



Healthy Diet and Lifestyle

Raising awareness, Providing information

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Older people services Development project

- Encourage and maximise benefits and services uptake for BME older people

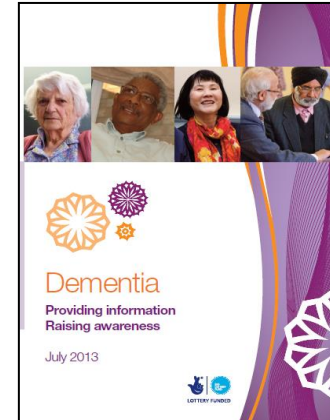
- Lottery funded



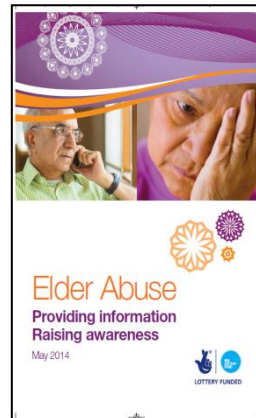
- Partnership with Bield and Hanover Housing Associations

Previous information guides

- Dementia



- Elder Abuse



Consultation

- Consulted over 850 ethnic minority older people across Scotland
- Over 30 community organisations and day centres

Partnership & Expertise

- NHS Health Scotland
- and
- Scottish Government
- Advisory Group with expertise on the subject



Healthy Diet and Lifestyle for ethnic minority older people

Providing information
Raising awareness

June 2015



Multicultural Food Plate





Any questions ?

