

CWC PCN Nutrition Resources Guide

FOR PHYSICIANS AND CARE TEAM MEMBERS

This guide is intended to help CWC PCN physician members and their teams support patients with nutrition-related needs. Local programs, services, and resources are included where appropriate. For common concerns, the Health Link Dietitian Service, the Alberta Healthy Living Program, or our Primary Care Registered Nurses can provide support.

Information in this Nutrition Resources Guide was accurate as of March 25, 2024, and will be reviewed and updated semi-annually.

Alberta Healthy Living Program (AHLP)

The AHLP is a community-based chronic disease management program that provides education and self-management support, workshops, and supervised exercise programs. Programs are available both virtually and in person in several languages.

The AHLP offers various dietitian-led **group courses** for chronic conditions (see table below). Courses can be accessed via [self-referral](#).

One-on-one appointments with an AHLP dietitian are also available. Before booking one-on-one nutrition counselling, participants may be asked to attend a relevant health education class. The service can be accessed by [referral](#) from a healthcare provider or by self-referral (patients can call 403.943.2584 to register).

Health Link Dietitian Service

The [Health Link Dietitian Service](#) provides a variety of services, including adult and pediatric nutrition advice, resource navigation, and referrals to community nutrition programs. A referral to one-on-one counselling with a dietitian may also be arranged where appropriate. Patients can complete an online [self-referral](#) or call 811 and request to speak to a dietitian. They will receive a call back within three business days.

Primary Care Registered Nurses (PCRNs)


For CWC PCN members who have an assigned PCRN, their expertise extends to assisting patients with a range of nutrition-related topics. These include obesity, diabetes/prediabetes, non-alcoholic fatty liver disease (NAFLD), heart health, suspected IBS (preliminary), emotional eating, and resource navigation.

Dietitian support: Common referral reasons

The most common reasons for referral to a dietitian are listed below, accompanied by programs and resources to assist you in supporting patients.

Jump to:

1. [Obesity and weight management](#)
2. [Diabetes](#)
3. [Cardiovascular health](#)
4. [Emotional eating/mental health](#)
5. [Gastrointestinal health](#)
6. [Liver and kidney health](#)
7. [Pediatrics](#)
8. [Breastfeeding](#)
9. [Pregnancy](#)
10. [Cancer](#)
11. [General nutrition education](#)

| CLINICAL CONCERN | PROGRAMS AND SERVICES | REGISTRATION AND CONTACT INFORMATION *REFERRAL REQUIRED |
|---|--|--|
| 1. Obesity and weight management | | |
| <p>Patient handout </p> <p>(Custom link you can write down for patients: bit.ly/weight-handout)</p> | <p>AHLP group courses</p> <ul style="list-style-type: none">• Eating Well for Weight and Health• Intuitive Eating• Managing Emotional Eating• Weight Management: Dietitian Q&A | <p>AHLP registration</p> <ul style="list-style-type: none">• Courses listed in alphabetical order and can be searched or filtered• Select course and view “How to Register” |

Alberta PCNs group courses

- Best Weight
- Craving Change
- Weight Loss: Myths and Truths

[PCN registration](#)

- Courses listed in alphabetical order and can be filtered
- Select course and follow registration process

2. Diabetes

Patient handout



(Custom link you can write down for patients:
bit.ly/diabetes-handout)

AHLP group courses

- Tips for Eating: Prediabetes and Diabetes
- Sugar Spike: The Glycemic Index and Your Health
- Your Kidney Health: What Should I Eat?

[AHLP registration](#)

- Courses listed in alphabetical order and can be searched or filtered
- Select course and view “How to Register”

[AHS Diabetes Client Information and Support Line](#)

- All members of the public and health providers can call to speak to a Registered Nurse or Dietitian

Call: 825.404.7460

AHS Nutrition Services group courses

- Low Sodium - Tasty Tips & Tricks (cooking demo)
- Mediterranean Style of Eating for Health (Cooking demo)

[AHS Nutrition Services – Workshops and Classes](#)

- Find course in list (filterable and searchable) and follow registration instructions

Alberta PCNs group courses:

- Diabetes Basics
- Understanding Type 2 Diabetes: Nutrition Foundations

[PCN registration](#)

- Courses listed in alphabetical order and can be filtered
- Select course and follow registration process

Diabetes Canada

- Deep Dives Series (recordings)
- Open Hours Q&A Webinar Series

Visit [event page](#) for registration information.

