

Dietitians' role in the Prevention & Management of Diabetes

Considerable body of evidence that dietary advice plays an important role in the successful management of various medical conditions, including DIABETES

- 1. Evidence-based nutrition guidelines for the prevention and management of diabetes (May 2011)*
- 2. Nutrition Recommendations and Interventions for Diabetes
A position statement of the American Diabetes Association (2008)*
- 3. National Institute for Health and Clinical Excellence (NICE, 2013)*

Position Paper on the Role of the Dietitian
in the Prevention and Management of Gestational and
Type 2 Diabetes (EFAD, 2012)

The role of nutrition and dietetics.

Dietetics focuses on the nutritional requirements of individuals and how these may best be met.

A dietitian is a person with a qualification in Nutrition & Dietetics recognized by national authority(s). The dietitian applies the science of nutrition to the feeding and education of groups of people and individuals in health and disease.

*The dietitian is considered a central role
in the diabetes team*

Current Dietetics Service

The nutrition and dietetic service in Malta & Gozo is under developed if compared to other EU countries

→ 3.5 FTE

→ Diabetes alone ca 0.5 FTE

Recent data from the European Federation of the Association of Dietitians shows that dietitian staffing ratio is at an average of **15 per 100,000** population size (EFAD, 2013).

*Currently Waiting List for people with diabetes to see dietitian - >1 year!

*No time is allocated to research or audit and data systems only record face to face contact with little or no outcome information collected. The small number of dietitians in profession has also made difficult student training, thus affecting recruitment.

**NUTRITION AND DIETETIC
SERVICES STRATEGY
2010-2020**

November 2009

*Compiled for Health Workforce Team (NHWT)
within the Healthcare Services Division*

Strategic Objectives

- 1. Develop a workforce for the future**
- 2. Further develop the profession as an expert resource across all the Maltese Islands**
- 3. Develop an effective response to government targets on nutritional issues such as obesity and diabetes**
- 4. Develop a modern, equitable and responsive dietetic workforce**

Cost-benefit analysis of dietary treatment

“Treatment by the dietitian has various social benefits. The health of the patient (and his family) improves, such that costs of health care can be avoided and the production of the patient increases.

*The treatment of patients with obesity and obesity-related diseases (e.g. Diabetes) creates social benefits of **€ 0.4 to € 1.9 billion over a period of five years.***

*For every **€ 1** spend on dietary counselling of these patients, society gets*
***a net € 14 to € 63** in return:*
***€ 56** in terms of improved health,*
***€ 3** net savings in total health care costs and*
***€ 4** in terms of productivity gains.”*

Amsterdam, November 2012

Commissioned by the Dutch Association of Dietitians (Nederlandse Vereniging van Diëtisten) Marloes Lammers, Lucy Kok

Summary & Conclusions

IMPLEMENTATION of the Nutrition & Dietetic Services Strategy

Thank You

Dr Mario Caruana, 03/06/2014