

DEVELOPMENT OF THE CENTRE FOR NUTRITION AND BEHAVIOUR

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Introduction

So, why have a Centre for Nutrition and Behaviour?

WELL.....

Appropriate nutrition is essential for

- The growth and development of brains and bodies
- Building, maintaining, fuelling and repairing every cell in every part of the brain and body.

At least 39 essential nutrients must be provided by our food

- These include vitamins and minerals, essential amino acids and omega 3 and 6 fatty acids.

Many of these are lacking from modern 'junk food' diets

We want good nutrition to be at the centre of care for staff, patients and carers

We represent a diverse patient population and would like to initiate and continue research studies relating to:

- **Severe Mental Health** - There are metabolic side effects noted from some antipsychotic medications and they are known to cause carbohydrate craving and hyperphagia.
- **Autism** – Understanding how nutritional factors could be implicated during pregnancy and in early life of those with autism and how supplements could help.
- **Dementia** – Learning about good nutrition and how it improves quality of life.
- **Depression, Anxiety, Sleep, Stress** –The effects of nutrition and how this relates to the functioning of our NHS workforce.
- **Offender Health** – Knowing more about how good nutrition affects the behaviour of offenders and how this behaviour affects others around them.



Individual differences affect dietary requirements

- Specific nutrients may be needed in unusually high quantities
- There may be allergies or intolerances to certain foods

Our principle **aim** is to be a **unique resource** and develop and base research around our diversity whilst ensuring our message is clearly communicated across the **organisation** thus, **promoting the region** and eventually leading on to becoming a **worldwide platform** and a **centre of excellence**.

Why would RDaSH develop the Centre for Nutrition and Behaviour?

RDaSH has a longstanding history of conducting research and developing expertise in nutrition, as well as providing **tailored nutritional care** for those with severe mental illness through:

- face to face nutritional assessment
- dietary recalls
- nutritional analysis
- feedback for patients
- Introduction of dietary changes

dependant on patient need

- food shopping and meal preparation

(Peet and Williamson 2011).

The Associate Parliamentary Report: 'The Links Between Diet and Behaviour' (2008) recommended that the Department of Health encouraged other NHS Trusts to adopt an approach similar to that pursued by RDaSH.

<http://www.fabresearch.org>



What's it all about?

Our centre for Nutrition and Behaviour was officially launched in June 2016.

- We will be a hub for any relevant research sponsored or developed by health colleagues locally, nationally and across the globe.
- We will raise the profile of healthy lifestyles through **high quality nutritional research**.
- We aim to educate stakeholders so they understand the impact of the modern lifestyle and it's effects on physical and mental health.



We have:

- World class expertise in nutrition and behaviour
- A population of individuals who we provide healthcare for and are keen to be involved.
- Alignment to an NHS Research service that is rapidly expanding, as evidenced by recent award nominations for research impact (2015 HSJ and 2016 Nursing Times Awards).

We will also:

- Work closely to work with and support partners, patients, carers and our workforce
- Share and implement the findings of our research
- Link nutrition and behaviour, profiling nutrition as being central to excellent care
- Continue our work with mental health patients

Translation of Research into Practice

Research will be translated into practice creating opportunities for innovation. We will lead the way with:

- Educating people of all ages about the importance of diet for behaviour.
- Bespoke NHS staff training packages on diet and behaviour, mostly online, for all health employees.
- Development of accessible, evidence-based methods of dietary assessment for service users with severe mental illness.
- Development of appropriate resources to help patients and families.

The Centre aims to lead on a culture change around diet and behaviour within the NHS and in the general population.

What next for the Centre for Nutrition and Behaviour..?

- Share practice-based research on severe mental illness and diet on a world stage
- Present published work at the World Congress on Food and Nutrition in Taiwan (November 2016)
- Develop bespoke training packages on diet and behaviour
- Lead the development of high quality research studies
- Lead a culture change around diet and behaviour starting within the NHS

Interested to learn more..?

We would be happy to talk to you further about our work

Please Contact The Grounded Research Team at:

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