

Chronic Conditions and Nutrition

WHEN Friday, August 19th 2022
8:30 AM - 4:30 PM

WHERE 29 Zaara St
Newcastle East NSW 2300
Australia
[View Map](#)

COST Fully funded



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and [registration details](#)

The Chronic Conditions and Nutrition program aims to provide students with the skills and knowledge required to interpret and use basic information about nutritional principles and healthy diet.

The program aims to provide students with the skills and knowledge required to interpret and use basic information about nutritional principles and healthy diet, using Eat For Health (new Australian Dietary Guidelines). The program provides foundation knowledge on energy needs, basic food groups, identifying good food choices, special diet groups, obesity, client interactions for BMI management and introduces the student to the concept of Aboriginal and Torres Strait Islander foods which is an emerging evidence base.

The face to face workshop involves lecture and practical workshop activities around the application of chronic disease care planning in primary health care.

