day.

4. MIX UP YOUR THINKING

Next of all, don't toast the same thing every day, so a great way to make sure we don't get bored with our diet is to mix up toppings for smoothies like yoghurt, fruit and granola. For meals at lunch and dinner, Parmesan adds so much flavour to so many dishes and gives such great nutritional benefit.

5. PLAN AHEAD

So calculate each week to try out one of these new recipes or map out how much dairy you are incorporating into each meal. Getting into a routine is a key way of making sure you are getting all of the nutrients needed to take it from a side dish into a main instead.

I love to prep my breakfast the night before and my current favourite breakfast is dairy overnight oats, they take no time at all to prep and are super delicious and healthy - a wonderful way to start off the day with a dose of dairy. Planning ahead makes it so much easier to map out each food group you are consuming to make sure you are hitting the recommended targets in the Australian Dietary Guidelines. Check how many serves you need to Australian Dietary Guidelines.

Try my Maggie's recipes and for more information, visit dairy.com.au/aging

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HEALTHY BONES ACTION WEEK

2022 and 2023

THE DAIRY-ATRICKS



**Mike | 61 years old
NSW | Cyclist**



**Rod | 66 years old
QLD | Tai Chi,
Martial Arts, Qigong**



**Graeme | 67 years old
VIC | Walking Basketball**



**Caroline | 62 years old
ACT | Walking Basketball**



**Mary | 65 years old
NSW | Yoga/ Dancing**



**Barb | 61 years old
ACT | Swimming,
Ski Paddling, Running, Yoga,
Walking, Surfing**



EARNED MEDIA RESULTS



318
pieces of
coverage

3.1m+
Reach

95
health
clinics

THE UNSTOPPABLES

Unstoppable with dairy



DURING Healthy Bones Action Week (21-27 Aug), Dairy Australia is encouraging Australians to reassess their dairy intake to ensure they are consuming the recommended daily amount, particularly as they age.

For many, this means doubling their dairy intake.

Consumers should be made aware that to meet the Australian Dietary Guidelines recommended serves of milk, cheese, yoghurt and/or alternatives, the number of serves should increase with age, and will differ by gender for optimum bone strength and overall health.

Women over 50 years require four serves per day.

While men over 70 years require 3.5 serves each day.

and fractures in older Australians while also reducing the effects of age-related bone and muscle loss," Zucco explained.

"The Unstoppables are a group of Australian women from across the country, who are 50 and fitter than ever.

"They are here to help inspire Australians this Healthy Bones Action Week on how to get the most out of life," Zucco said.

"The Unstoppables are engaging in regular movement; weight training, pilates, walking, and running while also inspiring other women to enjoy an active lifestyle through enjoyable movement.

