

2008 FREE SEMINAR SERIES



PREPARING FOR CHANGE IN AN AGEING SOCIETY

This seminar series is a must for older people, planners, policy makers, individuals and service organisations. It will provide topical information on key issues affecting the Victorian community, focusing on older people. It will also provide participants with the opportunity to contribute to public discussion and policy formulation.

After each seminar a brief summary of the proceedings, highlighting potential policy, research and service directions, will be available on the website indicated below.

Venue: State Theatrette, 1 Treasury Place, Melbourne

Time: 10:00 a.m. to 1:00 p.m. followed by networking and lunch 1:00 to 2:00 p.m.

SEMINAR TOPICS

Wednesday 25 June	Accessing affordable and nutritious food: Influences on healthy ageing
Thursday 28 August	Urban and rural renewal: The impact on older people
Thursday 27 November	Building an environment for an ageing society: Physical and social planning

More details: www.mihsr.monash.org/centres/healthage.html

Bookings: email ageingseminars@bsl.org.au or phone (03) 9483 1396 and leave a voicemail message.

This seminar series is a joint initiative of:



Ministerial Advisory Council
of Senior Victorians



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25 June Seminar, 2008

Accessing Affordable and Nutritious Food: Influences on Healthy Ageing

Venue: State Theatrette, 1 Treasury Place, Melbourne

Time: 10:00 a.m. to 1:00 p.m. followed by lunch – 1:00 p.m. to 2:00 p.m.

Healthy eating is essential for good health and wellbeing for all members of our community. It is a key component of a healthy lifestyle and includes having a wide variety of nutritious foods available and consuming regularly. Some groups of older people are particularly at risk of not having adequate access to nutritious food. The reasons for this include insufficient income to purchase nutritious food, physical inability to get to the shops and carry purchases home, lack of public transport options and safe walkable routes, and lack of culturally appropriate food choices.

This seminar will discuss food security and sustainability in relation to healthy ageing and consider strategies required at the individual, community and governmental levels to ensure that all older Victorians have access to affordable and nutritious food.

Welcome

Professor Colette Browning, Director MonRAS, Convenor, Healthy Ageing Theme and Victorian Convenor, ARC/NHMRC Ageing Well Research Network

Opening address

Noeline Brown, Ambassador for Ageing

Presenters

Merle Mitchell, AM Chair, Ministerial Advisory Council of Senior Victorians

Todd Harper, CEO VicHealth

Dr Susan Feldman, (Monash University) Professor Steve Bird (RMIT) and Dr Harriet Radermacher (Monash University) - Melton Shire Council Food Study

Lynette Green and Coral Crameri (Melton Shire Council) - Local Council Policy and Strategic Service Planning

Discussion and summation

Associate Professor Gerry Naughtin, Brotherhood of St Laurence and Associate Professor Faculty of Health Sciences La Trobe University and Professor Colette Browning, ARC/NHMRC Network, MonRAS

[Program details for later seminars will be advised closer to the dates.](#)