

## Who can refer a client to the Rural Allied Health Dietitian?

- Client/ caregiver
- Medical Practitioners, other Health Care Professionals

Clients who are eligible for a dietetics service from another agency (e.g. Medicare, DVA) are not eligible for the Rural Allied Health Dietitian.



**Go for 2&5**  
FRUIT VEG

## How else can the Rural Allied Health Dietitian help you?

The Dietitian can:

- Provide talks to local schools and other community groups. Eg: arthritis group, diabetes support group, kindergarten & day-care facilities.
- Educate the community through workshops, shopping tours etc.
- Plan and conduct nutrition education programs for the community e.g. *Lighten Up*



**For further information or referrals contact:**

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Rural Allied Health Team  
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Queensland  
Government  
Queensland Health

## Sunshine Coast - Wide Bay Health Service District



## Rural Allied Health Dietitian

Servicing:  
Biggenden  
Gayndah  
Mundubbera  
Eidsvold  
Monto

health • care • people

## What is a Dietitian?

The Rural Allied Health Dietitian is a nutrition resource for the whole community.

They assist to adapt eating habits by:

- Assessing clients' lifestyle and diet
- Advising about food preparation and intake to manage health problems or to **maximise health**
- Help them to set dietary goals to maintain/improve health
- Arrange appropriate nutritional supplements for clients when needed
- Review clients to ensure their eating habits promote optimum health.
- Encouraging healthy eating.
- Promoting healthy weight and physical activity.
- Enhancing the health of mothers, infants and children.



## Dietitians help clients with the following conditions:

- Allergies & Intolerances
- Cardiovascular Health (eg. high blood pressure & elevated cholesterol levels)
- Diabetes
- Gastroenterology – (eg. irritable bowel syndrome & coeliac disease)
- Malnourishment
- Paediatrics – (eg. fussy eating & constipation)
- Oncology
- Weight management

## When should someone see the Dietitian?

Many reasons for referral exist, including when:

- A new medical condition has been diagnosed and new dietary goals are needed to deal with it.
- An old condition has worsened and clients need to review their dietary needs

