



Dietitians – need a new image

Shannyn McDevitt & Lisa McCarthy – Western Health Dietitians

Who are we?

- Dietitians
- Western Health
- Work in the community setting – outpatients, home visits, community groups
- Melton and Moorabool shires – Bacchus Marsh, Melton, Caroline Springs

What we do:

- Assess individual nutritional needs
- Develop personalised eating plans that consider medical conditions and personal circumstances
- Provide information on healthy eating, shopping for food, eating out and preparing food at home
- We run groups including cooking groups, supermarket tours, nutrition information sessions

People see dietitians for a range of reasons:

- General healthy eating
- Diabetes
- Cholesterol and heart health
- Weight management support (overweight or underweight)
- Poor appetite
- Digestive health such as irritable bowel syndrome (IBS) or coeliac disease
- Nutrient deficiencies
- Nutrition relating to a disability or mental health condition

Our Wicked Problem

- Dietitians may be seen as the ‘food police’
- Telling people what they can’t eat
- Restricting

What we actually do:

- Support and motivate
- Understand that making change can be difficult
- Provide ideas and suggestions that will fit into your lifestyle
- Aim for small achievable goals
- Take into consideration working hours, who else lives in the house, cooking skills, financial restraints
- Discuss meal ideas and meal planning
- Regular follow up

Help us with ideas to improve our image and referrals:

- Social media
- Presenting to community groups and at events
- Word of mouth



Current referral process

If you are under 65:

- Phone our intake team on: 9747 7609
- Request a referral from your doctor

If you are over 65:

- You need an assessment by My Aged Care: 1800 200 422. Let them know you wish to see a dietitian.
- If you have been assessed by My Aged Care you can have dietetics added to your plan, contact My Aged Care to do this

Western Health

Thank you