3. Cardiovascular health

Patient handout



(Custom link you can write down for patients:
bit.ly/cardio-handout)

AHLP group courses

- Heart Healthy Eating

[AHLP registration](#)

- Courses listed in alphabetical order and can be searched or filtered
- Select course and view “How to Register”

Alberta PCNs group courses

- Ask a Dietitian – Cholesterol Basics
- Blood Pressure and Cholesterol Basics

[PCN registration](#)

- Courses listed in alphabetical order and can be filtered
- Select course and follow registration process

4. Emotional eating/mental health

*For patients with a diagnosis of an eating disorder, visit the [Access Mental Health Resource Database](#)

Patient handout



(Custom link you can write down for patients:
bit.ly/emotional-eating-handout)

AHLP group courses

- Intuitive Eating
- Managing Emotional Eating

[AHLP registration](#)

- Courses listed in alphabetical order and can be searched or filtered
- Select course and view “How to Register”

Alberta PCNs group courses

- Best Weight
- Craving Change

[PCN registration](#)

- Courses listed in alphabetical order and can be filtered
- Select course and follow registration process

5. Gastrointestinal health

Patient handout



(Custom link you can write down for patients:
bit.ly/gastro-handout)

AHLP group courses

- Celiac Disease - Going Gluten-Free
- Eating Well and Managing Irritable Bowel Syndrome

[AHLP registration](#)

- Courses listed in alphabetical order and can be searched or filtered
- Select course and view “How to Register”

CLINICAL CONCERN

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AHS Nutrition Services recordings:

- Celiac Disease - What is it?
- An Introduction to Gluten-Free Foods - Celiac Disease
- Living with the Gluten-Free Diet - Newly Diagnosed with Celiac Disease
- How to Eat a Nutritious Gluten-Free Diet

Recordings can be accessed [online](#).

Alberta PCNs group courses

- Irritable Bowel Syndrome

[PCN registration](#)

- Courses listed in alphabetical order and can be searched
- Select course and follow registration process

6. Liver and kidney health

Patient handout



(Custom link you can write down for patients:
bit.ly/liver-kidney-handout)

AHLP group courses:

- Eating Well for Fatty Liver Disease
- Sugar Spike: The Glycemic Index and Your Health
- Your Kidney Health: What Should I Eat?

[AHLP registration](#)

- Courses listed in alphabetical order and can be searched or filtered
- Select course and view “How to Register”

7. Pediatrics

Patient handout



(Custom link you can write down for patients:
bit.ly/pediatrics-handout)

AHS Birth and Babies group courses

- Feeding Your Baby (focused on infants)
- Mealtime Struggles to Mealtime Success (focused on 1- to 5-year-olds): This covers the topic of picky eating.

[AHS Nutrition Services: Workshops and classes](#)

- Find course in list (filterable and searchable) and follow registration instructions

AHS Nutrition Counselling - Pediatric

- A registered dietitian develops a comprehensive nutrition care plan and provides follow-up

See [Alberta Referral Directory](#)*

CLINICAL CONCERN

PROGRAMS AND SERVICES

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*REFERRAL REQUIRED

AHS Nutrition Counselling - Pediatric Weight Management

See [Alberta Referral Directory](#)*

- Outpatient Dietitian Counselling
- Specialty Care

AHS Nutrition Services group courses

[AHS Nutrition Services: Workshops and classes](#)

- Goodbye Mealtime Struggles
- Healthy Eating for Little Ones (1 - 5 years)
- Infant Nutrition
- Struggles in School-Aged Children: Building Trust, Confidence, and Feeding Skills in Children Aged 6 - 12
- Steps to Starting Solid Foods (Infant Nutrition)
- Starting Solid Foods - Feeding Baby 6-12 Months
- Tips for Success - Getting Through Mealtime Struggles (Recording)

- Find course in list (filterable and searchable) and follow registration instructions

AHS Pediatric Rehabilitation Advice Line

Call: 1.833.379.0563 or 811

- Speak with allied health professionals about child development concerns through a phone service

- Monday - Friday, 9 a.m. - 5 p.m.

