

BCH Services Guide - Healthy Eating / Dietetics

The dietitians at Ballarat Community Health work within a multidisciplinary team to help people to understand the relationship between food and health. All dietitians employed at Ballarat Community Health are Accredited Practising Dietitians (APDs).

Individual Appointments

During an initial appointment the dietitian will:

- Assess your diet, lifestyle and physical activity levels.
- Provide appropriate information on healthy eating.
- Help you set and reach achievable healthy eating goals.

People see dietitians for a range of reasons including:

- General healthy eating
- Diabetes and prevention of diabetes
- Heart disease, including high cholesterol and high blood pressure
- Achieving and maintaining a healthy weight
- Poor appetite
- Digestive health including constipation and irritable bowel syndrome (IBS)
- Infant feeding
- Fussy eating in children

Individual appointments are offered at Ballarat Community Health's Sebastopol, Cooinda and Lucas sites, as well as outreach services to Smythesdale, Haddon, Rokewood and Bannockburn.

Healthy Lifestyle Programs

Dietitians at Ballarat Community Health facilitate a range of healthy lifestyle programs, including:

Supermarket Tours & Label Reading Workshops

A 90 minute session in either a local supermarket or at a Ballarat Community Health centre where participants can learn how to read food labels to help make it easier to choose healthier options.

Health Promotion

Ballarat Community Health dietitians are also involved in a range of community activities to promote healthy eating and good nutrition in the wider Ballarat region.

Healthy Eating, Activity and Lifestyle (HEAL) Program

HEAL is a lifestyle modification program that enables participants to develop lifelong healthy eating and physical activity behaviours. HEAL consist of 8 weekly group exercise sessions as well as individual consultations pre- and post-program and 5 and 12 month follow-up health consultations.

For more information go to: [HEAL Program](#)

Useful Links

- [Eat for Health](#)
- [Nutrition Australia](#)
- [Nutrition and Diabetes](#)
- [Diabetes Resources Fact Sheets](#)

To find out more about these or other services at Ballarat Community Health drop in to a site near you, or call our central phone number: (03) 5338 4500.

DAFNE - Dose Adjustment for Normal Eating

Education on managing your type 1 diabetes with a focus on the following topics:

- Helps you lead a normal life
- You will be able to eat what you like & when you like
- You will learn about:
 - Carbohydrate estimation (estimate how much you eat)
 - Blood sugar (glucose) testing
 - Changing your insulin dose to suit the food you are eating
- Hypos
- What to do when you are sick
- Exercise and your insulin

Program Information

What is it about?

Managing your type 1 diabetes:
Helps you lead a normal life
You will be able to eat what you like & when you like
You will learn about:
Carbohydrate estimation (estimate how much you eat)
Blood sugar (glucose) testing
Changing your insulin dose to suit the food you are eating
Hypos
What to do when you are sick
Exercise and your insulin

Who is it for?

People with Type 1 Diabetes

Where and when is it held?

Monday, 3 September 2018 to Friday, 7 September 2018

How much time will it take?

5 days – Monday to Friday 9am-5pm
2 programs are run each year

Who provides it?

DAFNE-trained Diabetes Educator, DAFNE-trained Dietitian

How do I get into the program?

You are able to refer yourself, but will require approval to participate from your doctor or specialist endocrinologist.

You will need to be assessed by the group leader before you can join the group.

Phone Ballarat Community Health on 5338 4593 to speak to the Intake Worker

Other Information

This program has come from Europe where it has been used for over 20 years. OzDAFNE research has shown that DAFNE can improve a person's quality of life and reduce stress due to diabetes.



Diabetes Annual Review Clinic

Do you have Diabetes?

If yes, when did you last see a diabetes educator and a dietitian?

As part of a good diabetes care it is important for annual visits. If it has been 12 months or more, you could benefit from attending the Diabetes Annual Review Clinic at Ballarat Community Health.

Booking into the Diabetes Annual Review Clinic gives you the opportunity and convenience to see a diabetes educator, and a dietitian in a single visit to Ballarat Community Health, and ensure all your diabetes indicators are monitored annually.

Program Information

Where and when is it held?

Friday, 15 February 2019 - 9:15am

Dietetics

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Individual Appointments

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Health Promotion

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Useful Links

- [Better Health](#)
- [Market Fresh](#)
- [Nutrition Australia](#)
- [Dairy Australia](#)

Program Information

Where and when is it held?

