

# DEVELOPMENT OF THE CENTRE FOR NUTRITION AND BEHAVIOUR

Donna Perry, RMN and Kevin Williamson, Nutr (Public Health)

## 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:

Groundedresearch@rdash.nhs.uk

or Telephone 01302 798456

Rotherham Doncaster and South Humber NHS Foundation Trust

