

Public Health Nutrition and Dietetics across England and Europe

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Outline of session

- EFAD
- Introduction to the topic; ‘impact of fiscal measures to improve nutrition’
- Group-work
- Summary of the impact of fiscal measures to improve nutrition
- PHE

EFAD Mission statement

- To support member associations in developing the role that dietitians have in reducing inequalities and improving nutritional health in Europe.

Aims;

- Promote the development of the dietetic profession
- Develop dietetics on a scientific and professional level.
- Facilitate communication across organisations
- Encourage a better nutrition situation for the population of Europe.

EFAD structure

3 standing committees;

- Education and lifelong learning
- Professional practice
- Research and evidence based practice

5 European specialist dietetic networks (ESDN);

- Diabetes
- Older adult
- Obesity
- Public health
- Food service

ESDN- PH

- Representation from Greece, Spain, Portugal, Turkey and the UK.

Activities to-date;

- Comments re; the AGRI draft report: aid scheme for the supply of fruit and vegetables, bananas and milk in educational establishments. (MS – avoiding added sugars, general use of fresh and unprocessed products from local, seasonal and sustainable sources, emphasis on targeting those most in need.
- Comments re; supply of clean drinking water.

The role of public health dietitians

- Performance indicators/ characteristics/skills required.
- Public health and health promotion –clear links to the WHO Ottawa Charter for health promotion
- Role – including public health screening programmes focussed on chronic illness.
- Case studies
- Settings

Planning phase

What can be achieved? What needs to be changed to achieve it?

Start

Identify the administrative & financial policies needed

Policies
Resources
Organisation
Service or programme components

Identify education, skills & ecology required

Predisposing factors
Enabling factors
Reinforcing factors

Identify desirable outcomes:
Behavioural, Environmental, Epidemiological, Social

Lifestyle

Health status

Environment

Quality of life

Setting up the programme

Implementation:

What is the programme intended to be?
What is delivered in reality?
What are the gaps between what was planned and what is occurring?

Process:

Why are there gaps between what was planned and what is occurring?
What are the relations between the components of the programme?

Impact:

What are the programme's intended and unintended consequences?
What are its positive and negative effects?

Outcome:

Did the programme achieve its targets?

What can be learned? What can be adjusted?

Evaluation phase

Finish

Adapted from: Green L. <http://www.lgreen.net/precede.htm> (Accessed May, 2009)

ESDN-PH position regarding fiscal measures on food.

Context;

Action plan for implementation of the European Strategy for the Prevention and Control of Non-communicable disease (2012-2016). Priority intervention;

'promoting healthy consumption via fiscal and marketing policies'

Group-work

Your thoughts on fiscal measures

- Pros and cons/ SWOT analysis
- Which foods might you tax for maximum effect? (think about what you are hoping to achieve)
- Think of some analogies
- Write a short statement for your organisations communication team who have asked for your views on fiscal measures to influence food choice.

Public health England

- ‘Sugar’ group

In June 2014 Public Health England (PHE) published a document [Sugar Reduction: Responding to the Challenge](#) which outlined the steps PHE will take to help families and individuals to reduce their sugar intake. This will enable PHE to meet the Department of Health’s (DH) request for PHE to provide draft recommendations in spring 2015 to inform the government’s thinking on sugar in the diet.

Arun Wellbeing's WISE (Weight Information Sensible Eating)	12-week program of education & peer support for healthier eating/weight loss.	Limited internal evaluation of weight loss outcomes for six participants.	1-5% weight loss in a very small sample.	Unknown.
Derbyshire 12 month challenge for people with learning disabilities & their carers/families	1yr duration, monthly health education sessions on healthy eating, weight loss and physical activity.	Limited internal evaluation of weight loss outcomes for twelve participants.	50% of subjects lost >5% of their body weight.	Unknown.
London Get up & Go Community-based lifestyle management program	12-week motivational program for people with BMI >30 to reduce sugar & increase exercise.	Comprehensive draft evaluation of outcomes based on the SEF.	Evidence of reduction in BMI.	Potential.
Hackney Community Kitchens Programme (Phase 1)	Pilot intervention delivering healthy eating/cookery classes in deprived areas with high levels of obesity.	Small mixed methods survey of 50 participants.	Positive feedback on improved cooking skills, healthy eating awareness and empowerment.	Potential.
Greater Manchester Healthier Catering Award	A standard-assessed award for local catering establishments who show commitment to making their food healthier.	Partial evaluation of the number of businesses which have been demonstrated to change their practices to achieve the award.	Some food service businesses (pubs, restaurants, etc) appear to have changed their practices.	Potential.
Middlesbrough Cultures Cooking Together Project	Cooperative cooking sessions for ethnic minority women to share their skills and discuss healthy eating.	Satisfaction survey of an unknown number of participants.	Positive feedback.	Unknown.

Nottingham Eatwell for Life Cook and Eat program	Practical healthy eating course including education, cooking skill development and peer support.	Evaluation based on the SEF (for 120 participants) with dietary sugar reduction as a main objective.	Good evidence of sustained behaviour change and dietary sugar reduction.	Potential.
Lewisham Making Healthy Eating our Business	12-week accredited training for vulnerable drug & alcohol service users in healthy eating and cookery on a budget.	Not yet.	Unknown.	Unknown.
Blackburn Recipe for Health local business award	A rating for local food-selling businesses based on the availability of healthy food options in their products.	Ongoing qualitative evaluation of business response and compliance with award standards.	Good response and changes made by some local food-selling businesses.	Potential.
Slimming World Lifestyle Programme	Nationwide membership intervention focusing on diet, physical activity and peer support.	Large published body of research on the efficacy of Slimming World programmes.	Good evidence of efficacy.	Already delivered at a national level.
Manchester Community Food Coordinator Programme	Long-running education & behaviour change programme in deprived areas focusing on sugar reduction & healthy weight maintenance.	Large internal evaluation completed surveying several thousand participants.	Appears to be good evidence of a positive impact.	Potential.

Public Health England

- The role of AHPs in PH

Effectiveness and Impact

effectiveness

- Primary prevention with detection (what)
- Secondary prevention and risk management (what)
- Service quality and innovation as effectiveness (how)
- Measures of quality of life outcomes (how)
- Service integration for patient-centred care (how)
- Personal experiences of interventions (what)
- Access and equality of access (how)
- Optimal activity and participation (how and what)

impact

- Health and well-being of the population across the life-course (what)
- Influencing strategy and policy (how)
- Economic and social benefits (what)
- Managing risk (how)
- Professional shared knowledge exchange (how)
- Building on resources (what)
- Benchmarking (how)

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



- *A PHE project has arisen that requires someone ideally with nutrition knowledge and strong data analysis/stats/modelling skills. The post is only until March 2015. It is quite an exciting piece of work - it is undertaking some analysis/modelling to revise the proportions of the segments and visuals on the Eatwell plate to align with the new sugar/fibre recommendations that may be published by SACN in May 2015.*