

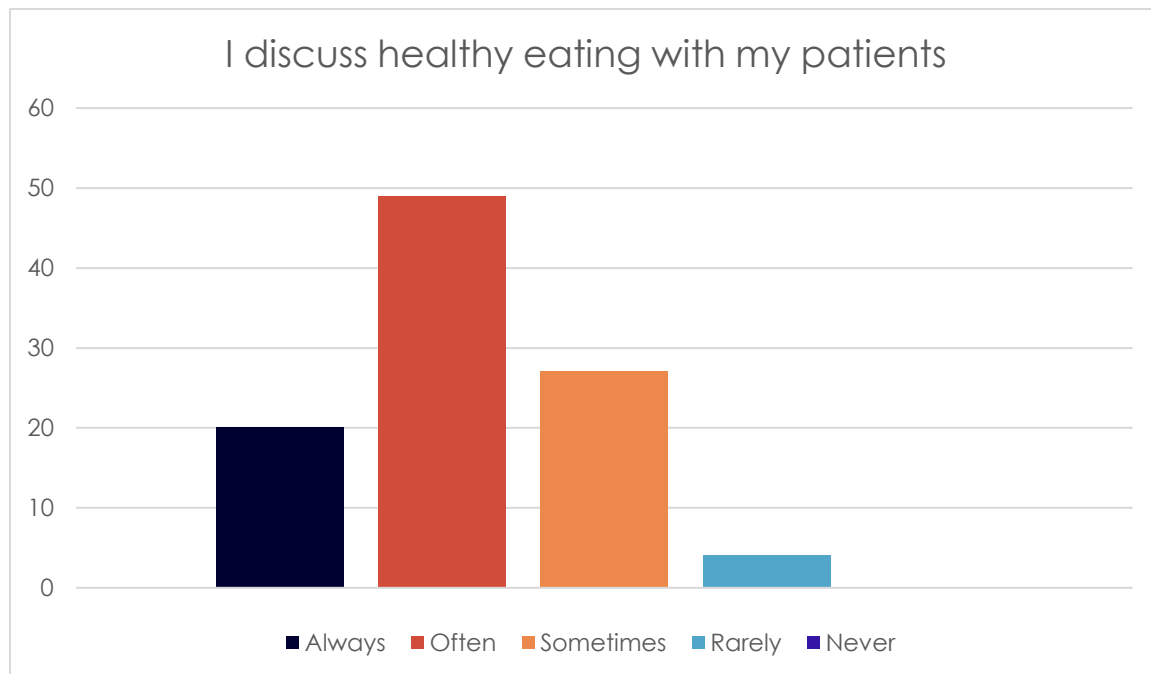
## NUTRITION & LIFESTYLE IN GI DISEASES

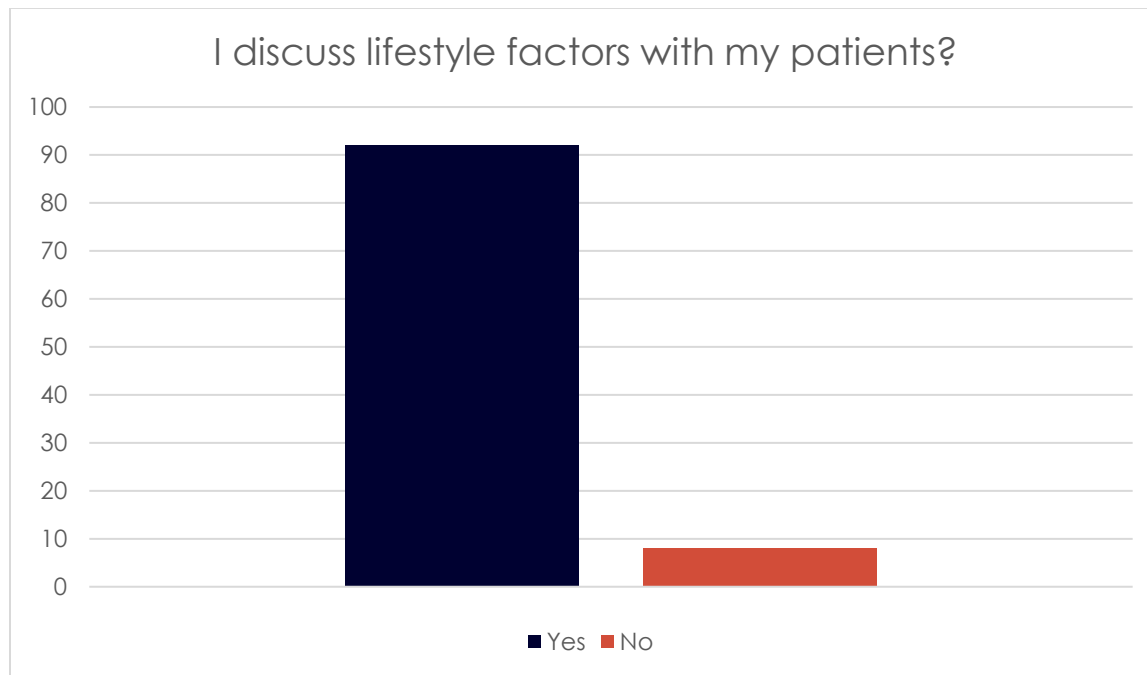
### SURVEY - 51 RESPONDENTS

- 80% gastroenterologist
- 14% fellow
- 2% surgical fellow/surgeon
- 4% other

### HOSPITAL SETTING

- 76% large hospital
- 24% small hospital



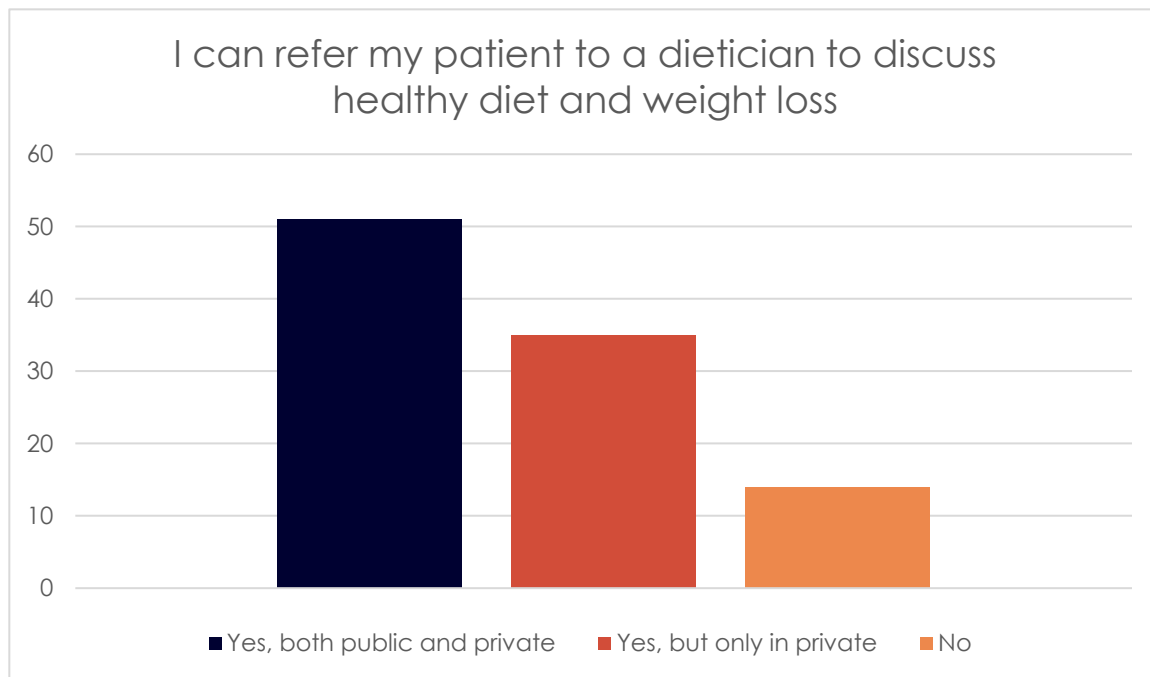


## COMMENTS

- Mostly benefits of exercise and decreasing alcohol consumption
- Only in NAFLD
- Only in IBD and NAFLD
- I discuss exercise
- I discuss exercise, rarely sleep, unless they mention it
- I like to take a holistic view with my patients so cover lifestyle factors in addition to medical aspects
- For NAFLD patients: aiming for 7-10% weigh reduction

