

22D049

8 July 2022

Hon Chris Picton MP
Minister for Health and Wellbeing
Per email: ministerforhealth@sa.gov.au



Dear Minister,

Congratulations upon your appointment as Minister for Health and Wellbeing in the Malinauskas Government.

The South Australian Dairyfarmers' Association (SADA) is the representative voice of dairy farmers in South Australia. We have a proud tradition of representing farmers which began in 1936 and we continue to remain focussed on outcomes for dairy farmers today with a clear eye into the future. SADA recognises that there is much within your portfolio which aligns with issues that are important to dairy farmers. We very much look forward to working with you in your ministerial capacity.

I am writing at this time seeking to arrange a meeting to discuss a recent study undertaken by the University of Melbourne which identified the benefits of increased dairy intake on the health of elderly Australians, and in particular the significant wellbeing improvements through reducing fractures as a result of falls. We would very much look forward to working with you in developing the awareness among older Australian and Aged Care providers on this profound study.

The particulars of the trial include:

- Ground-breaking research undertaken by the University of Melbourne has linked milk, cheese and yoghurt with the prevention of falls and fractures in aged care residents.
- The Fractures Trial investigated how the food served in aged care facilities impacted on the health of the residents.
- Sixty aged-care facilities and over 7000 residents took part in the study over two years, where half of the facilities 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 33 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.
- Providing adequate milk, cheese and yoghurt in the diets of older populations is a proven, easy and low-cost intervention to reducing the fracture burden in the whole community.
- The research provides critical evidence to support policy reforms that improve nutritional outcomes for aged care residents with additional dairy consumption.

While we appreciate that you will be very busy, we nevertheless would appreciate an opportunity to meet with you to discuss and outline the importance of this project and assist us in advancing the education and training not just across aged care facilities but in fact within the entire society to better understand the long term benefits of increasing dairy intake on a daily basis.

We would be very happy to meet with you in your Adelaide office or in a dairying region of the State.

Yours sincerely

John Hunt
President