

Community Nutrition News

Summer 2019

COMMUNITY DIETETIC HEALTH AND WELLBEING TEAM



HSC Belfast Health and Social Care Trust
caring supporting improving together



Welcome to our Summer Newsletter

2019/20 training

We have just released our 2019/20 training brochure with all training dates and details – please get in touch if you would like to receive this!

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A key area of our work is to work with community, voluntary and statutory organisations to help promote accurate nutrition messages to the public and are delivered through a range of programmes:



Offers a range of interactive adult nutrition messages for delivery as one off sessions or as a full programme.



A “hands on” programme focused on making healthier food choices more accessible on a limited budget. The new manual has just been released, so get in touch if you need an update!

Cook it!

fun, fast food for less



Practical nutrition programme aimed at helping participants to enhance cooking skills and learn more about a balanced diet.

I can

Cook it!

fun, fast food for less



An adapted version of Cook It! For those with Learning disabilities .



Our team is only phone call or email away! Please don't hesitate to contact ourselves for any queries or questions.

Community Dietetic Health + Wellbeing Team Beechhall Health and Wellbeing Centre, 21 Andersonstown Road, Belfast, BT11 9AF.
Tel: 028 950 43068

Cook it!, I Can Cook it! and Food Values
cookit@belfasttrust.hscni.net

Good food toolkit
goodfoodtoolkit@belfasttrust.hscni.net

Choose to lose
ChooseToLose@belfasttrust.hscni.net

General enquiries:
CDHWTteam@belfasttrust.hscni.net

Dietitians Week 3-7 June 2019

#WhatDietitiansDo

Do you know what dietitians do? Or the wide range of roles and areas dietitians work in?

2019 Dietitians week aims to educate public, healthcare professionals and decision makers about the wide range of dietetic roles.

There are health and information stands hosted by dietitians and registered nutritionists in health centres and hospitals throughout the trust.

Look out for Belfast Trust social media posts from the dietetic health and wellbeing team give them a like and a share! Or maybe even share how a dietitian has helped you!

Trust a Dietitian

NUTRITION Headlines



Media and Nutrition - Who can you trust....?

The media, including social media, is a wash with nutrition information, dieting tips and weight loss advice. Some of this information can be good, helpful and informative. However, some can be untrue, misleading and unhelpful and in some cases even harmful if followed.

Results from a study carried out in the University of Glasgow were presented at the European Congress of Obesity in April 2019. The study looked at 9 of the most popular 'social influencer' blogs in the UK which provide nutrition and weightloss advice. The information provided in the blogs was compared to evidence based guidelines. They found only **one out of the nine was sharing solid, transparent, trustworthy, evidence-based nutritional information and advice** – and that person was a registered nutritionist!

We all want to ensure we provide trustworthy information that is not going to do more harm than good. We also want to maintain the credibility of our organisations by providing honest and true information. So who can you trust?

EVIDENCE BASED



Here are our top tips of what to check out before you share anything:

Look beyond the headlines

Headlines are designed to grab your attention so might contain bold claims and may not even entirely reflect the information in the article. So keep reading beyond the headlines.

Who has written it?

Registered nutritionists and dietitians are protected titles. This means they must be registered with their professional body which ensures they provide accurate advice which is based on reliable evidence. Other titles such as 'nutritionist' 'nutritional therapist' and 'diet expert' are not protected titles and are not regulated. Therefore they may not provide accurate or trustworthy information. For more information visit: www.bda.uk.com/publications/dietitian_nutritionist.pdf



Fact or Opinion?

Are there any references provided to studies or nutritional

guidelines or have they just shared their own opinions or ideas. Stay clear of information which is not backed up by reliable evidence or guidelines. Look for references at the bottom of any blog posts or articles.

What are others saying?

Check your programme training manual, including 'Further information' sections or websites provided at training to see if the information matches up. You could even check out blogs by registered nutritionists and dietitians. See our useful websites and blogs list below. Or if you're still not sure, give us a call!



Does it sound too good to be true?

Using some common sense – if any diet promises miracle cures, extreme results, suggests eating bizarre quantities of foods or excluding whole food groups then this is

probably not reliable advice. Read the [BDA Fad diets](#) food fact sheet for more information



Are products being promoted or are they receiving sponsorship?

If they are, this should be stated – but this does not always happen. Watch out for blogs or websites which constantly advocate certain brands or products – as they may be receiving an incentive to do so rather than promoting them for evidence based health benefits.



