

DietitiansdoPrevention 



All dietitians are prevention experts
although the work they do may go by a different name



Recovery and Mental Health: Diet and nutrition can play a key role in both preventing and managing mental ill health. Good nutrition and hydration can also help aid recovery and prevent relapse.



Rehab and Reablement: Dietitians provide support and advice to people who have been unwell eg. after an operation or having a stroke. Support from a dietitian can provide symptom relief, reduce risks of further illness and prevent readmission to hospital.



Public Health and Primary Prevention: Good nutrition and hydration is fundamental to good health. Dietitians help the public to stay healthy and prevent illness and diet related conditions such as malnutrition or obesity.



Optimising Health and Secondary Prevention: For people who have a long term health condition, like diabetes or dementia, support from a dietitian can provide symptom relief, prevent complications and optimise quality of life.



Healthy Conversations and Making Every Contact Count: Dietitians don't just discuss diet and nutrition when they do prevention. They discuss related issues that impact on health like exercise, smoking and social factors. Dietitians signpost people to where they can access further help for these non-dietary issues.

Find out more at bda.uk.com/dietitiansweek