Dietitians Support Mental Health
Promote • Prevent • Treat

The facts:

• 1 in 5 Canadians experience mental health problems, and all Canadians benefit from promotion of positive mental health.1,2
• People with chronic medical conditions are more likely to experience mental health issues, and those with mental illness are more likely to develop chronic health conditions.3
• 1 in 8 Canadian households are food insecure. Food insecurity increases risk of mental health issues, and people with mental health conditions are more likely to be food insecure.3

Dietitians promote wellness

• Evidence shows optimal nutrition promotes positive mental health.3
• Dietitian-led programs in prenatal nutrition, breastfeeding support, and children’s nutrition support lifelong healthy eating habits.3
• Dietitians advocate for healthy food environments to support wellness where people live, work, and play

Healthy diets prevent mental health conditions

• A healthy diet reduces the risk of:
  • depression, anxiety, and other mood disorders4-6
  • dementia and cognitive decline7
• Dietitians translate the science of nutrition into advice everyone can use, and tailor it to individual circumstances

Dietitian treatment improves outcomes

• Clients receiving individualized nutrition counselling from a dietitian have significantly reduced symptoms of depression.4-6
• Dietitian-provided nutrition education and individualized treatment is important in recovery from substance abuse and addictions.3,8,9
• Shorter hospital stays and more effective rehabilitation for eating disorder patients is associated with more dietitian care.10,11
• Dietitians plan nutrition strategies for children with Autism Spectrum Disorder. Risk of nutrient deficiencies include food fixations and aversions which may be complicated by parental experimentation with restricted diets.12-15
• Common side effects of psychiatric medications include weight gain, dyslipidemia, malnutrition.3,16 Dietitians help clients manage side effects to improve health and support medication adherence
References


