

## DAIRY HEALTH AND NUTRITION CONSORTIUM

### MEDIA RELEASE

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22 December 2011

#### DAIRY HEALTH AND NUTRITION CONSORTIUM ANNOUNCES \$1.47 MILLION IN RESEARCH FUNDING

The Dairy Health and Nutrition Consortium (DHNC) is pleased to announce the awarding of grants totaling more than \$1.47 million to some of Australia's leading health and nutrition scientists.

Five outstanding projects are to be funded in two key DHNC strategic research priority areas including: Metabolic Syndrome and Diabetes, and Muscle Maintenance and Movement.

- Associate Professor Peter Meikle from Baker IDI will lead a project to determine the relationship between dairy food, insulin resistance and the risk of Type 2 Diabetes.
- Dr. Therese O'Sullivan from Edith Cowan University will lead a project establishing whether consumption of regular fat dairy products is associated with lower metabolic syndrome risk in adolescence.
- Professor John Hawley from RMIT University will lead an international team developing the science which establishes the effects of dairy-based high-protein diets and exercise on muscle maintenance and movement.
- Associate Professor Jon Buckley from University of South Australia will lead a team to establish whether increased dairy intake improves muscle mass and strength in older adults.
- Associate Professor Kun Zhu from University of Western Australia will lead a project looking at a 10 year longitudinal study to determine the role of dairy intake on the maintenance of muscle mass, muscle strength and health in older women.

Dr. Ramon Hall, DHNC Nutritionist and Manager said these research projects will help further validate the important role of dairy foods in protecting against the development of diabetes and related conditions and also keeping muscles healthy and strong throughout life.

"Dairy foods are recognised as a core component of a healthy diet and these research projects will help further build the evidence to support these key health targets for the Australian Dairy industry," he said.

The Consortium was formed in 2007 by Gardiner Foundation and its industry partners Bega Cheese/Tatura Milk Industries, Fonterra Australia, Murray Goulburn Co-operative, Lion (previously National Foods), Parmalat Australia, Warrnambool Cheese and Butter Factory, Dairy Australia and Dairy Innovation Australia. The initial investment pool for research was \$12.5 million, including a \$5 million investment by Gardiner matched with dairy manufacturer funding of \$7.5 million. DHNC is managed by Dairy Innovation Australia Limited. The DHNC mission is to increase the value proposition of dairy by demonstrating its nutritional and health benefits.

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