



National Evidenced Based Guidelines on Secondary Prevention of Cardiovascular Disease in Type 2 Diabetes

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The Dietitians Association of Australia (DAA) is the national association of the dietetic profession with over 5800 members, and branches in each state and territory. DAA is a leader in nutrition and advocates for food and nutrition for healthier people and healthier nations. The DAA appreciates the opportunity to provide feedback on *the National Evidenced Based Guidelines on Secondary Prevention of Cardiovascular Disease in Type 2 Diabetes* by Baker IDI.

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DAA interest in this consultation

As the peak professional and regulatory body for dietitians, DAA is concerned about the prevalence of cardiovascular disease in people living with Type 2 diabetes in Australia. DAA supports guidelines that aim to improve the health and minimise co morbidities in Australians living with diabetes.

The Accredited Practising Dietitian (APD) program is the foundation for self-regulation of the profession, and a public assurance of safety and quality. APDs provide medical nutrition therapy to assist in improving the management of diabetes and reducing the risk of secondary cardiovascular disease.

Recommendations

Referral for medical nutrition therapy

DAA notes that diet and physical activity interventions were out of scope for this project, and readers are referred to a number of other guidelines. However, DAA considers that individuals living with Type 2 Diabetes and cardiovascular disease, including hypertension and hyperlipidaemia, have complex nutrition needs which are not served well by disparate guidelines. It is recommended individuals living with diabetes be referred to a dietitian for individual nutrition advice^{1,2}.

Given diet is fundamental to the self management of diabetes with co morbidities, DAA recommends the inclusion of a Practice Point within the Guidelines i.e. “Clinicians should refer all people with Type 2 Diabetes to an APD to receive individualised medical nutrition therapy. This is consistent with the advice that consumers receiving a lipid-lowering medication as concurrent nutrition therapy is required as part of treatment under the Pharmaceutical Benefits Scheme³”.

APDs are the professionals who are qualified and credentialed to provide nutrition advice to individuals living with Type 2 Diabetes. APDs are recognised by Medicare, Department of Veterans’ Affairs, and private health funds. Consumers can search for an APD online or by calling 02 6163 5200.

Non-functioning links

DAA would like to advise that links within the document do not currently work and should be amended prior to publishing the guidelines.

References

1. American Diabetes Association, Standards of Medical Care in Diabetes-2015, *Diabetes Care*, 2015, 38; S1-S94
2. General Practice Management of Type 2 diabetes- 2014/15 [Internet]. Melbourne (AU): The Royal Australian College of General Practitioners and Diabetes Australia; 2014. p180. Available online <http://www.racgp.org.au/your-practice/guidelines/diabetes/>
3. General Statement for Lipid-Lowering Drugs prescribed as Pharmaceutical Benefits [Internet], Department of Health. Available from <http://www.pbs.gov.au/info/healthpro/explanatory-notes/gs-lipid-lowering-drugs>, accessed online 12/6/15.

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