

# Community Dieticians

To target two groups of obesity patients with a BMI of 30+ (Pregnancy & Impaired Glucose Regulation), and at high risk of co-morbidities (patients who are at risk of developing diabetes with a HbA1c of 42-47)



## Background

- Blaenau Gwent NCNs identified the **high prevalence of obesity** in the borough
- Aspired to **increase the availability of dietetic advice** to the citizens of Blaenau Gwent in line with the national priority of reducing the prevalence of diabetes

## Project aims

- To implement and evaluate a **diabetes prevention** project in partnership with local GPs/ NCN Clinical Lead
- To implement and evaluate a **maternal obesity intervention** in partnership with midwifery
- To **improve local access** to the Adult Weight Management service by expanding referral capacity to Allied Health Care Professional and Community Workers in addition to GPs
- **Save GP time** by having alternative staff refer

## Project outcomes

The project has demonstrated that:  
Maternal Obesity Programme

- **21** new patients
- **3** follow-ups
- **1** post-natal patient was referred on to the standard Adult Weight Management Service

Diabetes Prevention Pilot

- **20** patients attended
- **Good communication** between the Dietician and GP Practices

## What we did...

- Maternal Obesity Clinic established in **partnership with midwifery** in Ysbyty Aneurin Bevan Hospital.
- Employed a **Community Dietician** to improve patient access to the Adult Weight Management Service.
- Adult Weight Management Service had 186 appointment slots for new patients
- Targeted **two groups of patients with obesity**: a BMI of 30+ (Pregnancy & Impaired Glucose Regulation), and at high risk of co-morbidities (patients who are at risk of developing diabetes with a HbA1c of 42-47)
- **Specialised nutrition and lifestyle services** in an area of social deprivation



## Evaluation

The project has demonstrated:

- the **feasibility of integrating** such initiatives into a comprehensive Adult Weight Management Pathway which will consequently improve the health status of patients who access the service in Blaenau Gwent



Dr David Minton  
West Blaenau Gwent  
NCN Clinical Lead