



Accredited Practising Dietitians must be a core part of the care team for patients using GLP1-RA medicines, and they should be supported to access these services.

*Parliamentary
Friends of Nutrition*

Why the Call to Action?

Requiring referral to an Accredited Practising Dietitian on prescription of GLP-1RA medicines for any therapeutic purpose would ensure consistent, nationally coordinated care standards that support long-term health and wellbeing. Expanded Medicare items are required to improve patient access to vital nutrition support services through primary care.

We cannot afford to overlook the importance of nutrition in the effective use of these medications.

Accredited Practising Dietitians are recognised professionals with qualifications and skills to provide expert nutrition and dietary advice.

Accredited Practising Dietitians design and deliver personalised medical nutrition therapy, that forms an integral and effective part of improving nutritional intake, addressing weight related concerns and managing chronic and complex conditions.⁶

Medical nutrition therapy includes a detailed individualised nutrition assessment, setting individual goals and priorities, practical dietary advice and counselling with follow-up for the purpose of disease prevention or management and to improve quality of life.

Accredited Practising Dietitians facilitate long term behaviour change by encouraging the self-management of health through nutrition, diet and other lifestyle modifications, with a view to preventing and treating disease.

The advice and counselling provided considers the person's readiness to change, knowledge, skills and access to resources.

ABOUT DIETITIANS AUSTRALIA

Dietitians Australia is the national association of the dietetic profession with over 9000 members, and branches in each state and territory. Dietitians Australia is the leading voice in nutrition and dietetics and advocates for the profession and the people and communities we serve. The

Accredited Practising Dietitian credentialing program provides an assurance of safety and quality and is the foundation of self-regulation of the dietetic profession in Australia. Accredited Practising Dietitians have an important role in the health and wellbeing of all Australians.

For more information contact
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The Leading Voice
in Nutrition and Dietetics



Visit dietitiansaustralia.org.au for references and further reading.



Challenges

- Despite the ability of the breakthrough Glucagon-like peptide-1 receptor agonists (GLP-1RA) medicines to produce significant weight reduction and related health benefits¹, challenges such as gastrointestinal side effects, risk of nutrient inadequacies, loss of muscle and bone mass, high costs, frequent discontinuation, and weight regain create challenges for the long term success of these medicines in individuals and populations.^{2,3}
- A 2025 study found over 20% of consumers using GLP-1RAs for diabetes and obesity developed nutrient deficiencies within a year. This finding underscores the need for carefully managed nutritional support to prevent deficiencies and ensure safe, effective nutritional outcomes.⁴
- Consumers prescribed GLP-1RA medicines should be supported through multidisciplinary care plans that include thorough nutritional and lifestyle counselling by an Accredited Practising Dietitian.^{5,6}
- Such comprehensive care will achieve outcomes beyond body weight alone and ensure effective use of GLP-1RA medicines and, ultimately, maintain and improve patients' overall health.⁷
- Medicare access for patients is severely inadequate for people who would benefit from receiving nutrition support from an Accredited Practising Dietitian before, during and after the use of GLP-1RA medicines. This is exacerbated among people living in low socioeconomic areas and rural and remote regions where overweight, obesity and chronic conditions are more common.
- The current Medicare item GP Chronic Condition Management Plan (GPCCMP) only provides rebates for a maximum of 5 visits per year to be shared between 13 different allied health professions.

We call on the Australian Government to:

1. Require referral to an Accredited Practising Dietitian on prescription of GLP-1 RA medicines for any therapeutic purpose.
2. Invest in comprehensive consumer access to holistic, wrap-around care including Accredited Practising Dietitians before, during and after using GLP-1RA medicines.

Savings for Government

- Overweight and obesity are now Australia's leading health risk, surpassing smoking.⁷
- The proportion of Australians living with overweight or obesity is greater in regional and remote areas (rates of around 70%) than in major cities (rates of 64%).⁸
- Illnesses related to obesity cost Australian tax payers A\$11.8 billion in 2018. These costs are projected to increase 7-fold to A\$87.7 billion by 2032 if no action is taken.⁹
- In comparison, the cost of providing Medicare patient rebates for 12 sessions/year to see an Accredited Practising Dietitian would only total approximately \$0.3 billion (or \$310 million) annually.