The Information Standard

This is a certification scheme for health and social care information used in England and supported by NHS England. The quality mark is a quick and easy way for the public to identify reliable and trustworthy sources of information. Look for it at the bottom of websites or resources produced in England.

Lets work together to ensure we are sharing the best nutrition information there is available!

'Although each of us is an expert of our own body that does not automatically make us experts in the scientific field of nutrition.'

Emily C. Foster

Useful websites and blogs

[Choose to Live Better](#)
[British Dietetic Association](#)
[British Nutrition Foundation](#)
[Irish Nutrition & Dietetic Institute](#)
[Change4Life](#)
[SafeFood](#)
[British Heart Foundation](#)
[Dietetically Speaking](#)
[The Gut Health Doctor](#)
[Fight the Fads](#)

New Resources

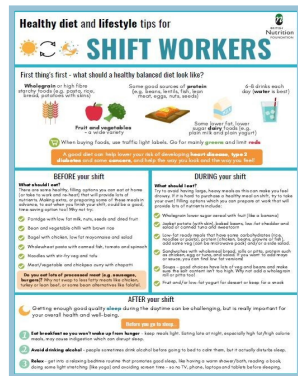
Nutrition resources add interest and fun to your nutritional programmes and events.

There have been a wide range of new resources developed by various organisations. Be sure to contact the Health and Wellbeing team to borrow any resources !



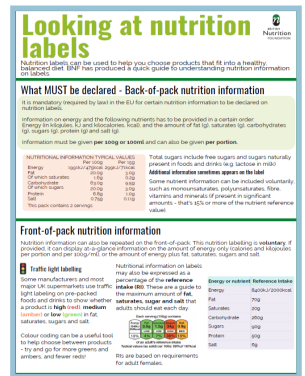
Shift Workers

This has been developed for people who are interested in healthy diet and lifestyle tips for shift workers.



Looking at Food Labels

This is a quick guide to understanding nutrition information on food labels to use them to make healthy choices.



BDA

One Blue Dot

One Blue Dot is BDA's Environmentally Sustainable Diet toolkit created to help make the Sustainable Diets Policy a reality.

World Obesity Image Bank



This resource has been developed to promote positive non-exploitative images of people with obesity in the media.

UPDATED 101 SQUARE MEALS



The recipe book is being update with new recipes and will hopefully be available soon!



British Heart Foundation - Taking Control of Food Portions and Labels.

This has replaced "This Label Could Change Your Life" leaflet. These are free to order from the [British Heart Foundation Website](http://BritishHeartFoundation.org).



Food Standards

There are a wide range of Eatwell guide resources available from Food Standards Agency including the little green light recipe book, Eatwell bingo game plus many more.

Contact the team for an order form!

Small Grants

Don't forget we offer grants up to £100 per cooking programme (up to 2 programmes per year) to help fund food and equipment.



Healthier Shopping Baskets

Supermarket tour



Supermarket tours are delivered by the Dietetic Health and Wellbeing team and give your group the opportunity to look at how to make healthier choices on a budget in their local

If you are interest in participating in supermarket tours or have any questions please contact the team!

please don't forget!

Choose to Live Better

Are available from the Health and Wellbeing team to give to your group as a prize for completing a programme!



Tutor in Focus....Robin Kelly



What is your job role?

I am a Day care services Support worker.

Tell us about your typical day?

On a typical day, I would deliver therapeutic self-help groups to adults managing mental ill health. I link in daily with individuals monitoring their sense of wellbeing, holding reviews to record their person centred journey through our service, adjusting where necessary and always catering towards an individual's needs and requests. I link with other health professionals involved with other their care updating on the individuals progress, their concerns or of my own concerns in relation to their sense of wellbeing.

When did you become a Cook It Tutor?

I became a Cook It! tutor in December 2018.

What is the most rewarding element of delivering Cook It?

The most rewarding element is seeing the

individuals sitting together chatting whilst enjoying the fruits of their labour, when they give positive feedback about what they have learnt in the Cook It! session and that they intend to start implementing at home.

Any challenges you face when delivering Cook It?

Sometimes the group can be over eager and keeping an even level of engagement from each individual can be challenging.

Any tips for delivering a Cook It! programme?

Always remember that we were once a student and that it is not about us.

Your favourite Cook It! recipe?

Definitely the apple crumble!

What do you enjoy about your job?

I enjoy the social interaction, being involved in an individuals journey and watching them achieve their goals. Its very rewarding for both parties.

Get in touch

If you'd like to feature in our next 'tutor in focus' and share how you use nutrition programmes in your area, then please get in touch!

