

Nutritional needs

Name

Date

Today

- 01 The importance of nutrition**
- 02 The MUST tool**
- 03 Nutrition and mental health**
- 04 Activity**

The importance of nutrition for health

Eating a well-balanced diet, with adequate nutrients and appropriate calories, is a fundamental requirement for continued health. An appropriate diet contributes to healthy development, healthy ageing and greater resilience against disease. Similarly, a poor or inappropriate diet places people at greater risk of infection and a range of chronic illnesses – including cancer, type 2 diabetes and cardiovascular disease.(BBSRC 2021)

**Why is it then that so many
people continue to not have a
healthy diet?**

Elderly Malnutrition and the MUST tool



Task 1

Practising using the MUST tool

CASE STUDY 1

- ❖ Mrs A
- ❖ Height 1.56m

Date	Weight
1/1/14	50kg
1/2/14	47.5kg
1/3/14	46kg
1/4/14	44.9kg
1/5/14	46.8kg
1/6/14	50kg

- ❖ What was Mrs A's BMI score on 1/6/14?
- ❖ What would her BMI score have been on 1/3/14?



Task 2

Practising using the MUST tool

CASE STUDY 2

❖ Miss B

- ❖ Ulna length – 32cm
- ❖ 87 years old

Date	Weight
3/1/14	44.5kg
5/2/14	45.7kg
1/3/14	46kg
3/7/14	42.4kg

- ❖ What is Miss B's estimated height?
- ❖ What was Miss B's BMI score on 3/7/14?
- ❖ Should we question Miss B's estimated height?



Task 3

Practising using the MUST tool

CASE STUDY 3

❖ Mrs C

❖ Date of admission

❖ 12/9/12

❖ Height – 1.6m

Date	Weight
3/6/14	70kg
3/7/14	68kg

❖ What is Mrs C's weight loss score on 3/7/14?

❖ Is there anything missing?



The Link between Nutrition and Mental Health

The link between food and mood remains complex, but more and more studies have shown that there is a real link between what we eat and our mental health.

For example, research from the British Medical Journal has indicated that a Mediterranean diet high consumption of fruits, vegetables, nuts, and legumes; moderate consumption of poultry, eggs, and dairy products; and only occasional consumption of red meat—is associated with a reduced risk of depression.

However, ironically when we are feeling extremes of emotion often we either overeat ‘comfort eating’ or do not eat at all.

Tips on food and mood



Practice



Janine

Janine is 22. She suffers with long term depression and anxiety disorder. She has recently had a relapse and in your capacity working with the mental health recovery team supporting Janine to remain at home to avoid hospital admission you are conducting daily visits.

Janine smokes 20 cigarettes a day and mainly drinks Monster or cups of tea with 4 sugars. She sleeps often until early afternoon and so does not eat breakfast. She will sometimes order a kebab from the local takeaway if she can be bothered but mainly snacks on packets of crisps and chocolate bars.

Janine grew up in residential children's home and never really learnt to cook. She has very low motivation and has never really eaten fruit or vegetables. Diet is not a priority for her, Janine would prefer to have a higher dose of medication to control her symptoms.

Based on the case study

Task

1. How might you approach Janine to explain the link between diet and mental health?
2. Design a food plan for a fortnight, to improve Janine's diet incrementally-planning in a person centred way.
3. How will you know your plan has been successful? What targets might you set?

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