

Our Trust a Dietitian Campaign needs your help!

Food and nutrition is part of everyday life. Most of us in this country take it for granted. We also know that what we eat affects our health no matter what age we are and no matter whether we are well or have a disease or condition such as cancer, diabetes, irritable bowel syndrome, or another. We are surrounded by information about food and nutrition but often we need help to make the right food choices to maximise our health and know what's fact or fiction.

That's when a dietitian can help.

Dietitians are the only qualified health professionals that assess, diagnose and treat dietary and nutritional problems at an individual and wider public-health level. They work with both healthy and sick people. Uniquely, dietitians use the most up-to-date public health and scientific research on food, health and disease which they translate into practical guidance to enable people to make appropriate lifestyle and food choices

Dietitians are the only nutrition professionals to be regulated by law and have an ethical code of conduct similar to doctors. This means that you, as patients/clients, are protected and can be assured that you will get the latest credible evidence-based information. You can trust a dietitian to know about nutrition!



The wave of cuts in healthcare spending means that health services are at increasing risk of being axed!

If your dietetic service was axed or cut in any way this could mean:

- Longer waiting times to see a dietitian
- Vulnerable patients becoming unnecessarily malnourished (you may have thought that malnutrition only happens in parts of Africa but it is happening throughout the UK today)
- Less help to ease your symptoms
- Less help to control your medical condition e.g. diabetes, coeliac disease and many others
- Unnecessary admission to hospital
- Unnecessarily prolonged stays in hospital

“Has a dietitian helped you to significantly improve the quality of your life?”

“Do you value the dietetic service that you have experienced?”

“Do you think it is important for you, your child or elderly relative to see a dietitian?”

“Do you want your local dietetic service to be secured for the future?”

If you have answered yes to the above questions then you can help us!

How can YOU help?

To help our 'Trust a Dietitian' campaign you could:

- ✎ Write to your MP and explain how the dietitian helped you to significantly improve the quality of your life. Don't forget to add that you are worried about this service being cut and how this would affect you
- ✎ Write to the Chief executive of the Trust that employs the dietitians – this could be a hospital or community Trust. Explain how the dietitian helped you to significantly improve the quality of your life and add that you are worried about this service being cut
- ✎ Tell your local dietitians that you have been happy with the service – they may use your story to support their cause within their Trust or in the local press or radio
- ✎ If you have been directly affected by a cut to the dietetic service then talk to the press and your MP

Talk to us! Please let us know if you have done something to help this campaign.

**You can email us on:
trustadietitian@bda.uk.com
or telephone us on
0121 200 8080.**

Want to know more about diet and nutrition?

If you want to know anything about food and nutrition please visit our website for reliable, credible, evidence-based information: www.bda.uk.com

We can help you to make sense of the often confusing and conflicting information about food and nutrition that you may hear about and read about in the media.

Don't forget to 'trust a dietitian to know about nutrition' - insist that you see a Registered Dietitian!

Thank you!

Thank you for sharing your story and taking action to support out Trust a Dietitian campaign.

With your help we can support and protect local dietetic services ensuring that you, your family and friends can benefit from them now and in the future.

The British Dietetic Association, founded in 1936, is the professional association for dietitians in Great Britain and Northern Ireland. It is the nation's largest organisation of food and nutrition professionals with over 8,000 members. The BDA is also an active trade union. To find out more about other areas of work that dietitians are involved in please visit:

www.bda.uk.com

Try our:

Food Fact Sheets: these give information about foods and also about medical conditions - available on the website.

Why not follow the BDA:



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