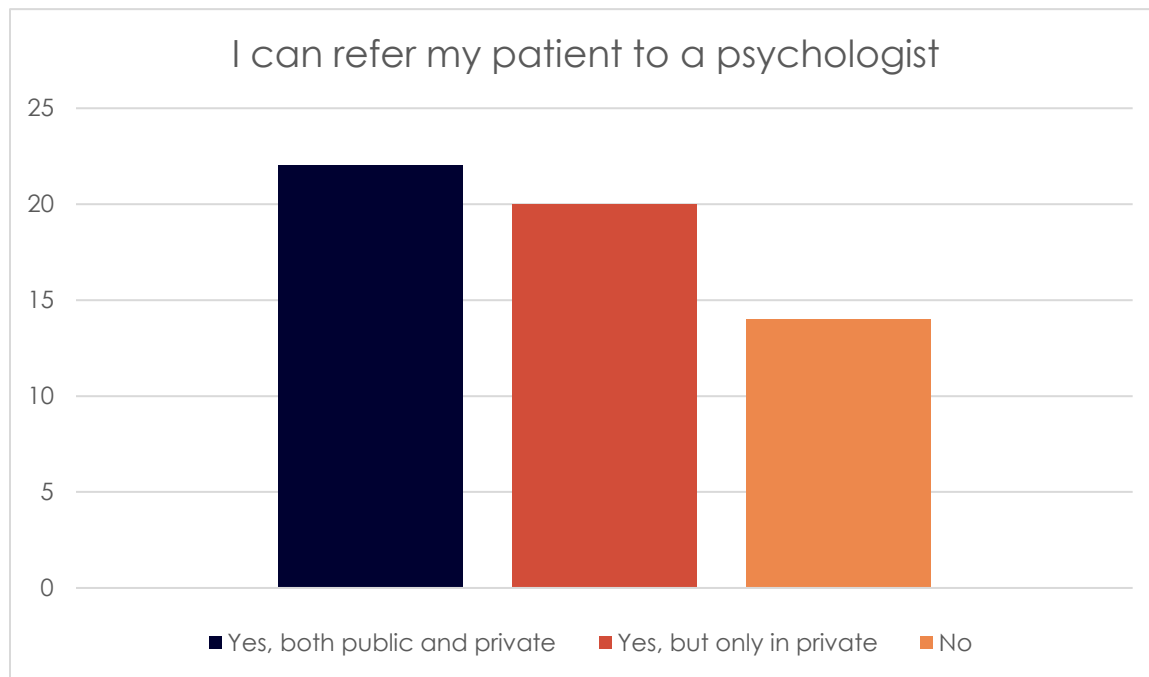
## TOOLS

- Apps: fitness pal, food switch, mindfulness app, nerve app for IBS, FODMAP app, Reveri (hypnosis app), Noom app (for mindful eating, Relaxation exercises, mindfulness and meditation)
- Diets: Gluten free diet, lactose free diet, low FODMAP, Med diet
- Websites: Monash – low FODMAP, NSH healthy plate, IBS4GP, factsheets PCR/M/PlantbasedphysiciansUK, health navigator
- Youtube/Netflix: That Sugar Film
- Puawai kai
- Verbal advices
- Books: the fast 800
- Green prescriptions
- Other: information about healthy at any size, body positivity
- Dietician
- Community groups, for instance, for IBS



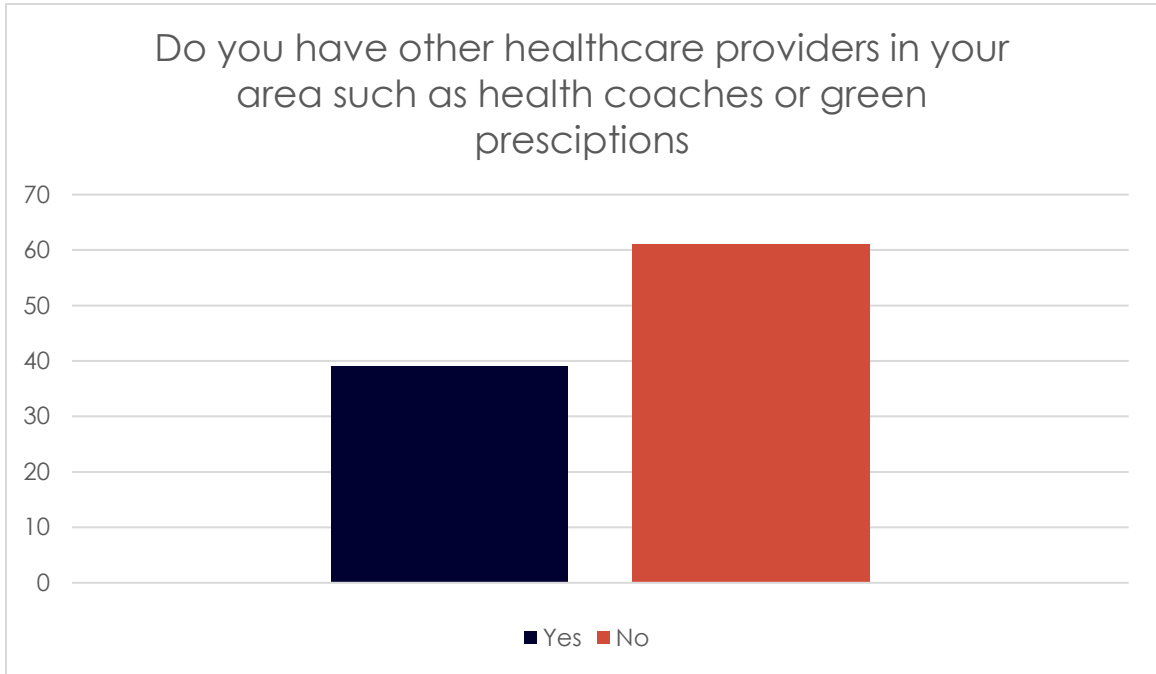
### COMMENT:

