

NHS Long term plan

The NHS long term plan has just been published.

It addresses concern about funding, staffing, increasing inequalities and pressures from a growing and ageing population, but emphasizes that there is optimism about the possibilities for continuing medical advance and better outcomes of care.

The Global Burden of Disease (GBD) study quantifies and ranks the contribution of various risk factors that cause premature deaths in England. The top five are: smoking, **poor diet**, high

blood pressure (**salt**), **obesity**, and alcohol and drug use. Air pollution and lack of exercise are also significant. These priorities guide the renewed NHS prevention Programme.

Food News will keep you up to date with initiatives across Warwickshire that aim to reduce the risk factors associated with a poor diet and obesity.

Colleagues addressing other risk factors will also let us know what they are doing.

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Food News

is produced by Warwickshire Food for Health group (WFFHG).

WFFHG 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. If you would like to attend a meeting, please contact the editor. Details on the back page.



Truth or Myth

Growing concerns about health and quality of life have encouraged people to adapt healthy lifestyles and avoid the consumption of food rich in sugars, salt, or fat to prevent obesity and other non-communicable diseases. With increased consumer interest in reducing energy intake, food products containing non-sugar sweeteners (NSSs) rather than simple

sugars have become increasingly popular.

Replacement of sugars with NSSs suggests health benefits such as reducing calorie intake, so preventing weight gain.

However, evidence for health effects of NSSs is conflicting.

While some studies report an association between NSS use and reduced risk of type 2 diabetes, overweight, and obesity, other studies suggest that NSS use could increase the risk of overweight, diabetes, and cancer.

Reference: see back page

Non sugar sweeteners & health outcomes

This was a systematic review with meta-analyses of controlled trials and observational studies.

The review authors searched for studies that recorded people's intake of non-sugar sweeteners, either compared to no

intake or to sugar, or

The best way to avoid problems associated with sugar is probably to stop drinking sweetened drinks and eating sweet food.

different amounts of non-sugar sweeteners.

They looked for evidence of effects (outcomes) ranging from changes in body weight and blood glucose levels to changes in mood and brain function.

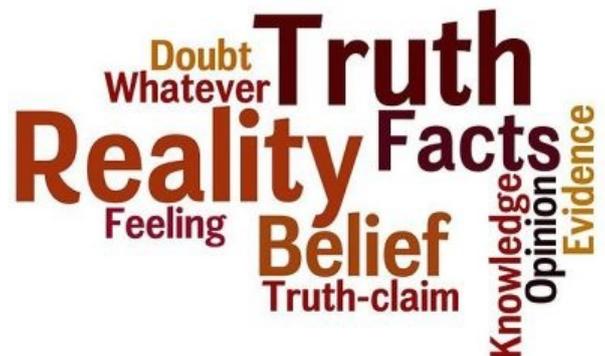
What did they discover?

For most outcomes, there seemed to be no statistically or clinically relevant difference between NSS intake versus no intake, or between different doses of NSS.

No evidence was seen for

health benefits from NSSs and potential harms could not be excluded.

They concluded that more, and better studies are needed.



Improving the meal time experience

Dietetic students from Coventry University asked patients at Warwick and Leamington hospitals what encourages them to eat more at meal times.

The responses were:

- To have someone to eat with. It didn't matter if this was other patients, staff, or family.
- Not being interrupted for treatment.

- Being given the time they need to eat.
- Having a choice of different meals.
- Having a choice of portion sizes.

"I am sat on my own for most of the day; mealtimes are the only thing that breaks my day up... it would be nice to have someone to sit with and chat to at lunchtime" – patient at rehab hospital.

If you would like to help people in hospital or care homes at meal and snack times many welcome volunteers to sit and chat with patients while helping them with meals.

The help might involve opening packets or cutting up meat.

Contact your local hospital and ask for the Volunteers Co-ordinator, or ring your local care home and ask if they have meal time volunteers.



Another option is to help at your local community café or lunch club. This could be by helping with the cooking, or serving or offering to bring customers to the café in your car.

What's in Season?

Fruit

Apples
Pears

Vegetables

Beetroot, Brussels Sprouts, Cabbage, Carrots, Celeriac, Celery, Chicory, Jerusalem Artichokes, Kale, Leeks, Mushrooms, Onions, Parsnips, Spring Greens, Spring Onions, Squash, Swedes, Turnips.

Here is a list of what fruit and veg are in season this month

Warwickshire Food for Health group

Editor: Ruth Breese:
Community Dietitian
Warwick Hospital,
Lakin Road, Warwick,
CV34 5BW 5BW

Phone: 01926 495321
x4258
E-mail:



If you have an interest in food and health, and would like to share how you are helping people to eat and drink better, please get in touch.

If you would like more information about any of the articles in this newsletter, please contact the editor who will pass your request on to the author of the article.

References

<https://www.nhs.uk/news/food-and-diet/sweeteners-have-few-health-benefits-study-finds/>

<https://www.bmj.com/content/364/bmj.k4718>

For your waiting room or office

Share the Top 5 Celeb Diets to Avoid in 2019.

The British Dietetic association has published its annual review of the celebrity diets to avoid this year.

1. Blood Type diet— Makes our blood boil!
2. Drinking your own pee — If you seriously believe in this fad, urine trouble.
3. Detox teas/ skinny coffee—Tea-rifying.

These don't encourage a healthy lifestyle and tend to target young people who may not even need to lose weight.

4. Slimming Sachets— This is pop-Peacock! These supplements, and the thousands of others like them, are absolutely not essential for successful weight loss.
5. Alkaline water— H2NO! Whilst drinking more water is a good thing for

your overall health and hydration, don't waste your money on expensive water, when it's something you can get free out of a tap.

To find out more about the review go to:

[https://www.bda.uk.com/news/view?id=224&x\[0\]=news/list](https://www.bda.uk.com/news/view?id=224&x[0]=news/list)