



# Enhancing the News

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October 2006

## **Nutrition Week 2006**

October 15 – 21 is National Nutrition Week in Australia. Nutrition is a big concern for all Australians, particularly as we continue to ignore the health warnings about poor diet and lack of exercise.

EnhanceTV has some key resources available on the topic of nutrition. [Behind the News Specials: Staying Healthy](#) looks at healthy food choices and preventing diabetes. [Insight: Dying to Eat](#) is a discussion among young people about the rise of diabetes in children and teenagers. [Food for Thought: Food Therapy – Function Foods](#) looks at whether nutritionally enhanced foods are the answer to better health. And the free feature article [Bigger than a health problem](#) looks at the overall issue of obesity in Australia and ways that we can try to halt our national weight gain.