- Long waiting times
- Suboptimal efficacy/knowledge (of dietitians)
- Below public threshold, no capacity
- Referral will be declined (only for specific patient groups, like IBD – enteral nutrition)
- Limited availability in public for cirrhosis or IBD patients, not for healthy eating and weight loss
- Patients frustrated with group sessions, prefer individualized advice



**COMMENT:**

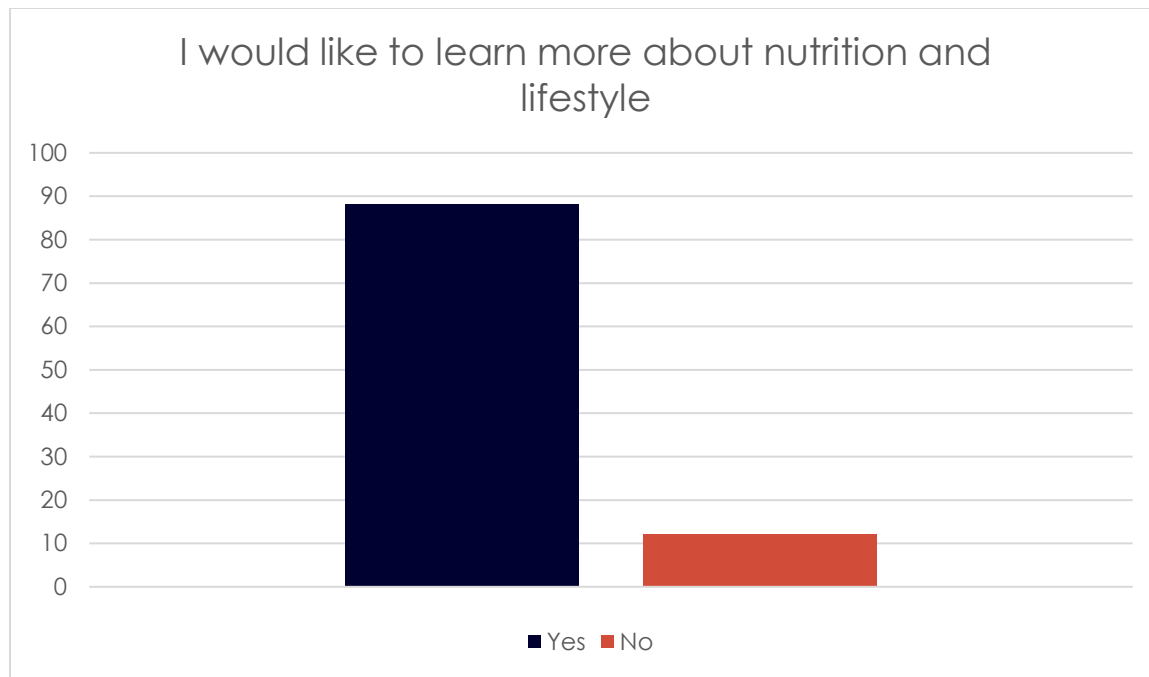
- I ask GP to refer
- Not available in our DHB
- Referrals have often been declined, below threshold
- Not funded



**COMMENT:**

- Green prescriptions, mostly referrals via GP, but often not well utilized)
- Puawai kai – healthy eating programme
- Health coaches available at some GP practices





**COMMENT:**

- Webinars
- Would be great to have up to date education resources

**EMAIL ADDRESSES:**

25 respondents gave email addresses to be part of the NZ Diet and Lifestyle network