



**Dietitians NZ**

Ngā Pukenga Kai Ora o Aotearoa



New Zealand Society

**NZSSD**

for the Study of Diabetes



**Dietitians NZ and NZSSD welcome you to an Online Study Session**

**Wednesday June 2<sup>nd</sup> 2021**

**4 – 6pm**

**Type 2 Diabetes Management Guidance -  
Nutrition and Lifestyle Recommendations for Adults  
Management Of Type 2 Diabetes In Children & Adolescents –  
A Multicomponent Lifestyle Approach**

*“A dietitian’s job is to make evidence based healthy eating easy to understand and put into practice”*

**Kathy Knight** has worked for 15 years as a diabetes dietitian specialising in diabetic kidney disease, high-risk foot and pregnancy. She has seen the worst complications of diabetes but has also seen the best of people overcoming adversity. Kathy is a member of the NZSSD guidelines group and contributed to the 2021 guidance for type 2 diabetes in New Zealand. She works for Pinnacle PHO (Waikato) as the Diabetes Clinical Specialist, supporting nurses and GPs to give people with diabetes the best care.

**Kathy’s Talk:** Healthy eating is the cornerstone of the management of type 2 diabetes, and yet food messages can be confusing, contradictory and misleading. How is the person with diabetes supposed to sift through it all and make sensible eating decisions? Kathy will discuss the dietary strategies recommended in the NZSSD Type 2 guidance, and ways clinicians can support someone with diabetes to achieve improved glycaemic control and lower comorbidity risk as their requirements or needs change.

**Caroline Worth** has over 11 years of experience working as a dietitian in the Auckland region working with women with gestational diabetes and more recently with children with type 1 and 2 diabetes. She sees it as a privilege to be able to work in a positive way with these children and their whānau on a journey that can be incredibly long and frustrating.

**Caroline’s Talk:** Caroline contributed to the recently published Australasian Paediatric Endocrine Group guideline on screening and assessment of type 2 diabetes in children and adolescents. She will discuss how health professionals can support this vulnerable population with some of the practical dietary and lifestyle factors that are recommended within the APEG guideline.

**Moderators: Shelley Rose and Sonya Fraser**

**General Information**

**Registrations:** [NZSSD Study Session Zoom Webinar Registration](#)

**Registrations Close:** **Monday 30<sup>th</sup> May 2021**

**Costs:** Free for members (you must still register for the webinar)  
\$80 for allied health and nursing/\$150 for physicians – this will also entitle you to access member only benefits and future study sessions for 2021 – [JOIN HERE](#)

**Study Session Queries:** [nzssdstudysessions@gmail.com](mailto:nzssdstudysessions@gmail.com)

**Membership Queries:** [nzssdmembership@gmail.com](mailto:nzssdmembership@gmail.com)

**Seminar presentation:** A Zoom Webinar link will be provided to registrants. The webinar will be available on the NZSSD member website **AFTER** the webinar has occurred.

## Upcoming Study Sessions for 2021

Put them in your diary!

Registrations will Open 4 weeks prior to each Study Session

<p><b>July 7<sup>th</sup></b></p>	<p><b>Youth and Young Adult Diabetes Special Interest Group Hosting:</b>          Type 2 diabetes in youth and emerging adults: Godzilla Vs Kung Fu Panda          Equity for all young people with diabetes – where to now?</p>
<p><b>August 11<sup>th</sup></b></p>	<p><b>Aotearoa College of Diabetes Nurses, Pharmacy and Diabetic Foot Special Interest Groups Hosting:</b>          Peripheral neuropathy and pharmaceutical management</p>
<p><b>September 1<sup>st</sup></b></p>	<p><b>Diabetes in Pregnancy Special Interest Group Hosting:</b>          Diabetes in Pregnancy Aotearoa Models of Care.          Tricks and Tips for Diabetes in Pregnancy:  <i>Preconception, During, and Postnatal.</i></p>
<p><b>October 6<sup>th</sup></b></p>	<p><b>Audience Choice</b>          Let us know your ideas before the end of June and we will do our best!</p>
<p><b>November 3<sup>rd</sup></b></p>	<p><b>Primary Care Special Interest Group and ACDN Hosting:</b>          Medication Updates – What’s Been Happening in 2021</p>

Are there topics you would like study sessions on? Please be in touch:

[nzssdstudysessions@gmail.com](mailto:nzssdstudysessions@gmail.com)