

Food News



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Food News

WELCOME

Food News has been produced on an ad-hoc basis since 2011.

In this news letter we will share information about food projects that have been taking place across the county as well as updates on national projects and research.

**We'd really like your views on this newsletter.
Please could you complete this survey to
give us your views to help us improve it.**

https://docs.google.com/forms/d/e/1FAIpQLSdj_bSCebVH5A2bKoRAUFNkOoyooffwLoczNZNIed7xrCDjmw/viewform

If you want to improve your knowledge of health promotion try this web site

<http://www.healthknowledge.org.uk/>



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Caring for Someone Who Needs a Flu Jab?

Take time to check they are not at risk of malnutrition

Malnutrition is a major clinical and public health problem that is usually only detected when a person is admitted to hospital but it originates in the community – when people at risk are living in their own home but unable to look after themselves properly.

BAPEN recently launched its Malnutrition Self Screening Tool – an easy and **free** to use web based tool designed to help people identify those (adults) at risk in the community – either themselves or someone they care for. It is based on weight status and history of weight loss, using the criteria already incorporated into the ‘Malnutrition Universal Screening Tool’ (‘MUST’)⁽¹⁾, the most widely used screening tool in the UK.

Individuals identified as being at risk of malnutrition, can download a dietary advice sheet that gives them basic information and suggestions for improving their nutritional intake, until they receive further advice from a healthcare professional. This dietary advice sheet which was developed as a consensus recommendation by a wide range of professional organisations and originates from the ‘Malnutrition Pathway’, provides guidance to GPs and other healthcare professionals on the management of malnutrition in the community ⁽²⁾.

Self-screening could help in the prevention and management of malnutrition. If malnutrition were identified and treated early it could prevent unnecessary suffering and unnecessary GP consultations and hospital admissions. Data from BAPEN's Nutrition Screening Week surveys has shown that almost 30% patients on admission to hospitals in the UK are at risk of malnutrition, much of which could have been identified and treated in the community⁽³⁾.



Malnutrition or undernutrition can affect anyone and may be caused by an inadequate diet or a problem absorbing nutrients from food. This may be the result of:

- a recent stay in hospital
- a long term health condition
- low income
- bereavement or social isolation.

The new Malnutrition Self-Screening Tool can be accessed at www.malnutritionselfscreening.org

Continues over

Do you need training on malnutrition?

BAPEN has invested in updating its Virtual Learning Environment (VLE) website and it is now live. <http://www.bapen.org.uk/e-learning-portal>.

The new updated VLE platform and range of e-learning modules it offers have been specifically designed to support the nutrition education of health professionals.

The modules enable all healthcare professionals to learn the basics of disease related malnutrition, nutrition support and nutrition related ethics. They also meet the requirements of the curricula for the foundation and core medical training years. These modules are **free** to all those who work in the NHS.

In addition to the free modules, there are two other types of e-learning available from the same website.

Education about nutritional screening and the Malnutrition Universal Screening Tool

A 'MUST' for Care Homes (SCORM compliant)

A 'MUST' for Primary Care (SCORM compliant)

A 'MUST' for Hospitals (SCORM compliant)

(These modules are free to all those who work in the NHS)

Do you work with vulnerable adults?

If you would like information to support them, Warwickshire County Council Community Cohesion/Armed Forces/Financial Inclusion team can help. Contact Louise Richards:
Tel: Barrack Street Office 01926 412696 (internal 2696)

Mob: 07557 114084

Email:

louiserichards@warwickshire.gov.uk

1 in 10 older people*



are suffering from or are at risk of
malnutrition



www.smallappetite.org.uk

*over 65 in England and Wales (2009)

FREE 9 week "Cook and Eat Well" healthy cooking courses

Cook and Eat Well" healthy cooking courses will be starting in November.

Anyone from Coventry who is over 18 can attend these courses. We provide all the equipment and ingredients for free.

Anyone wanting to join any of the cooking courses simply needs to book onto a course - they can do this either by phone, e-mail or using the form on the website.

Call: 0800 464 0699

Email: cookandeatwell@groundwork.org.uk

Or book online: www.cookandeatwell.co.uk

Also on Facebook (Cook and Eat Well Coventry)

Twitter (@cookeatwellcov) –

for more news and exclusive recipes please follow us

If you have any questions please don't hesitate to contact:

Julia Spencer

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How to cook

Canada Pulses give you tips on using pulses

<https://www.youtube.com/watch?v=oWnAfNzuJA8>

Or if you prefer Delia

https://www.youtube.com/watch?v=5eP1S_yh-l4

Or Rashmi explains Indian Dahl

<https://www.youtube.com/watch?v=pRjadcUfWs>

Carbohydrate in the headlines.