"They couple this exercise with plenty of dairy, and they truly can't



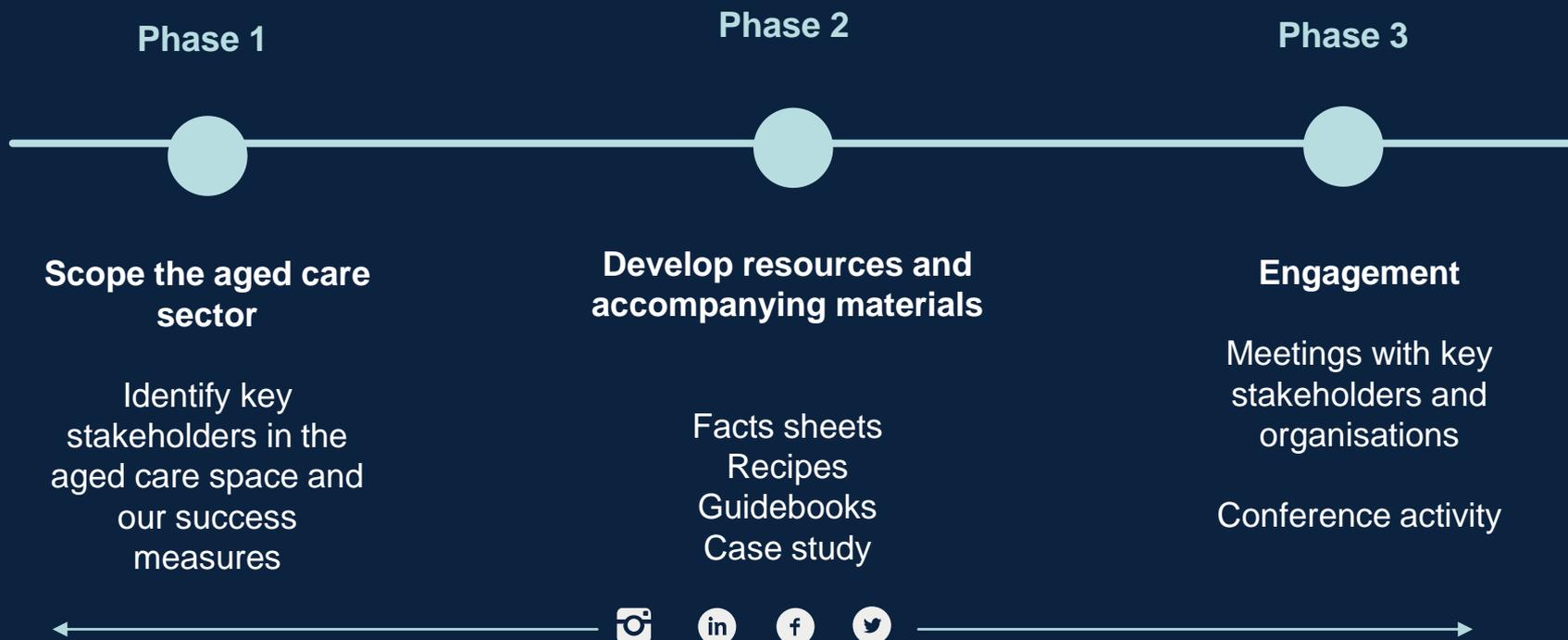
1.4m+
Reach

318
pieces of coverage

60
health clinics

POLICY ENGAGEMENT

AGED CARE POLICY SCOPING



OUR GOALS

- Encourage government policy changes regarding food standards in aged care including to mandate minimum nutritional requirements in aged care.
- Encourage internal policy changes for aged care providers and their catering companies and drive awareness of the social and financial benefits of increasing dairy consumption in aged care services.
- Engage and inform key stakeholder groups including Health Care Professionals, and peak bodies representing older Australians (COTA Australia, Maggie Beer foundation) to promote the benefits of increased dairy consumption for older adults within the community.

RESOURCE DEVELOPMENT

FACT SHEETS

GUIDEBOOKS

RECIPES

WEBPAGE



Healthy ageing with dairy

Fact sheet for older people living in residential aged care
April 2023

KEY MESSAGES

- 75% of older people are not getting enough dairy in their diet. This can contribute to poor bone health and osteoporosis and increase your risk of falls and fractures.
- By increasing your dairy intake, you can build muscle mass and bone density to help you stay independent and well as you age.

What are the benefits of eating dairy?

- A 2018 trial study found that older people who eat an average of 2.5 serves of dairy a day are:
 - 75% less likely to experience a fall
 - 30% less likely to experience fractures
 - 42% less likely to experience hip fractures.
- The combination of calcium and protein in dairy foods makes them much more effective at improving muscle mass and bone strength than supplements alone.

How can I get more dairy in my diet?

There are simple ways to get more dairy in your day-to-day diet.

- Add dairy to your everyday staples – for example:
 - Add cheddar cheese to melted potato
 - Add keto or non-toxic scrambled eggs or omelette
 - Add cream to soups
 - Add milk powder or yogurt to smoothies.
- Enjoy dairy-based snacks – try some yogurt with fruit for morning tea or cheese and crackers for afternoon tea
- Try new recipes – you can find a range of ideas and recipes (including some from Maggie Beer) and a meal planner at dairy.com.au/aging.




