



July 22, 2022

Dear Health Care Professional:

Re: Access to pediatric outpatient clinical dietitian services within Eastern Health

Clinical Dietitians are a key interdisciplinary team member with expertise to address nutrition issues, including weight management and improve overall health outcomes for children and adults. To support timely access to this valuable resource we are streamlining individual pediatric weight management appointments.

Our goal is to help provide access to and timely nutrition service for your patients and families. Below are current options for your pediatric patient and their family requiring nutrition service for weight management:

Option 1: **Refer your client to the Janeway Lifestyle Program (JLP).** The Lifestyle team consists of a pediatric endocrinologist, clinical dietitian, social worker, psychologist, physiotherapist, therapeutic recreation specialist, research and policy analyst and administrative assistant. The team works with families whose children (aged 2 to 18 years) have been identified as having risk factors for the development of chronic disease. The program supports families to learn how to live healthy and active lives.

The JLP provides **Local** (Eastern Health Regional Authority) as well as **Traveling Clinics** (all regional health authorities - Central, Western and Labrador-Grenfell).

To access this service, please call their office at **777-4387** or email Lifestyle.Program@easternhealth.ca or complete the [JLP referral form](#).

Note: This service provides team intervention and not just intervention from a single discipline.

Option 2: **Refer your client to local Eastern Health dietitian services (outside of the Janeway Hospital).** Waitlist length vary by site. Please see below the referral

sites and fax numbers within Eastern Health who will continue to accept pediatric referrals for weight management.

Referrals can be faxed to:

Carbonear	Carbonear General Hospital	709-945-3051
Placentia	Placentia Health Centre	709-227-4111
Clareville	Dr. G.B. Cross Memorial Hospital	709-466-5227
Bonavista	Bonavista Peninsula Health Centre	709-468-7690
Burin	Burin Peninsula Health Care Centre	709-891-3563
Grand Bank	Dr. S. Beckley Health Centre	709-832-1164
St. Lawrence	U.S. Memorial Health Care Centre	709-873-2390

Option 3: Refer your client to the **811 HealthLine Dial-A-Dietitian Service**. This is a provincial service and can be accessed by residents of NL. You can call or email: Dial 8-1-1 or visit www.811healthline.ca. This service can help patients/families make healthier food choices and answer food and nutrition questions.

Option 4: Refer your client to a **Private Practice dietitian**. This option is fee for service . For a list of local private practice Registered Dietitians visit the consulting dietitians section of the NL College of Dietitians webpage at: <http://www.nlcd.ca/consulting-dietitians/>

Sincerely,

Outpatient Clinical Dietitians

Janeway Children's Health & Rehabilitation Centre

Cc: Amy Howard, Program Director; Crystal Hickey, Division Manger JLP; Brenda Oldford, Division Manager Dietitians; Anne Wareham, Program Lead JLP; Kara Roberts, PPC for Dietitians