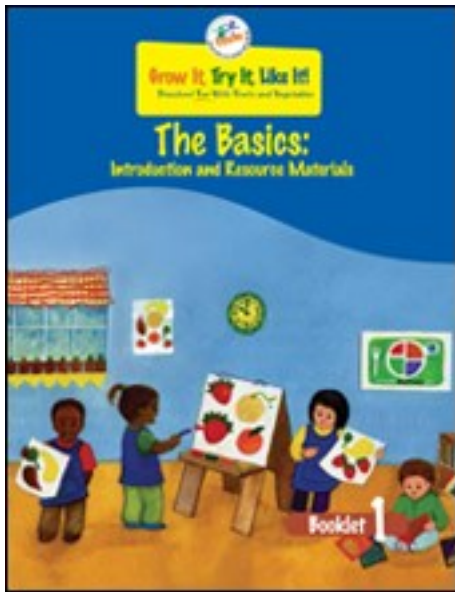
We've been asked about plans to change recommendations regarding carbohydrate intakes. The Department of health updated guidelines on carbohydrates in July 2015. There are no changes planned. Try these links for more information:

<http://www.nhs.uk/Livewell/loseweight/Pages/the-truth-about-carbs.aspx>

<http://www.nhs.uk/Livewell/loseweight/Pages/top-10-most-popular-diets-review.aspx>

<https://www.gov.uk/government/publications/sacn-carbohydrates-and-health-report>

ACTIVITIES TO PROMOTE VEGETABLES AND FRUIT CONSUMPTION



The United States Department of Agriculture (USDA), have published, "Grow It, Try It, Like It! Nutrition Education Kit Featuring MyPlate." This is a garden-themed nutrition education kit for child care centre staff that introduces children to: three fruits - peaches, strawberries, and cantaloupe, and three vegetables - spinach, sweet potatoes, and crookneck squash. The kit includes seven booklets featuring fruits and vegetables with fun activities through the imaginary garden at Tasty Acres Farm!

While we do not use MyPlate in the UK, the resource contains lots of ideas for activities relating to fruit and vegetables which we can use. Use the kit to promote learning at home with fun parent/child activities and family-sized recipes that give tips for cooking with children.

<http://www.ukhealthforum.org.uk/prevention/pie/?entryid43=56331>

Learn more about the Eatwell guide

The British Nutrition Foundation has produced a video explaining the Eat well Guide. To watch it, go to

<http://www.foodafactoflife.org.uk/section.aspx?t=129&siteId=19§ionId=131>

On this web site you will also find resources for teaching about the guide such as a blank plate for people to fill in and non branded pictures of foods

Making better choices with the Eatwell Guide



The British Nutrition Foundation talk about the Eatwell Guide, the UK government's model of healthy eating



Public Health England have published a report listing the density of fast food take aways across England. The results for Warwickshire and local authorities near us are as below.

In this analysis 'fast food' refers to food that is available quickly, therefore it covers a range of outlets that include, but are not limited to, burger bars, kebab and chip shops and sandwich shops. Most fast food outlets are independent companies with only one or two outlets. Across England, the density of fast food outlets in local authorities ranges from 24 to 199 per 100,000 population

There is a growing body of evidence on the association between exposure to fast food outlets and obesity, however some studies show conflicting results. There is strong evidence linking the availability of fast food outlets and increasing level of area deprivation. The data from Warwickshire may be different due to increased outlets in tourist areas.

The table below shows the number of outlets for every 100,000 people resident in the local authority.

LA name	Count of outlets	Rate per 100,000 population
Coventry	282	83.6
North Warwickshire	41	65.6
Nuneaton & Bedworth	85	67.4
Redditch	60	71
Rugby	74	72.2
Stratford upon Avon	85	64.3
Warwick	110	78.9
Leicester	429	127.1
Oxford	127	80.4

Rachels Recipe

This is a recipe on our new schools menu which when tested everyone loved it.

It isn't a pie it isn't a sponge! but yummy with custard, better still creme fraiche or Greek yogurt.

1kg dessert or sweet cooking apples

200g sugar

200g hard margarine

150g plain flour

2 eggs

1tsp cinnamon



Peel, core and thickly slice the apples place in saucepan with a small amount of water and lid on. Cook for a few minutes to soften them slightly don't let them break up. Transfer them into an ovenproof dish.

Sprinkle 2 teaspoons of the sugar and the cinnamon across the apples.

Melt the margarine and add the flour, beaten egg and the rest of the sugar and beat well. Pour over the apples.

Bake 350F, 180C or Gas 4 for approx 60 mins until golden brown.

FOOD NEWS

Warwickshire Food for Health Group is a multi-agency partnership offering people who use food projects to promote health the opportunity to meet to learn from each other.

The group meets four times a year in different localities across Warwickshire.

Your contributions wanted

Food news has always contained articles from different parts of Warwickshire, on a variety of issues relating to food for health. We've had articles about:

- ◆ Weight control groups
- ◆ food hygiene
- ◆ local projects
- ◆ facts behind the headlines
- ◆ food labelling
- ◆ local resources and training

Please send articles to the editor. If you would like your article edited or written from the facts you provide, let the editor know and we'll arrange this.

Contributors to this edition

Rachel Brook, Natalie Daniel, Julia Spencer, Louise Richards, Sam Langridge, Diane Coopey.

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If you would like to submit an article for food news or have a question to ask. Please contact Ruth Breese.

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