8. Breastfeeding

Patient handout



(Custom link you can write down for patients: bit.ly/breastfeeding-handout)

Circle Medical

- Breastfeeding support provided by a nurse lactation consultant, as well as a physician when necessary

[Referral form](#)

Self-referrals call 403.726.0524

Well Fed Clinic (Formally the Alex Breastfeeding Clinic)

- Team of physicians who specialize in breastfeeding

[Healthcare provider referral form](#)

Self-referrals call 403.513.7415

Westglen Medical

- Full-service physician-based lactation clinic

Self-referrals call 403.240.4670

9. Pregnancy

Patient handout



(Custom link you can write down for patients:
bit.ly/pregnancy-handout)

AHS Birth & Babies

- Healthy Eating for Pregnancy
- Nutrition for New Moms

[AHS Nutrition Services: Workshops and classes](#)

- Find course in list (filterable and searchable) and follow registration instructions

AHS Nutrition Services group courses

- Cooking Your Way to Wellness in Pregnancy (Cook-Along)
- Growing Your Baby: What to Eat During Pregnancy

[AHS Nutrition Services: Workshops and classes](#)

- Find course in list (filterable and searchable) and follow registration instructions

AHS Twin and Triplet Prenatal Nutrition Counselling

- One-on-one nutrition counselling for those pregnant with multiples who do not have access to a dietitian

Refer to [Alberta Referral Directory*](#)**10. Cancer**

Patient handout



(Custom link you can write down for patients:
bit.ly/cancer-handout)

Cancer Care Alberta group courses

- Nutrition for Stem Cell Transplant (recording)
- Nutrition Myths and Cancer
- The Power of Nutrition During Cancer Treatment

[AHS Nutrition Services: Workshops and classes](#)

- Find course in list (filterable and searchable) and follow registration instructions

11. General nutrition education

Patient handout



(Custom link you can write down for patients:
bit.ly/general-nutrition-handout)

AHLP group courses

- Eating Away from Home
- Eating Well for Good Health
- Reading Food Labels
- The 4P's for Meal Planning

[AHLP registration](#)

- Courses listed in alphabetical order and can be searched or filtered
- Select course and view "How to Register"

CLINICAL CONCERN

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AHS Nutrition Services group courses:

- Mediterranean Style of Eating for Health (Cooking demo)
- Eating Well When Fatigued (Cooking Edition)
- Low Sodium – Tasty Tips & Tricks (Cooking demo)

[AHS Nutrition Services: Workshops and classes](#)

- Find course in list (filterable and searchable) and follow registration instructions

Alberta PCNs group courses

- Ask a Dietitian

[PCN Registration](#)

General nutrition questions

- Specialized diets (e.g., vegan, vegetarian, pescatarian, gluten-free)

[Health Link Dietitian Service](#)

- Call 811
- [Self-referral form](#)

Resources for physicians and allied health professionals

[AHS Digestive Health Strategic Clinical Network: Primary Care Supports](#)

- Care pathways, supports, and resources for low-risk gastrointestinal conditions

[AHS Nutrition Services: Nutrition Guidelines and Practice Support Tools](#)

- Evidence-based nutrition guidelines and practice support tools developed by Registered Dietitians for primary care

Self-management resources for patients

[AHS Digestive Health Strategic Clinical Network: Primary Care Supports](#)

- Patient-facing care pathways for low-risk gastrointestinal conditions

[AHS Nutrition Services: Nutrition education](#)

- Patient handouts on a variety of nutrition-related topics

[MyHealth.Alberta.ca](#)

- Patient care [handouts](#) on a variety of nutrition-related topics
- [Video library](#)
- Adult weight management [learning module](#)

[Unlockfood.ca \(Dietitians of Canada\)](#)

- Information and guidelines for the public on nutrition topics