

Primary Care Referrals to Auckland-Wide Dietitians (User Pays)

For all referrals:

1. Please state that you are referring to the Dietitians.
2. Please include: medical history, medications, current weight, height & BMI, well weight / recent weight changes (incl. time frame), appetite, social support and relevant biochemistry.

	University of Auckland >16yrs	Massey University	ACTIVEating Clinic >1yr	Private Practice Dietitians
Details	<p>Nutrition & Dietetic Clinic with a Student Dietitian, under supervision of a NZ Registered Dietitian;</p> <ul style="list-style-type: none"> • Healthy eating • High cholesterol / CVD • Type 2 diabetes • Weight management • Coeliac disease • Nutrition after cancer treatment • IBS (stage 1 only) • Nutrition for pregnancy or breastfeeding • Early stage kidney disease • Poor appetite <p><i>Free Parking</i></p>	<p>Nutrition & Dietetic Centre provides advice for children and adults;</p> <ul style="list-style-type: none"> • Specific health issues e.g. IBS, CVD, Diabetes, Food allergies and intolerances • Weight management • Women’s health e.g. menopause, PCOS, pregnancy • Men’s health • Vegetarian and vegan diets • Sports nutrition • Early years nutrition and starting solids <p><i>Free Parking</i></p>	<p>Advancing Children Therapeutically In Variety Eating – Massey University</p> <p>Criteria include: cognitive/developmental status adequate to allow a response to behaviour therapy (greater than 12 month age equivalent)</p> <p>The ACTIVEating team will assess and treat feeding and nutritional issues in infancy and childhood e.g. highly selective eating or rejection of foods, using sensory exposure. NB a waitlist is in place.</p> <p><i>Free Parking</i></p>	<p>If you do not qualify to see a publicly funded Dietitian at ACH or GCC, there are dietitians working in Private Practice and with some Primary Care GPs and nurses.</p> <p>Some GPs have access to a subsidised Dietitian and some medical insurance schemes will refund part of the fees.</p>
Cost	<p>\$10 - Health professional referral \$50 - Self-referral</p>	<p>\$60 student-led / dietitian supervising \$160 dietitian-led / student observing \$250 dietitian at the Allergy clinic</p>	<p>\$35 per session (8-12 sessions) \$22 with Community Service card Food Fee (one off payment): \$120</p>	<p>\$130 - \$250* / 60min consultation F/up: price varies *May be funding from some insurance (conditions apply)</p>
Location	Grafton Campus or via telehealth	Albany Campus; Allergy at Grafton	Albany Campus	Across Auckland
Referral	<p>Email: clinics@auckland.ac.nz or phone: 09 923 9909 www.clinics.auckland.ac.nz/en/about/our-services/nutrition-and-dietetic-clinic.html</p>	<p>https://www.massey.ac.nz/massey/learning/colleges/college-of-health/nutrition-and-dietetic-centre/nutrition-and-dietetic-centre_home.cfm</p>	<p>https://www.massey.ac.nz/massey/learning/colleges/college-of-health/school-of-nutrition/pifan/activeeating/activeeating--parent-interest.cfm</p>	<p>www.healthpoint.co.nz/public/other/auckland-dhb-nutrition - scroll to the bottom of the page</p>

Primary Care Referrals to Auckland DHB Dietitians (Funded)

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	Adult Community >16yrs	Diabetes Centre	Starship Community <16yrs
Criteria	<ul style="list-style-type: none"> • Home enteral nutrition (NG, PEG) • Chronic conditions impacting on nutritional status; <ul style="list-style-type: none"> ○ Post-surgical / gastrointestinal ○ Oncology-related ○ Neurological conditions e.g. Parkinson's, MND, stroke ○ Other conditions e.g. COPD, wound healing • Hyperemesis • Diagnosed or at risk of malnutrition <ul style="list-style-type: none"> ○ Decreased intake or difficulty meeting nutritional needs due to chewing or swallowing ○ Increased metabolic/nutritional requirements • Malabsorption, increased nutrient losses, or risk of dehydration 	<ul style="list-style-type: none"> • Type 1 diabetes, including Latent Autoimmune Diabetes of Adulthood, DAFNE courses, and pumps or Continuous Glucose Monitoring Systems • Steroid induced diabetes • Type 2 diabetes with HbA1c >64mmol/mol <u>AND</u> obesity / hypertension / dyslipidaemia • <u>Note:</u> People with newly diagnosed or uncomplicated Type 2 Diabetes will need to be referred to the Diabetes Self-Management Education (DSME) course via Auckland PHO. Visit https://aucklandpho.co.nz/services/dsme/ 	<ul style="list-style-type: none"> • Enteral Tube Feeding • Faltering growth - downward deviation in weight across two or more major centile lines, and/or height and weight two or more centiles apart. • Multiple food allergies or single allergy to milk or wheat (+’ve RAST or skin prick test). • Coeliac Disease - new referrals and when a review is required. • Low FODMAP diet - if recommended by a paediatrician. • Vitamin or mineral deficiency (diagnosed by relevant blood test). • Vegan diet (Vegetarian diet sent information pack only). • NB: Weight management referrals are only accepted from Paediatricians or Starship Community Nursing.
Clinic Location	Greenlane Clinical Centre	Greenlane Clinical Centre, Avondale, Glen Innes, Mt Roskill, Oranga, Carrington, Otahuhu, City central, (Young adult) and Waiheke.	Greenlane Clinical Centre
Referral	communityservices@adhb.govt.nz e-referrals: Allied Health; Dietetics	diabetes@adhb.govt.nz	Starship.Community@adhb.govt.nz e-Referrals: to Paediatric Allied Health – Dietetics (on DEER) or emailed to centralreferrals@adhb.govt.nz

