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Bwrdd Cymru  
Welsh Board

## Manifesto



*"Dietitians have an important role in improving people's health and wellbeing at both a policy and practical level"*

***We are calling for your support in delivering on the priority areas identified overleaf***



## Improving Public Health

With rising levels of obesity and diet related preventable conditions, dietitians have a lead role in public health, focusing on food and health policy and implementation.

They work in partnership with other key agencies to achieve the following key targets:

- Developing communities capacity and skills to address nutritional issues
- Creating supportive environments
- Supporting Public Policy

## Supporting Long Term Conditions

Nutrition is the cornerstone of the management of long term conditions such as diabetes, obesity, cardio vascular disease and respiratory conditions.

- Dietitians play a key role in empowering people and supporting self care for the people in Wales through delivery of structured patient education programmes
- Dietitians work in partnership with multi-professional teams across all organisational boundaries supporting a whole systems approach to healthy living.
- Dietitians are unique in that they work across all areas of the care pathway from prevention and community health services through to specialist tertiary services.





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## Preventing and Treating Malnutrition

Malnutrition is a major clinical and public health issue with the wider determinants of health including poverty social isolation and deprivation all exacerbating its incidence. The detrimental effects of malnutrition are associated with an increased risk of morbidity and mortality both in acute and chronic diseases for all age groups.



Dietitians have a key role in establishing partnership working with the multi professional teams to implement a whole systems approach to the management of malnutrition through:

- A robust system of nutritional screening
- Compliance to Nutritional Care Pathway
- Implementation of National and Local policies and standards on Food and Fluid
- Training and education for all staff groups
- Treating service users diagnosed with malnutrition.

## Protecting high quality service provision

Dietitians are proactive and innovative in their response to change. The dietetic workforce is continually developing to support strategic change and meet the demands of its stakeholders.

We can achieve this by working in new ways to maximise effective use of resources and skills, to deliver high quality services, centred around the patient /carer.

For Example:

- Stakeholder engagement
- Service re-design/New models of working
- Skill mix reviews and development of the workforce.



**Dietitians work as influential advisors and key opinion formers in food and health policy**

**Dietitians meet the agreed Health Professions Council standards of training and professional practice**

**Dietitians provide a clear, consistent message by training others**

**Dietitians enable people to make informed, affordable choices about food and health to sustain independent living**



*"Patient and user experience are at the centre of any intervention by a dietitian"*

**Dietitians' intervention empowers patients to make informed choices about their own care**

**Dietitians work in partnership across the public, private and voluntary sector**

**Dietitians are uniquely qualified professionals, who translate the science of nutrition into evidence based practical advice**

Mae dietegwyr yn weithwyr profesiynol gyda chymwysterau unigryw, sy'n trosi gwyddor maeth yn gynghor ymarferol seiliedig ar dystiolaeth

Mae dietegwyr yn gweithio yn gweithio mewn partneriaeth ar draws y sector cyhoeddus, preifat a gwirfoddol

Mae ymyriad yn grymuso cleiton i wneud dewisiadau gwybodus am eu gofal eu hunain

*"Mae profiad cleiton a defnyddwyr yng nghanoel unrhyw ymyriad gan ddietydd"*



Mae dietegwyr yn cyflawni safonau a gytunwyd gan y Cyngor Profesiynau Iechyd ar gyfer hyfforddiant ac ymarfer profesiynol

Mae dietegwyr yn gweithio fel cynghorwyr dylanwadol a ffurfwyr barn allweddol mewn polisi bwyd a iechyd

Mae dietegwyr yn galluogi pobl i wneud dewsiadau a gwybodus a fforddiadwyd am fwyd ac iechyd i gynnal byw annibynnol

Mae dietegwyr yn rhoi neges glir a chyson a drwy hyfforddi eraill



- Mae dietegwyr yn rhagweithiol a blaengar yn eu hymateb i newid. Mae'r gweithlu dieteteg yn gyson yn datblygu i gefnogi newid strategol a diwallu gofynion ei randdeiliaid.
- Medrwn gyflawni hyn drwy weithio mewn ffordd newydd i gynyddu i'r eithaf y defnydd effeithiol o adnoddau a sgiliau, i gyflawni gwasanaethau ansawdd uchel yn canoli o amgylch y claf/gofalwr.
- Er enghraifft:
  - Cyswilt â rhanddeiliaid
  - Ail-ddylunio gwasanaeth/modelau newydd o weithio
  - Adolygiadau cyfuniad sgiliau a datblygu'r gweithlu

## Diogelu darpariaeth gwasanaethau ansawdd uchel

- Mae gan dietegwyr rôl allweddol wrth weithio mewn partneriaeth gyda'r tîmau amli-broffesiwn i weithredu dull gweithredu systemau cyfan at reoli diffyg maeth drwy:
  - System gadarn o sgrinio maeth
  - Cydymffurfiaeth gyda'r Llywbr Gofal Maeth
  - Gweithredu polisiâu a safonau cenedlaethol a lleol ar fwyd a hylifau
  - Hyfforddiant ac addysg ar gyfer pob grŵp staff
  - Trin defnyddwyr gwasanaeth a gafodd ddiagnosis o diffyg maeth



Mae diffyg maeth yn fater clinigol ac iechyd cyhoeddus o bwys gyda phenderfynyddion ehangach iechyd yn cynwys tîd!, unigrwydd cymdeithasol ac amddifadedd oll yn cynyddu nifer yr achosion. Mae effeithiau niweidiol diffyg maeth yn gysylltiedig gyda risg cynyddol o atachusrwydd a marwolaeth mewn aflechydion aciw't ac aflechydion cronig ar gyfer pob grŵp oedran.

## Atal a Thrin Diffyg Maeth



- Mae gan ddietegwyr rôl allweddol mewn grymuso pobl a chefnogi hunanofal ar gyfer pobl Cymru drwy gyflenwi rhaglenni wedi'u strwythuro ar addysg cleifion
- Mae dietegwyr yn gweithio mewn partneriaeth gyda thîman aml-profesiwn ar draws pob ffin sefydliadol gan gefnogi dull gweithredus systemau cyfan at fyw'n iach
- Mae dietegwyr yn unigryw gan eu bod yn gweithio ym mhob maes o'r llwybr gofal o ataliaeth a gwasanaethau iechyd cymunedol hyd at wasanaethau trydyddol arbenigol.

## Cefnogi Cyflyrau Hirdymor

- Datblygu gallu a sgiliau cymunedau i drin materion maeth
- Cefnogi amgylchedd cefnogol
- Cefnogi polisi cyhoeddus

Gyda lefelau cynyddol o ordwra a chyflyrau ataliadwy yn gysylltiedig â diet, mae gan ddietegwyr rôl arweiniol mewn iechyd cyhoeddus, gan ganolbwyntio ar bolisiau bwyd ac iechyd a'u gweithredu. Gweithiant mewn partneriaeth gydag asiantaethau allweddol eraill i gyflawni targedau allweddol dilynol:



## Gwella Iechyd Cyhoeddus

*Galwn am eich cefnogaeth i gyflawni'r meysydd  
blaenoriaeth a ddynodir trosodd*

*"Mae gan ddietegwyr rôl bwysig mewn gwella  
iechyd a lles pobl ar lefel polisi a hefyd ar lefel  
ymafferol"*



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