Food Values Update



The Food Values new and updated

Food Values updates will provide an update for existing tutors on the **new manual and updated resources**.

If you wish to continue delivering the Food Values programme you must attend an update session and receive a new manual.

To find out more about the Food Values Programme or to receive a new manual you can contact the Dietetic Health and Wellbeing team on:



02895043068



Cookit@belfasttrust.hscni.net

Fancy trying out one of the new Food Values recipes?

Turn to page 6 to find out how to make Butternut Squash Soup

Active Belfast :

Helping people get more active and eat more



Thirteen Active Belfast grant projects helped get people in Belfast more active and eating more healthily. The projects, delivered across Belfast, partnered with over 70 partners in total. Projects offered activities such as spin class, yoga, pilates, table tennis and Ju Jitsu as well as forest walks and cycling on the Connswater Greenway.



**Making life better,
together**

Belfast Strategic Partnership

A **Choose to Lose** group in Mount Merrion Church helped people in the Cregagh area achieve a healthier weight. The group was facilitated by the Community Dietetic Health and Wellbeing. Team.



Guide Dogs NI hosted Cook it! sessions for their group. A Health and Lifestyle Facilitator from Belfast Trust's Health Improvement Team helped facilitate the programme with adaptations for those with sight loss.

Side by Side bike users with Sustrans staff who facilitated the sessions.



'Peer Leaders from the 'Do something Active project' Boys and Girls Clubs NI, who took part in a nutrition session with the Active Belfast Dietitian

Men's Shed's in North, East and Colin areas enjoyed walking rugby for the first time. Their healthy eating sessions with the Active Belfast dietitian highlighted how to eat and shop healthily on a budget and meeting the challenges of cooking for one.

Community Sports Development Network's Munch Clubs got families active together then parents cooked a healthy meal or dish. **Good Food Toolkit sessions** were delivered to office workers in West Belfast who also got walking at lunchtimes.

Taughmonagh's Healthy Business Centre trained volunteers in food hygiene and delivered healthy snack sessions and healthy cooking sessions. Local people were trained as fitness instructors too.

**APPLICATION
CLOSED**

Applications for the 2019 -2020 Grant scheme has now closed.

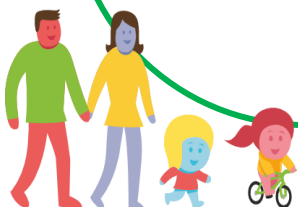
Watch this space for more details of the successful projects!

For more information on Active Belfast grants contact

Gráinne McMacken.

Email: grainne.mcmacken@bhdu.org

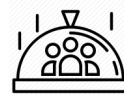
Tel: 028 90502073



Summer Cooking



30 Minutes



4 people

Butternut Squash Soup

Try this delicious new recipe from the updated Food Values manual!



Method

1. Add unsaturated oil to pan, place over a low heat.
2. Peel and chop the onion, add to the pan and cook for 1-2 minutes.
3. Peel, deseed and cut butternut squash into wedges. Peel and quarter potato.
4. Add butternut squash and potato to onion and cook for 2 minutes over a medium heat. Add garlic and season to taste with black pepper.
5. Dissolve 2 vegetable stock cubes in 900ml of boiling

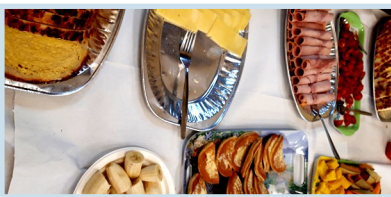
Ingredients

1 tbsp. unsaturated oil
1 onion, peeled and diced
2 garlic cloves peeled & crushed

1 butternut squash
1 small potato
2 vegetable stock cubes

Freshly ground black pepper
Water

Nutritional Events in Action



Jenny and Emma attended Smile Surestart Health Day where there was a range of delicious healthy snacks!



We are sad to be saying goodbye to our dietetic support worker, Emily Brown, and to our nutrition placement student, Emma Miller.

Emily, our dietetic support worker, is moving on to a role as community development worker with Forward South partnership. Emily has been a key part of our team, supporting the dietitians and our tutors, as well as directly delivering our programmes to communities. Whilst she may be leaving our team, we are delighted that she will continue to deliver our programmes as a tutor in the south Belfast area.

Emma has been with us for a number of months and has proven to be an enthusiastic and hardworking student, and a great asset to our team. Emma is returning to university to complete her degree.

Both Emily and Emma have brought much fun to the team and will be very much missed. We wish them both all the best for their bright futures ahead!

