

DIETITIANS

Role in

PUBLIC HEALTH



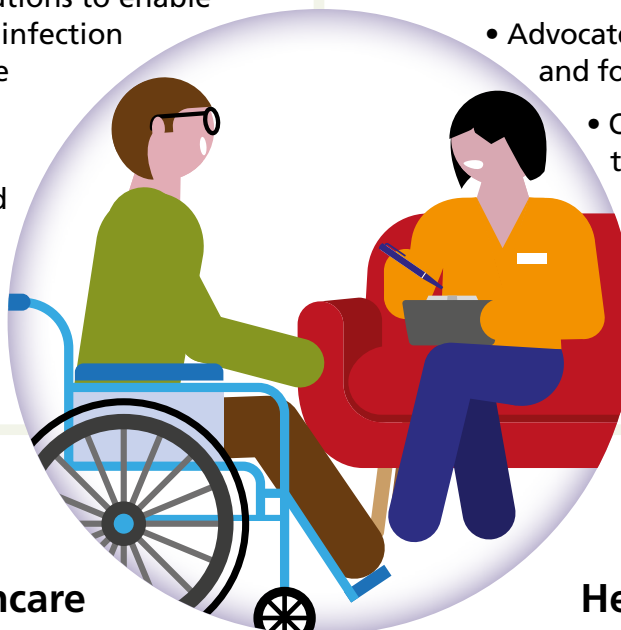
Health Protection

- Address food hygiene, allergy/intolerance & sustainability issues for Nutrition & Dietetic aspects of catering services
- Support open conversations to enable informed decisions on infection prevention and vaccine hesitancy
- Promote, provide & update evidence-based dietetic practice to help prevent diet-related disease



Wider Determinants

- Support those experiencing food/fuel insecurity & reduce barriers to accessing or cooking healthy food to target health inequalities
- Advocate sustainable food systems and food-related waste reduction
- Optimise nutritional status throughout the life-course
- Provide tailored sustainable food, nutrition & hydration policies for those in care/cared for



Population Healthcare

- Conduct appropriate needs assessments and use community participation to plan, implement & evaluate co-developed interventions, mostly targeting vulnerable groups
- Provide & evaluate tailored advice across the life-course in diverse settings & communities
- Enhance health & wellbeing in social care settings & train staff to manage food, nutrition, hydration & sustainability



Health Improvement

- Making Every Contact Count (MECC) to improve awareness & engagement in healthy diet & lifestyle initiatives
- Promote health and wellbeing in particular population groups, update resources and advocate national policy improvements
- Reduce stigma & encourage the use of social and psychological support services to enhance physical health, mental wellbeing and appropriate food and nutrient intakes



Examples of settings

We work across the life course, in a wide range of settings, at individual to population level.

