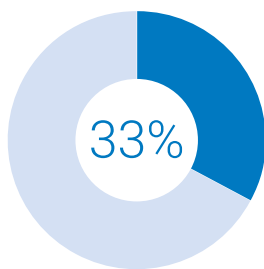


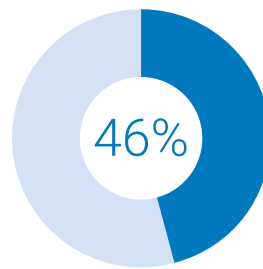
# New study finds dairy foods reduce fractures in aged-care



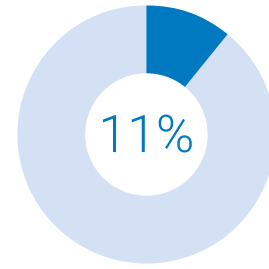
Ground-breaking new research funded by organisations including Dairy Australia has linked dairy with the prevention of falls and fractures in aged care residents. University of Melbourne researchers investigated how food served in aged care facilities impacted residents' health. Facilities that increased dairy (milk, cheese, yoghurt, and skim milk powder) from an average of two to 3.5 serves per day saw:



reduction in all fractures



reduction in hip fractures



reduction in falls

The research provides critical evidence to support policy reforms that improve nutritional outcomes for aged care residents with additional dairy consumption.

Dairy Australia will lead a phased campaign to drive awareness of the importance of this research and inspire aged-care reform and behaviour change in elderly Australians. The campaign, targeting consumers, health professionals and key opinion leaders, will encourage elderly Australians to 'Double their Dairy' to help prevent fractures and falls. ■ ■

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Find out more: [www.dairyaustralia.com.au/fracturetrial](http://www.dairyaustralia.com.au/fracturetrial)