Friday, 15 February 2019 - 10:00am



Life! Diabetes, Heart Disease & Stroke Prevention

The Life! program is a Victorian lifestyle modification program that helps you reduce your risk of type 2 diabetes and cardiovascular disease.

Ballarat Community Health runs daytime and evening Life! groups throughout the year, and the program is free for most people.

To discuss your diabetes and heart disease risk and eligibility for the Life! Program please contact the Diabetes Australia Life! Team on 13 RISK (13 74 75). They will be able to discuss the group options available to you.

Alternatively go to <https://www.lifeprogram.org.au/about-the-life-program/about-the-program> to check your risk and enquire about upcoming programs in your local area.

Program Information

What is it about?

The Life! program is a Victorian lifestyle modification program that helps you reduce your risk of type 2 diabetes and cardiovascular disease. Each session is run by a qualified health professional and runs for approximately 90 minutes. Your partner or friend can attend the course to provide extra support. You'll also receive a comprehensive participant workbook full of practical information on nutrition and physical activity, goal setting, sleep, stress and lapses.

Who is it for?

To participate in the Life! program, participants must have one or more of the following eligibility criteria:

- 18 years and over and have an AUSDRISK score \geq 12 and a BMI score \geq 25
- 18 years or more and have previously been diagnosed with one or more of the following:
 - cardiovascular disease (including myocardial infarction, angina and angioplasty)
 - gestational diabetes
 - moderate or severe Chronic Kidney Disease
 - familial hypercholesterolemia
 - serum total cholesterol greater than 7.5mmol/L
 - systolic BP of \geq 180mmHg or diastolic BP of \geq 110mmHg
 - impaired glucose tolerance (by FPG, OGTT or HbA1c)
 - polycystic ovary syndrome
- 45 years or more, or 35 years or more for those of Aboriginal and/or Torres Strait Islander descent, and have an Absolute Risk score of \geq 10% when referred by a GP clinic

Where and when is it held?

Wednesday, 14 February 2018 - 1:00pm to Wednesday, 28 March 2018 - 2:30pm

Wednesday, 4 April 2018 - 5:30pm to Wednesday, 16 May 2018 - 7:00pm

Wednesday, 2 May 2018 - 10:00am to Wednesday, 13 June 2018 - 11:30am

Wednesday, 6 June 2018 - 5:30pm to Wednesday, 18 July 2018 - 7:00pm

How much time will it take?

The Life! group course involves a 1 hour one-on-one introductory session and five 90 minute group sessions run across a six month period.

The sessions 1 - 4 occur fortnightly, with session 5 taking place four months later.

Who provides it?

Life-trained facilitators, Dietitian and Exercise Physiologist

How do I get into the program?

Phone Ballarat Community Health on 5338 4593 to speak to the intake worker or contact the Diabetes Australia Life! Team on 13 RISK (13 74 75) for further information.

Other Information

Exclusions

People with diabetes, pregnant women or people who have had an angina diagnosis or angioplasty or myocardial infarction in the last 3 months.

Pathology

All participants need to have diabetes excluded by Fasting Blood Glucose (& OGTT if FBG >5.5mmol/L) in the past 12 months. They also require total cholesterol, HDL cholesterol, LDL cholesterol and triglycerides to have been tested in the past 12 months. Facilitators require copies of pathology.

MEND (Mind, Exercise, Nutrition...Do It!) 7 - 13 years

MEND is a fun, evidence-based, multi-component program that combines physical activity, nutrition education, support and strategies to assist children to become fit and healthy and help them stay that way. [mend_program_7-13yrs_flyer](#)

Program Information

What is it about?

MEND is a fun, evidence-based, multi-component program that combines physical activity, nutrition education, support and strategies to assist children to become fit and healthy and help them stay that way.

Who is it for?

Children aged between 7 to 13 years and their parents or carers. This program is for children who have been identified as above their healthy weight range for their age and height.

Where and when is it held?

Wednesday, 13 February 2019 - 4:45pm

How much time will it take?

2 x 2-hour sessions per week for 10 weeks
Phone for times and dates.

Who provides it?

MEND- trained worker (Dietitian, Exercise Physiologist, Health Promotion worker, Allied Health Assistant).

How do I get into the program?

Phone Ballarat Community Health on 5338 4500 to speak to our MEND Coordinator.