

## Do you have diabetes and have any concerns or questions about food?

The GP surgery has its own specialist diabetes service that includes a dietitian. They are available to answer any questions or concerns you might have about food, drink or lifestyle as well as medications. It does not matter how small or silly you might think the questions are as it's always better to know the correct answer.

To access the service, contact your GP surgery and ask to speak to the diabetes dietitian. They will arrange for the dietitian to contact you.

## What is a dietitian?

Qualified to degree level as a minimum, dietitians are the only nutrition healthcare professionals legally regulated by the HCPC. Dietitians use the latest public health and scientific research on food, health and disease, which they translate into practical guidance. They work alongside diabetes specialist nurses, practice nurses and GPs. Dietitians have a key role in reducing diabetes distress, and building knowledge, skills and confidence in self-management of diabetes.

## A dietitian's assessment can include...



### Ability

Using counselling techniques such as motivational interviewing to support behaviour change.

### Wellbeing

Supporting people to maintain or regain a healthy relationship with food. Around 25% of people with type 2 diabetes have experienced disordered eating behaviours.

### Guidelines

Staying up to date with the latest evidence and guidelines in clinical nutrition to ensure the individualised therapeutic diet is safe and appropriate.