

who provide these grassroots services right up to those who enforce policy and manage the Aboriginal healthcare workers. The book overall is an easy and informative read, with the last chapter highlighting some interesting pieces of work written around the provision of healthcare for Aboriginal people and culminating with the desire to shift forward; the very essence of what Aboriginal people caring for Aboriginal people was meant to create.

I highly recommend this book to anyone who has an interest in the failings of a health care system for those most at need and at the margins, and their carers who are also at the margins – Aboriginal Healthworkers.

Nutrition Promotion: Theories and methods, systems and settings

By Tony Worsley. Published by Allen & Unwin, NSW, 2008. Paperback, 429 pages plus index. ISBN 9781741752410. RRP \$69.95

Reviewed by Christina Pollard, Nutrition Policy Advisor, Food Unit, Environmental Health Directorate, Department of Health in Western Australia

"Nutrition promotion isn't simply educating people about nutrients. It is partly about nutrition, but far more ..."

Developing strategies to improve nutrition is complex, if you are interested in why, and indeed how, then you should read this book. As well as providing readers with a summary of important nutrition issues, it addresses the complexities that lie behind them. This book is about public health and nutrition promotion – an essential and important perspective that should be considered by all public health and health promotion practitioners. The book is not about nutrients or specific foods and does not attempt to give specifics about dietary intakes.

The author has applied theory to the study of nutrition and its promotion for many years and shares his insights in this book. Reading the book is like sitting with Professor Worsley as he shares his deep understanding of nutrition through insights into theoretical perspectives and provides practical applications to demonstrate concepts. After reading about the historical or theoretical perspective on a topic, explanations are often followed with *"a good example of this is ..."* The writing style is chatty and dense (with terminology, theories, examples and explanations). Sometimes this means that sections require re-reading as you contemplate what was said. Australian

and international perspectives are provided and all of the important topical issues are touched on.

The historical perspective is described in each topic area, leading to a deeper understanding of how we got to the where we are now, what the issues are and how we might begin to address them. Each chapter and topic discussed has relevant theoretical and practical peer-reviewed references as well as contemporary websites to enable the reader to explore further. The tables and figures in text provide a 'to the point' summary of what is being discussed with appropriate references. The discussion questions at the end of each chapter challenge the reader to take their understanding to the next level.

Nutrition Promotion is an essential read for nutrition and health promotion students or anyone interested in nutrition promotion.

Often as health promotion practitioners we are busy 'doing' with little time to sit back and process why things are the way they are. We come face-to-face with the barriers to improving nutrition every day. This book helps us take a step back and consider the bigger issues that influence what we do. Most importantly, I enjoyed reading this book and learnt a lot along the way.