

Weight Management

The role of the dietitian

Weight gain can lead to poor health. Poor health outcomes include chronic diseases such as heart disease, type 2 diabetes, some cancers, sleep apnoea and breathing problems, and stroke.

Poor health outcomes

People living with disability are at higher risk of weight gain. They can find it more difficult to eat healthy food, control their weight and be physically active.

This might be due to:

- Poor understanding of healthy food choices
- Impaired cognition causing unrestrained eating
- Medications that can contribute to weight gain and changes in appetite
- Physical limitations such as spending more time in bed or in a wheelchair, which can reduce a person's ability to exercise
- Pain
- Brain changes which reduce motivation and planning
- Barriers to physical activity, such as a lack of understanding how, what type and where to exercise safely. Our exercise physiologists can help.



The role of the dietitian

The dietitian's role in weight management is to:

- Prescribe you a healthy meal plan
- Coach you on healthier food choices
- Help you to make behavioural changes which result in long-term success
- Help educate you and separate fact from fiction
- Help you understand how much you need to eat based on your physical activity
- Show you how to make healthy recipes
- Help you with supermarket shopping
- Educate family members and carers.



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