



Eastern Bay
Primary Health Alliance

Healthy Whānau, Healthy Lives

**Fax Referral to the
MATERNAL, CHILD AND YOUTH COMMUNITY DIETITIAN**

Fax this form to 07 306 2399

You can also refer through Best Practice or if email is preferred, email NHI only to Nikki.Coates@ebpha.org.nz

To: EBPHA

Client Name	Date of Birth	Ethnicity	Gender	NHI (if known)
Client Address				
GP Name and Practice				
Phone (home)				
Mobile				
Email address				

Please select the type of education required:

- Pregnancy and Breastfeeding healthy eating
- High BMI/weight management
- Infant and child healthy eating information (newborn-5years)
- Youth healthy eating information (5-18years)

Any other information: _____

Signed: _____ Date: _____

Referrer: _____ Contact details: _____

Confidentiality: EBPHA provides professional and confidential services. We respect clients' rights under the Health & Disability Code (1996), Privacy Act (1993) and Health Practitioners Competency Act (2003).

For more information please contact Nikki Coates on:

Phone: 07 306 2324 or 021 447 312

Nikki.Coates@ebpha.org.nz

Category	Referral Criteria	Exclusion
Infants and Toddlers (Birth-3 years)	<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) • Families requiring support surrounding introduction of solids and healthy eating 	<p>Individuals currently accessing secondary service i.e. hospital 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>