

## Dietitians Day Wednesday 14 March

On Wednesday 14 March 2018, Dietitians New Zealand will join dietitians from around the world to celebrate Dietitians Day. This occasion will see us aligning with Dietitians of Canada and their theme 'Unlock the Potential of Food' to highlight how dietitians can help people unlock the potential of food, to improve their physical and mental health and find energy to life.

There is a lot of confusion around nutrition, which needs to be addressed to unlock the potential of food. Often there is the desire to improve health or manage an illness through food, but people are not sure of the way forward. Dietitians are experts on food and how it affects health. Dietitians are able to help people find the key to unlock their potential with food.

### Staff Profile – Nicola Hacon, Dietitian



Nicola has a Masters of Dietetics from University of Otago, graduating in February 2017, and a Masters in Psychology from the University of Otago.

Prior to undertaking her dietetics training Nicola worked in a variety of roles including research assistant in child development to administration for the NHS in London. She lived in the UK for four years and moved back to New Zealand in 2012.

Nicola also works as a Clinical Dietitian at Christchurch Hospital, primarily in women's health and in the management of diabetes in pregnancy.

In her role at Therapy Professionals Ltd she works with people with intellectual and physical disabilities who need support for a range of issues, including weight loss or gain, high cholesterol, managing diabetes, bowel issues and tube feeding.

Nicola is passionate about food, health and nutrition and absolutely loves her job. In her free time she loves to drink coffee with her husband, go running and tramping and of course cooking and eating food!

For more information about Dietitians, see

[http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/about\\_dietitians.pdf](http://www.therapyprofessionals.co.nz/uploads/4/9/5/2/49523375/about_dietitians.pdf)