

HOW CAN I ACCESS THE SERVICE?

Option 1: Self refer by completing the form available at KEMH reception or downloading from our website.

Option 2: Speak to your healthcare professional about the service and ask for a referral.

We aim to be as inclusive as possible however there are some consideration which may mean it isn't the correct time to seek a referral, see box below.

The service is open to anyone 18 years and who doesn't fall into the exclusion criteria.

There is no cost involved to access the service

EXCLUSION CRITERIA

- Uncontrolled hypertension or heart conditions
- Uncontrolled diabetes
- Severe mental illness
- Diagnosed eating disorder

If any of these apply postpone seeking access to the service at this time.

NUTRITION ADVICE SERVICE

A non-diet and weight inclusive service coaching you to a more peaceful relationship with food, eating and body image.



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WHAT IS A NON-DIET APPROACH?

The non-diet approach is an evidence based approach focused on health not weight and aims to improve quality of life and health without restrictive eating. Non-diet nutrition is a compassionate approach it avoids behaviours used in diet culture such as labelling foods e.g. as “good” or “bad” but rather encourages the notion that all foods fit when we appreciate the nutrients that they can provide to support us. Non-diet approaches use an understanding that motivations for food choice come not just from physical hunger but also our emotional responses, the finances we have and our cultural and family traditions.



BENEFITS OF A NON-DIET APPROACH

1

Weight inclusive, recognises and celebrates diversity in body shapes and sizes

2

Provides a space to discuss food and eating without judgement

3

Utilises approaches such as mindful eating and intuitive eating

4

Takes a holistic view of health and encourages joyful movement as well as social and mental wellbeing

5

Refocuses on responding to internal cues for hunger and fullness

6

Supports improving our self-esteem and body acceptance