Primary Care Referrals to Auckland-Wide Lifestyle Programmes

Physical Activity Programme > 18 yrs	Pregnancy, babies and toddlers Programme	Diabetes & Nutrition Programme
<p>Green Prescription – Sport Auckland</p> <p>FREE Health and wellness programme for people wanting support and motivation to get active and improve their lifestyles.</p> <p>Green Prescription is delivered in various communities across Auckland including Avondale, Glen Innes, Mt Albert, Mt Roskill, Onehunga and Otahuhu.</p> <p>Sign up at www.sportauckland.co.nz/health-wellness/green-prescription-grx</p>	<p>Healthy Babies Healthy Futures</p> <p>FREE Learn about eating well and being active for pregnant women and families with children 0-4yrs old, alongside Maori, Pacific, Asian and South Asian health providers. Auckland and Waitemata DHB.</p> <p>TextMATCH: A text messaging service offered in Te reo, Chinese, Korean, Japanese and English. Get helpful nutrition & activity tips from pregnancy to 21 months.</p> <p>Workshops: group classes to support mums’ and babies’ health, meal planning, shopping & cooking. Sign up at https://healthybabies.org.nz/</p>	<p>Diabetes Self-Management Education (DSME) – Auckland PHO</p> <p>FREE group-based Living Well With Diabetes Workshop for people with pre/type 2 diabetes. One day session over 6 hours.</p> <p>Sign up at https://aucklandpho.co.nz/services/dsme/.</p>
Physical Activity Programme 5- 17 yrs	Fertility Health & Fitness Programme	Diabetes Health & Fitness Programme >15 yrs
<p>Active Families – Sport Auckland</p> <p>FREE Group activity sessions for children (aged 5-12 years) and their whānau to socialise and engage in sport & physical activity. Children must have at least 1 caregiver/whānau member with them, who is willing to actively participate. Community programmes are run in Glen Innes and Mt Albert.</p> <p>Sign up at https://www.healthpoint.co.nz/community-health-services/community-health/green-prescription-sport-auckland/</p>	<p>Jumpstart Fertility Programme – YMCA</p> <p>Fertility-specific health and fitness 10-week programme for both men and women. Designed for those with fertility issues, having trouble conceiving or just wanting to get in better shape for pregnancy and parenthood.</p> <p>Sign up at https://www.ymcauckland.org.nz/programmes/jumpstart/</p>	<p>Jumpstart Diabetes Programme – YMCA</p> <p>A lifestyle programme that takes a holistic approach to diabetes self-management through active movement, nutritional guidance, health education, family involvement and community. It is offered in 10 YMCAs across Auckland. Cost of \$80 per person for the 10 week programme.</p> <p>Sign up at https://www.ymcauckland.org.nz/programmes/jumpstart/</p>

Primary Care – Extra Nutrition Information

Websites	Free Nutrition Training
<p>Health Navigator NZ – reliable & trustworthy information covering a wide range of health topics; www.healthnavigator.org.nz. Includes nutrition & lifestyle app reviews in the ‘App Library’.</p> <p>Healthy Food Guide Magazine – reliable information & great recipes; www.healthyfood.co.nz</p> <p>Heart Foundation – information & tools, including resources & cookbooks; www.heartfoundation.org.nz</p> <p>My Family Food - easy, fast & affordable meal & snack ideas; http://myfamily.kiwi/foods</p> <p>Nutrition and Activity Hub – supporting information & resources; www.nutritionandactivity.govt.nz</p> <p>Vegetables.co.nz –seasonal availability, cooking methods, recipes & nutrition information; www.vegetables.co.nz</p> <p>Diabetes NZ – information, support networks & recipes; https://diabetes.org.nz</p> <p>Diagnosed single food allergies such as egg or peanut https://www.allergy.org.au/patients/food-allergy</p> <p>Appetite For Life - promotes lifestyle changes that help lose weight slowly, maintain weight loss and feel good throughout the process; www.appetiteforlife.org.nz/10-steps-to-a-healthier-weight</p>	<p>Monash University ‘Food as medicine’ course: 4 hours over 3 weeks https://www.monash.edu/medicine/scs/nutrition/short-courses/food-as-med</p> <p>Lifestyle Medicine: Module 4 / Nutrition: 4 x 1 hour https://nextgenu.org/course/view.php?id=205#section-22</p> <p>Goodfellow Unit: https://www.goodfellowunit.org/ FREE webinars & e-learning for primary health care</p> <p>Early Life Science Programme (online) - Healthy start workforce professional https://www.healthystartprofessional.org.nz/en/our-education-programmes/healthystarteducation.html</p> <p>Toi Tangata Webinars – Focus on Maori approach to health & wellbeing, includes sessions on nutrition and physical activity https://toitangata.co.nz/our-mahi/toi-ako/</p> <p>Massey Early Life Nutrition 2020 webinars e.g. fussy eating, food allergies, body image in motherhood https://www.massey.ac.nz/massey/learning/colleges/college-of-health/school-of-sport-and-exercise/human-nutrition/research/nutrition-symposium/previous-symposium-videos/previous-symposium-videos_home.cfm</p> <p>Live lighter free trainings – talking to patients about weight & health & motivational interviewing https://livelighter.com.au/For-Professionals/Clinical-Health-Professionals</p> <p>MOH weight management course http://learnonline.health.nz/course/view.php?id=48</p> <p>Motivational interviewing 1 hour course https://new-learning.bmj.com/course/10051582</p>