Healthy ageing with dairy

A guidebook to help older adults increase their daily dairy serves

By Louise Murray (Accredited Practising Dietitian)



Chicken and parmesan gnocchi

Ingredients

	Serves 10	Serves 10	Serves 10
Chicken	300g	100g	kg
Olive oil	80g	400g	800g
Tomato passata	800g	400g	800g
Tomato sauce	100g	500g	kg
Honey	70g	350g	700g
Garlic, minced	30g	150g	300g
Parsley	4 tsp	2 tbsp	4 tbsp
Chilli powder (optional)	1 tsp	1 tbsp	2 tbsp
Baby spinach	200g	kg	kg



ICDSS adaptations

- ICDSS Level 6**
 - Dice all vegetables and chicken to 1cm and cook.
 - Reduce cooking, cut the gnocchi in half to achieve 10mm.
 - Add gnocchi to sauce with the vegetables and serve.
- ICDSS Level 5**
 - Blend the sauce with the meat and vegetables until it passes the ICDSS test.
 - Cook more pasta and put this into the minced sauce mixture and combine.
- ICDSS Level 4**
 - Put the sauce with the meat and vegetables into a blender or food processor to blend into a smooth puree. If it is too thick, add some more tomato puree along with boiling water to achieve consistency.
 - Check seasoning and serve with cream cheese (garnish) powder/mashed potatoes.

Nutrition information

	Per serve	Per 100g
Energy (kJ)	2,075	407
Protein (g)	59.2	43
Total fat (g)	23.7	14
Saturated fat (g)	6.3	3.5




HEALTHY AGEING WITH DAIRY

The Healthy Ageing with Dairy Hub

The Healthy Ageing with Dairy Hub will bring you the latest research and resources, relevant to your industry on the benefits of dairy consumption for older adults in residential aged care. If you're a member of the community, a health care professional, a catering company, or an aged care provider, get access to resources and information relevant to you via the links below.

ENGAGEMENT

CONFERENCE ACTIVITY



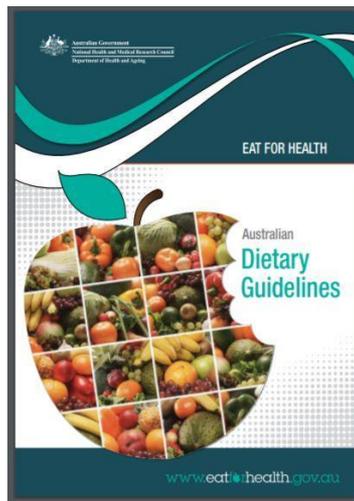
MEETINGS WITH KEY STAKEHOLDERS



PARTNERSHIPS



AUSTRALIAN DIETARY GUIDELINES REVIEW



2020 - 2023



2024



2023 - 2024

2024 - 2026

A BIG TEAM EFFORT!

Glenys Zucco – Head of Marketing

Alex Mowatt – Senior PR Advisor

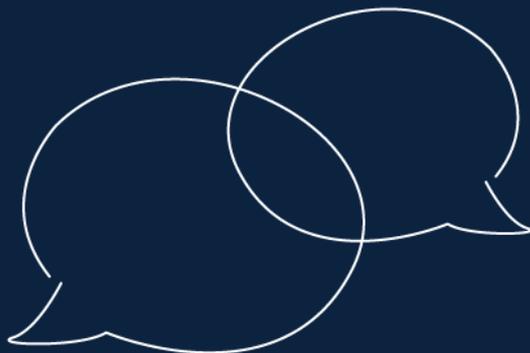
Kristina Gorgievska – Nutrition Communications Advisor

Kate Whatley – Marketing Manager

Melissa Cameron – Sustainable Dairy Nutrition Manager

Courtney Thompson – Nutrition Scientist

Jhin Bagchi – Project Manager



THANK YOU

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