



<h2>Dietitian</h2>	
Summary of Service	<p>The Nutrition and Dietetic Service for Central PHO focuses on clients with long term conditions within the Tararua, Horowhenua, Otaki and Manawatu community.</p> <p>We provide a free service for individuals who fit our criteria as detailed below.</p> <p>We can provide clinic 1:1 sessions (held either in our local health centres, GP surgeries or other community venues), home visit 1:1 sessions, specialised group sessions and Marae visits. We are also involved with health promotion events within the community.</p>
Criteria for Referral	<p>Our referral criteria is based on long term conditions which include the following:</p> <p>Diabetes: All T2DM with a HbA1c of >53mmol/l, including those established on insulin Pre- diabetes HbA1c 41-49mmol/l Post GDM weight management</p> <p>CVD: CVD risk >20% Cholesterol >4mmol/l Blood pressure >130/80mm Hg</p> <p>Obesity: (adults) Overweight BMI 25-29.9kg/m² with co-morbidities Obesity BMI >30kg/m² with or without co-morbidities</p> <p>Obesity: (child) With no co-morbidities</p> <p>COPD: Underweight BMI <18.5kg/m² with unintentional weight loss of 5% in 1 month Overweight BMI >25kg/m²</p> <p>Cancer: Underweight BMI <18.5kg/m² Or significant weight loss of 5% in 1 month</p> <p>Renal Failure: Stages 1-3 eGFR 30-60</p> <p>Mental Health: Diagnosed with mild to moderate mental health condition and would benefit from dietetic input</p> <p>Priorities will be given to the Maori and Pacific population with the above conditions and also those on a low income.</p>