

EBPHA Dietitian Referral Criteria

Community Adult Dietitian

Category	Criteria	Exclusion
Weight Management	<ul style="list-style-type: none"> Adults identified as overweight with co-morbidities related to/affected by their weight. Adults identified as obese. 	<p>Individuals currently accessing secondary service i.e. hospital dietitian for management of acute conditions</p> <p>GIT conditions including IBD with flare, diverticulitis and individuals requiring FODMAP exclusion/challenges.</p>
Diabetes	<ul style="list-style-type: none"> Newly diagnosed Type 2 Diabetes Type 2 diabetes that are uncomplicated and metabolically stable on insulin* Type 2 Diabetes with poor glycaemic control Impaired glucose tolerance / pre-diabetes 	<p>“Uncomplicated” defined as those <u>without</u> the following conditions:</p> <ul style="list-style-type: none"> End stage renal disease with dietary restrictions relating to deranged biochemistry and/or individuals requiring dialysis Diabetes associated with cystic fibrosis, pancreatic diseases or transplant diabetes. <p>*Insulin regimes requiring multiple injections i.e. Basal bolus or pump users.</p>
CVD	<ul style="list-style-type: none"> Individuals with CVD risk assessment of > 15% Individuals requiring diet and lifestyle intervention for high cholesterol 	
Respiratory	<ul style="list-style-type: none"> Individuals that are underweight and/or malnourished as a consequence of chronic respiratory conditions. Individuals with diagnosis of chronic respiratory disease and classified as overweight. 	Individuals already accessing secondary service i.e. hospital dietitian for management of conditions
Whanau	<ul style="list-style-type: none"> Whanau identified as ‘at risk’ (one or more family members with overweight/obesity, diabetes, CVD and/or heart disease) requiring diet and lifestyle intervention Whanau requiring further support around healthy eating and lifestyle intervention 	Individuals already accessing secondary service i.e. hospital dietitian for management of conditions

*Note: Individuals with outside the above listed criteria can be referred on negotiation

Community Maternity, Child and Adolescent Dietitian

Category	Criteria	Exclusion
Infants and Toddlers	<ul style="list-style-type: none"> Infants and toddlers aged from birth to 2 years identified as Overweight or Obese (BMI at or above 85th percentile) 	Individuals currently accessing secondary service i.e. hospital

(Birth-3 years)	<ul style="list-style-type: none"> Families requiring support surrounding introduction of solids and healthy eating 	<p>dietitian for management of acute conditions</p> <p>Infants with faltering growth</p>
Children (3 – 10 years)	<ul style="list-style-type: none"> Children identified as Overweight or Obese (BMI at or above 85th percentile) Children identified at risk of poor nutrition Children identified as high BMI with co-morbidities related to/affected by their weight. 	<p>Children already accessing secondary service i.e. hospital dietitian for management of conditions</p>
Adolescents (10-18 years)	<ul style="list-style-type: none"> Adolescents identified as Overweight or Obese (BMI at or above 85th percentile) Adolescents identified as high BMI with co-morbidities related to/affected by their weight. Adolescents requiring support around healthy eating and lifestyle intervention 	<p>Individuals already accessing secondary service i.e. hospital dietitian for management of conditions</p>
Pregnancy/ Breastfeeding	<ul style="list-style-type: none"> Women classified as overweight with co-morbidities related to/affected by their weight Women classified as overweight and classified as at risk of chronic conditions i.e. family history, high BGLs/lipids etc Women classified as obese Women seeking support surrounding healthy eating for pregnancy and breastfeeding 	<p>Pregnant women already accessing secondary service i.e. hospital dietitian for management of conditions</p>
Whanau	<ul style="list-style-type: none"> Whanau with one or more children identified as high BMI and/or at risk of poor nutrition Whanau identified as 'at risk' (one or more family members with overweight/obesity, diabetes, CVD and/or heart disease) requiring diet and lifestyle intervention Whanau requiring further support around healthy eating and lifestyle intervention 	<p>Individuals already accessing secondary service i.e. hospital dietitian for management of conditions</p>