

Dangers of Providing Nutrition Advice to Clients

Recognise the dangers of providing nutrition
advice to clients (SISFFIT025)

Sources of Information for Provision of Healthy Eating

- Eat for Health
- Nutrition Australia
- Food Standards ANZ
- Australian Dietary Guidelines
- Nutrition.gov (USA)
- National Institute of Health (USA)

Australian Dietary Guidelines

- provide information on the types and amounts of foods, food groups and dietary patterns that aim to:
 - promote health and wellbeing
 - reduce the risk of diet-related conditions
 - reduce the risk of chronic disease

Australian Dietary Guidelines

- Five food groups
 - Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties
 - Vegetables and legumes/beans
 - Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans
 - Milk, yoghurt, cheese and/or alternatives, mostly reduced fat
 - Fruit

Australian Dietary Guidelines

- Five Guidelines:
 1. To achieve and maintain a healthy weight, be physically active and choose amounts of nutritious food and drinks to meet your energy needs.
 2. Enjoy a wide variety of nutritious foods from these five food groups every day
 3. Limit intake of foods containing saturated fat, added salt, added sugars and alcohol.
 4. Encourage, support and promote breastfeeding.
 5. Care for your food; prepare and store it safely

Role of Medical & Allied Health Professionals

- Dietician
- Nutritionist
- Diabetes Educator
- Aboriginal Health Worker
- Exercise & Sport Science Practitioners

Role of Medical & Allied Health Professionals

- **Aboriginal Health Worker**
 - Important when acting as communicator and interpreter on behalf of clients and other health workers
 - providing health education to individual clients and health staff

Role of Medical & Allied Health Professionals

- **Exercise Physiologist (EPs)**
 - range of services which include individual and group based lifestyle counselling, self-management support, exercise advice and monitoring of behaviour changes with a view to promoting independent lifestyle management
 - The primary modes of treatment for EPs are behavioural coaching, health education, exercise counselling and physical rehabilitation
 - EPs specialise in exercise prescription including individualised exercise programs, promoting leisure-time and incidental activity, and counselling to reduce sedentary behaviours.

Role of Medical & Allied Health Professionals

- **Nutritionist**

- A Nutritionist will usually have completed a tertiary qualification in any number of fields, including nutrition, food science and public health.
- main role - to help people achieve optimal health by providing information and advice about health and food choices.

Role of Medical & Allied Health Professionals

- **Accredited Practising Dietitians (APDs)**
 - experts in food and nutrition
 - can advise patients on the specific nutritional management of many health conditions such as diabetes, overweight and obesity, cancer, gastro-intestinal diseases, food allergies, etc.
 - qualified to provide medical nutrition therapy or clinical nutrition consultations
 - Sports Dietitian specialises in nutrition for athletes

Role of Medical & Allied Health Professionals

- **Accredited Practising Dietitians (APDs)**
 - Referring clients
 - Significant weight change
 - Failure to meet nutrition needs
 - Recent poor food intake, poor appetite, or difficulty preparing or eating food
 - Changes in medication
 - Periodic review of medical nutrition therapy.

Role of Medical & Allied Health Professionals

- **Diabetes Educator**

- provide support and education for people with diabetes (including gestational diabetes) integrating clinical care, self-management education, skills training and disease specific information
- understand diabetes and make informed lifestyle and treatment choices
- Refer to when
 - Having difficulties reaching treatment targets and management goals such as blood glucose
 - Having frequent or severe episodes of low or high blood glucose levels
 - Lifestyle or life stage changes such as when starting an exercise program, planning to travel or starting school
 - Planning pregnancy, during pregnancy and after delivery

Personal Trainers

What you can do, can't do...

- You can ...
 - Assess eating habits based on Dietary Guidelines
 - Provide practical examples of how to meet the Dietary Guidelines
 - Discuss foods to be included in a healthy diet

Personal Trainers

What you can do, can't do...

- You can't ...
 - Design or disseminate a daily or weekly meal plan with specific foods, unless developed and endorsed by an ADP
 - Nutritional assessment to determine individual nutritional needs and nutritional status and to recommend nutritional intake.
 - Provide advice to clients regarding food allergies or intolerances
 - Provide advice to take a dietary supplement
 - Provide advice to clients to avoid a specific food group.
 - Provide specific dietary advice for people with chronic disease.

Weight Management Code of Practice

- provides a comprehensive guide for the protection of consumers' rights and the conduct of weight management businesses
- Administered by the Weight Management Council Australia Ltd
 - <http://www.weightcouncil.org>

Dangers of Providing Inappropriate Nutrition Advice

- A person could end up in hospital
- Death
- Could result in the client having unexpected weight gain or weight loss.
- Lawsuits

Dangers of Providing Inappropriate Nutrition Advice

- Capati vs. Crunch Fitness (1999)
 - Anne Marie Capati, 37, died from a brain hemorrhage after a physical trainer gave her a list of herbal supplements to take despite knowing that she had high blood pressure that required medication.
 - One product recommended and taken, Thermadrene, contained “20 mg of active ephedra, 150 mg guarana seed, 80 mg caffeine, 75 mg purple willow bark, 60 mg cayenne pepper, and 40 mg ginger root.”

Dangers of Providing Inappropriate Nutrition Advice

- Capati vs. Crunch Fitness (1999)
 - Ephedra, particularly when used in combination with caffeine, has led to thousands of reports of adverse effects
 - The use of these substances by someone with hypertension, particularly when they are taking medication for that condition, is extremely risky.
 - \$320 million lawsuit

Client Groups with Specific Nutritional Needs

- pregnant or lactating women
- very underweight, overweight or obese
- impaired Glucose Tolerance, Impaired Fasting Glucose or strong family history of Type 2 Diabetes
- Type 1 or Type 2 diabetes
- cardiovascular disease, Renal disease or Liver disease
- food allergies and intolerances
- diagnosed with, undergoing treatment for, or recovering from cancer
- frail elderly
- mental illness
- high intensity and high volume exercise or sport

Situations When Referral is Required

- when individuals ask for specific information regarding weight management or indicate interest in more information on weight loss
- when clients have specific questions regarding dieting, diet trends and supplementation
- when clients have specific questions regarding the suitability of participating in an available nutrition program when specific health indicators demonstrate increased health risks after pre-exercise screening and client reporting
- when the client's eating patterns are extreme and not meeting nutritional requirements e.g. removing / limiting inappropriately food groups

Situations When Referral is Required

- when the client may benefit from attending a structured support program
- when the client is having difficulty achieving weight loss goals
- when the client has high intensity or high level training or sports performance requirements
- when the client needs support regarding attitudes to eating and may benefit from additional assistance

Organisational Policies & Procedures - Referrals

- Privacy
- consent
- communication protocols
- records management and security