

We hope that this leaflet will provide you with information about Lifestyle & Dietetics. If you are not sure about anything in this leaflet, please ask a member of staff.

## Where do Dietitians work?

Dietitians work within multi professional teams, and we have one within the practice that we can refer into if you need support with your nutrition and lifestyle.



## What is nutrition and dietetics?

The food you eat everyday plays a huge role in how you feel, mentally and physically. Food is not only a source of energy and nutrients, needed for you to carry out your day to day activities; it's also a source of enjoyment and comfort and of celebration and community. However, there may come a time when you develop a condition or lifestyle where you need to make changes to the food you eat to ensure you remain healthy.

Dietitians work with both healthy and sick people, providing assessments, support and management for a wide range of nutritional problems. Your Dietitian will work closely with you to enable you to make appropriate lifestyle and food choices to support your mental and physical health.



In order to best support you, your Dietitian will:

- Get to know your current medical history and any active conditions you may have
- Work with you to obtain a detailed background of your food habits, likes and dislikes
- Develop an understanding of how food fits into your life and your budget
- Learn more about your lifestyle, including your activity levels and hobbies
- Assess your nutrition related abilities and skills (cooking ability, access to shops)
- Assess your motivation and ability/readiness to change
- Work with you to develop an action plan that you feel is achievable and motivating

## Why do I need a Dietitian?

You may wish to see a Dietitian for support in any of the following areas: (these are just examples, there are many areas a Dietitian can help).

### Weight management

- If you're underweight and struggling to gain weight
- Maintaining a healthy weight to support your overall health or management of a medical condition
- Support and advice for healthy and sustainable weight loss if you're overweight
- Support in weight management ahead of surgery (for example, a knee/hip replacement).

### Medical conditions

- If you've been diagnosed as pre-diabetic or as having diabetes
- If you have high cholesterol or high triglycerides
- If you have a chronic disease that may benefit from nutritional support (heart disease, COPD)
- For support in managing conditions such as irritable bowel syndrome (IBS), fibromyalgia or menopause



A Dietitian can also support you in making sustainable changes to your habits and lifestyle and improve your relationship with food to ensure you have optimal physical and mental wellbeing.

## What are the benefits of seeing a Dietitian?

It's important to feel positive towards the food choices you make each and every day, but sometimes you may feel you need some support and guidance to get to this point. A Dietitian can help you achieve this by not only giving you the appropriate advice, but also educating you and explaining the reasons why these changes are important and beneficial. Each action plan and set of goals you create with a Dietitian will be completely personalised and tailored to you and your needs, with you in control of what you decide to focus on.



Receiving dietetic support can empower you to become an expert in your own nutritional health, enabling you to self-manage your conditions and work towards achieving positive mental and physical wellbeing.

### How can I access the Dietitian?

You can be referred to our Dietitian by your GP or a health professional you are already working with.

Your GP or health professional may feel you would benefit from dietetic input and ask if you would like to be referred. Once our Dietitian receives the referral, you will receive a phone call from them within 2 weeks offering an initial appointment.

Depending on identified needs and your own goals, together you will create goals and an action plan, and the Dietitian will work with you on these over a course of appointments.

### Who am I:



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[www.hcpc-uk.org](http://www.hcpc-uk.org)



Is a Primary Care Network made up of the following GP Practices

