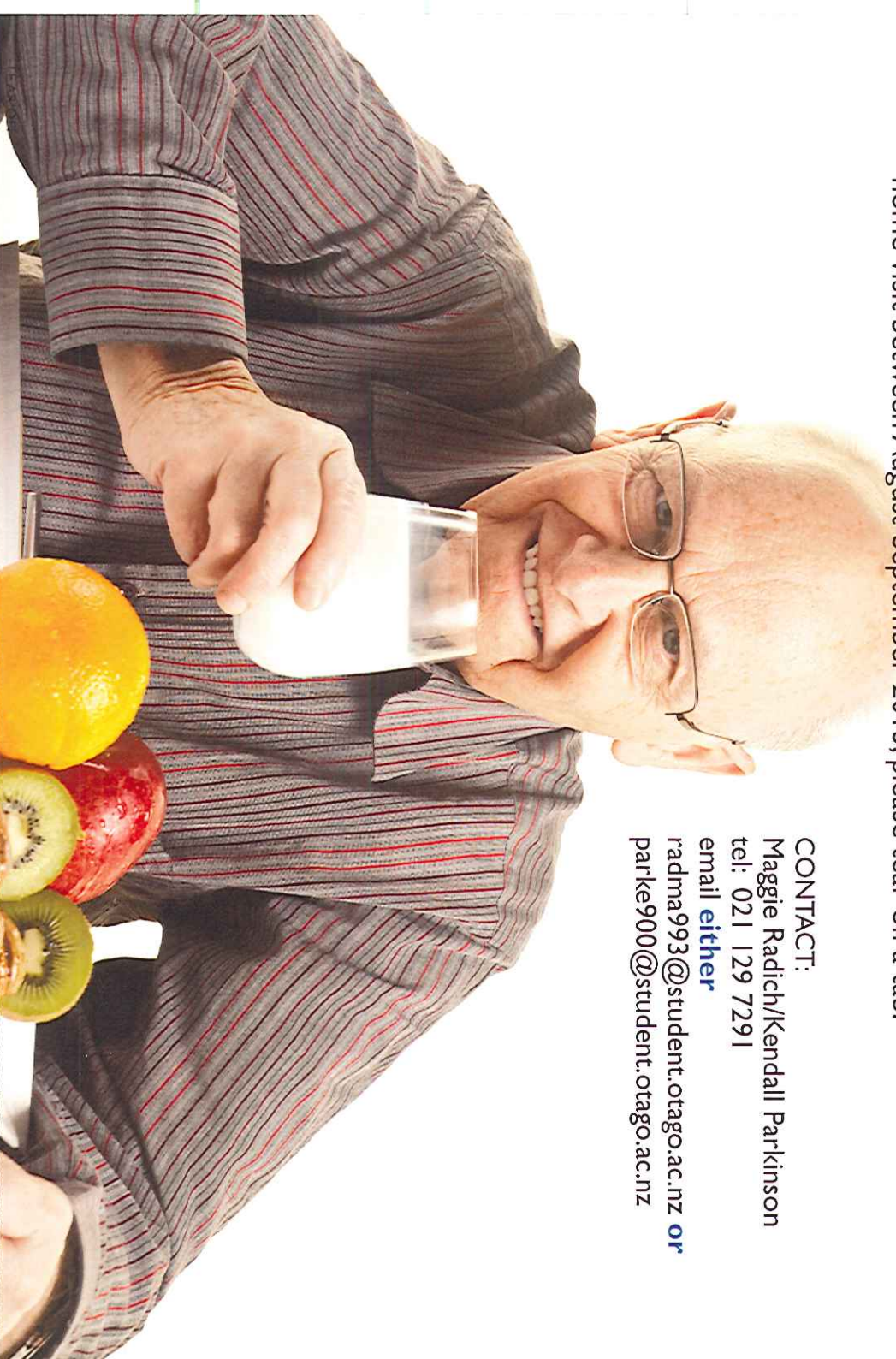


How well do you eat and drink?

Older adults place a lot of value in their independence and good health is vital for maintaining this. It is well known that nutrition plays a big role in keeping people healthy, yet for some, diet is not a priority. With your help, we would like to learn more about the nutritional status of older Dunedin adults and discuss some of the factors that influence your diet.

If you are aged 65 years or older, live in your own home, and will be available for a home visit between August-September 2013, please tear off a tab.

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