



Wales Board of the British Dietetic Association

Dietitians in Wales Call to Action

Food and nutrition is part of everyday life. Dietitians support people to make food choices throughout life that will maximise their health.

They provide evidence-based nutrition and dietary advice and guidance to the public, healthcare professionals and managers, local councils, industry, academic institutions and the media.

Dietitians are the only nutrition professionals to be regulated by law. This means people are protected and can be assured that they will get the latest credible evidence-based information.

You can trust a dietitian to know about nutrition.

Dietitians call on Welsh Government to:

- 1 Ensure that people in Wales can consume a healthy and sustainable diet no matter what their background and circumstances.
- 2 Recognise that good nutrition from an early age is essential for prevention of obesity, diabetes and other chronic conditions.
- 3 Ensure that everyone living with a chronic condition has access to dietetic support so that they can manage their condition and be independent as long as possible.
- 4 Recognise dietitians as key leaders and professionals in supporting public bodies to meet the seven goals outlined in the *Wellbeing of Future Generations Act (Wales) 2015*.

How can we make this happen?

1 Ensure that people in Wales can consume a healthy and sustainable diet no matter what their background and circumstances.

- Empower people to develop the knowledge and skills to buy, prepare and cook healthy, affordable, sustainable food for themselves and their families particularly in the most disadvantaged communities.
- Ensure the best use of dietetic expertise by training health, social care, public and third sector organisations to promote healthy eating.
- Ensure that good quality food is provided in all public sector establishments including early years, schools and care setting for older adults in line with national standards.

2 Recognise that good nutrition from an early age is essential for prevention of obesity, diabetes and other chronic conditions.

- Empower parents and carers to give children the best start in life through dietetic provision of evidence based nutrition messages about the importance of and ways to establish healthy eating for life.
- Guarantee the provision of Healthy Start vitamins to all children under the age of five.
- Ensure children and young people can make healthy food choices by providing evidence based nutrition messages and opportunities to develop practical food skills throughout all stages of the national curriculum.

3 Ensure that everyone living with a chronic condition has access to dietetic support so that they can manage their condition and be independent as long as possible.

- Ensure that children and young people who are overweight or obese and their families can access evidence based weight management services, that utilises dietetic expertise, and meets their needs.
- Utilise dietetic expertise to assess, treat and educate (individually or in groups) people with chronic conditions in a timely manner so that they can make long term behaviour changes to improve their quality of life.
- Ensure best use of dietetic expertise to work collaboratively with others to promote optimum nutrition and care for older people in the community, reducing the risk of malnutrition and unplanned hospital admission.

4 Recognise dietitians as key leaders and professionals in supporting and empowering public bodies to meet the seven goals outlined in the *Wellbeing of Future Generations Act (Wales) 2015*.

- Commit to building dietetic capacity to work with people and communities to reduce inequalities in health.
- Ensure the food environment in Wales is sustainable and health promoting.
- Ensure dietetic expertise is integrated into public sector procurement.

For further information about our calls to action and to learn more about the impact of dietetic services, please contact Joanna Instone, Policy Officer, British Dietetic Association e-mail: j.Instone@bda.uk.com