Now more than ever Australians must be able to talk to a dietitian

Dietitians Week 2025

With diet-related chronic disease rates continuing to escalate and our healthcare demands becoming increasingly complex, Dietitians Australia is calling for a significant national focus on improving access to dietetic services and leveraging the power of the dietetic workforce more boldly across the healthcare system.

The peak body for dietetic and nutrition professionals in Australia is urging policymakers to ensure that all Australians can access timely, personalised nutrition care across the entire spectrum of our healthcare system, and for dietitians to be enabled to work to the top of their professional scope.

“Now more than ever, Australians must have the opportunity to talk to a dietitian, and receive the nutrition care, nutrition counselling and nutrition therapy they may need,” Dietitians Australia President Dr Fiona Willer said.

“Far too many people face complex health challenges without expert, individualised nutrition support tailored to their needs.

“From diabetes and cardiovascular disease to eating disorders and mental health conditions, effective nutrition therapy plays a vital role in preventing, treating and managing these conditions.

“We must improve access to dietetic and nutrition care, so all Australians have the care they need to eat and live well.

The calls come as the dietetic profession in Australia celebrates Dietitians Week 2025, with this year's theme: Your health, our mission: Talk to a dietitian.

"Dietitians treat the whole person, tailoring nutrition care to individual food preferences, cultural background, and socioeconomic circumstances," Dr Willer said.

"We work across the continuum, from prevention and early intervention to primary care and hospital treatment, as well as providing vital nutrition services in our schools, early childhood settings, and aged care facilities.

"But we are health professionals that can do far more, and must be empowered to do so," she said.

"We are calling on health leaders and policymakers to enable a meaningful activation of the dietitians and the allied health workforce in this country," Dietitians Australia Chief Executive Officer Magriet Raxworthy said.

"This must include dietitians working to their full scope, leading multidisciplinary teams where they are best positioned and are adequately trained to do so and being well embedded and integrated as part of true multidisciplinary team care.

"We challenge the Australian Government to rethink the health system to maximise the impact and resounding capability of the dietetic workforce.

"Together with other allied health professions, GPs and nurses - when working to full scope - dietitians can deliver care that significantly improves access, equity and the patient journey for Australians.

"We believe it's long overdue in this country for dietitians to be given the authority to make direct referrals to specialists like gastroenterologists and request pathology tests, such as fasting glucose or lipid profiles, that are essential for effective nutrition care.

"As a workforce, we are not going to sit back and continue to be undervalued, underutilised and under recognised.

"It's time for policymakers and health leaders to acknowledge our expertise and fully integrate dietitians into all levels of care, so we can deliver better health outcomes for every Australian.

"We are committed to a mission of continuing to advocate boldly for equity in access to nutrition care for all Australians."

For media enquiries and interviews, please contact Media Manager Amy Phillips on 0409 661 920.

Note to Editors: Dietitians Australia is the leading voice in nutrition and dietetics, representing dietitians nationally and advocating for healthier communities. Accredited Practising Dietitian (APD) is the only national credential recognised by the Australian Government as the quality standard for nutrition and dietetics services in Australia.