

# Dietitian and Nutrition Services

## COMMUNITY HEALTH



If you have any English Language difficulties, please ask staff to book an interpreter. From home contact the **free** Telephone Interpreter Services on **03 9605 3056**. Ask staff if this information is available in your preferred language.



**At Eastern Health your nutrition is important to us.** A foundation of good health is essential to your longevity and overall wellbeing. Our Accredited Practising Dietitians will provide a complete nutrition assessment and develop a tailored plan with you, to help you to achieve your nutrition goals.

Nutrition, or healthy eating, has been proven to promote good health and can help reduce the risks of disease. It protects you against many chronic diseases, such as heart disease, diabetes and cancer and is also known to improve these conditions ongoing.

### Healthy eating may help you to:

- Live longer
- Support muscles and body function
- Boost immunity
- Keep skin, teeth and eyes healthy
- Boost mood and cognition
- Strengthen bones
- Improve digestive system function
- Achieve and maintain a healthy weight
- Support brain development
- Support growth across the lifespan including healthy ageing



### Our Community Health Dietitians can help you to:

- Understand healthy eating and optimise nutrition with advice that matches your needs and lifestyle
- Enjoy good nutrition at any age and be healthy at any weight
- Improve nutrition in issues of malnutrition, weight management, low weight and loss of appetite
- Manage adult eating disorders
- Understand diabetes prevention and healthy eating for diabetes
- Keep your heart healthy
- Recover from surgery or restore your health after disease or infection
- Manage other dietary concerns such as food intolerances, nutritional deficiencies, vegan and vegetarian diets
- Understand nutrition in the early years including pregnancy, gestational diabetes, breastfeeding nutrition, first foods and fussy or selective eating in children

Our Eastern Health Community Health dietitians can support you to learn a new approach to good health, and work with you to set realistic goals for achieving improved nutrition and wellbeing. We will help you to understand your appetite signals and manage your dietary intake without judgement. We will also help to progress you towards enjoying a healthy relationship with food, using eating awareness skills and support strategies. Our Eastern Health Community Health dietitians look forward to supporting you to achieve better overall health, nutrition and wellbeing.

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### What are the costs?

- Our services are for low and medium income earners
- Fees are dependent on the service, see below guide
  - Low income \$11 per session
  - Medium income \$17 per session
- The Community Health income ranges are based on the Centrelink Income Test for pensioners

### How to make an appointment:

#### If you are under 65:

Phone: 1300 130 381 Option 4

(Monday to Friday 9.00am – 4.30pm)

E: [communityhealth@easternhealth.org.au](mailto:communityhealth@easternhealth.org.au)

#### If you are over 65:

Please contact My Aged Care and ask for a referral to our dietetic service

Ph. 1800 200 422

[www.myagedcare.gov.au/make-a-referral](http://www.myagedcare.gov.au/make-a-referral)

### Location Details:

#### Healesville Hospital & Yarra Valley Health

377 Maroondah Hwy  
HEALESVILLE 3777

#### Angliss Hospital

Community Rehabilitation Centre  
Cnr Talaskia Road and Edward Street  
UPPER FERNTREE GULLY 3156

#### Upper Yarra Family Centre

2444 Warburton Hwy  
YARRA JUNCTION 3797

#### Maroondah Hospital

(Paediatric Nutrition Services only)  
24 Grey St  
RINGWOOD EAST 3135

All of our locations have some free parking onsite or free 2hr street parking. Please allow extra time to find a car park.

**Please note: Not all dietitian and nutrition services are available at all sites.**

*Due to the high demand for our service, please speak with us about wait times for appointment*

### For Further Information:

Phone: 1300 130 381 Option 4

Monday – Friday 9.00am – 4.30pm

[www.easternhealth.org.au/locations/healesville-hospital-and-yarra-valley-health](http://www.easternhealth.org.au/locations/healesville-hospital-and-yarra-valley-health)

If you have any feedback or suggestions on how to improve this information sheet, please contact [brochure.request@easternhealth.org.au](mailto:brochure.request@easternhealth.org.au)

