

# The importance of nutrition on health

Dr Mabel Blades

[mabel@qmnds.demon.co.uk](mailto:mabel@qmnds.demon.co.uk)

Blog

<http://mabelonamission.blogspot.co.uk/>

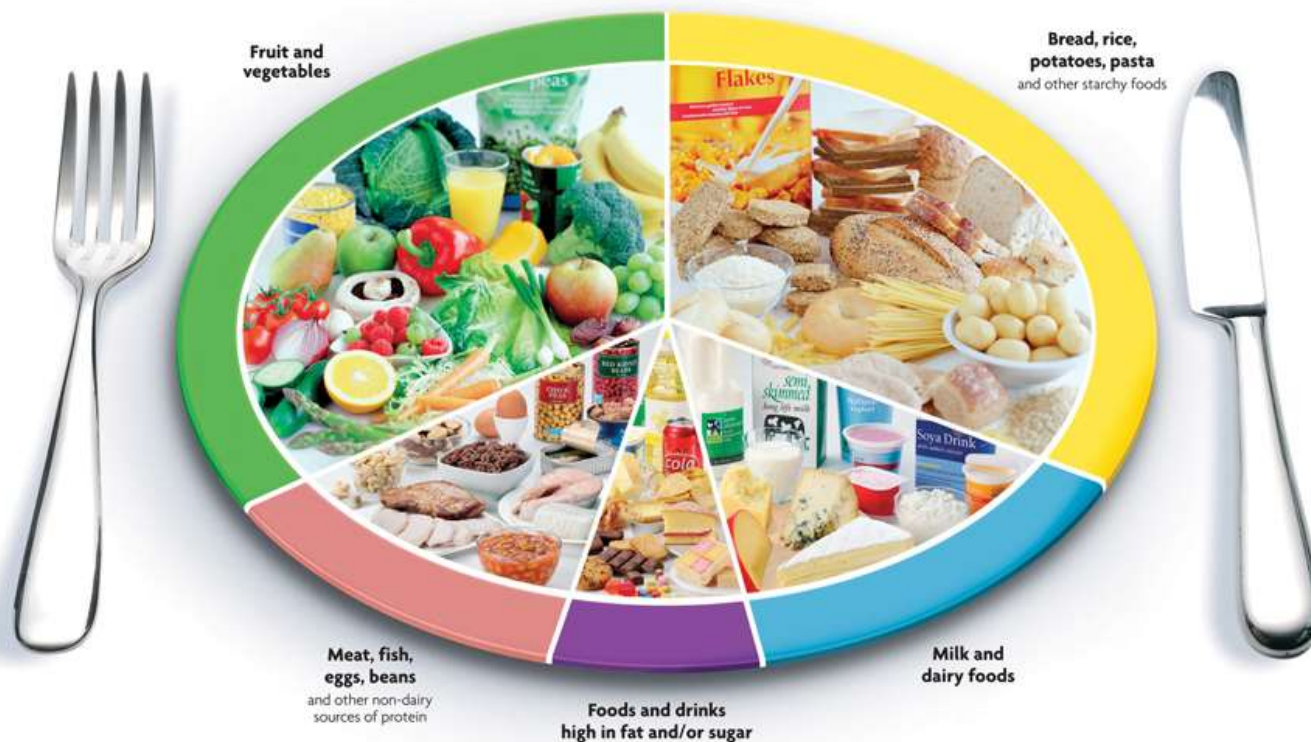
# Aims

- My Background
- Nutrition and health
- Malnutrition

# The eatwell plate

## The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



# Good nutrition

- Regular meals
- Eating regular low fat meals reduces total and LDL (bad) cholesterol and reduces resistance to insulin –
- Regular meal eaters tend to have a lower energy (calorie) intake compared to those who eat irregularly
- By eating regularly (meals and snacks) you will help keep your blood sugar levels stable.

# Breakfast

- Breakfast provides the body and brain with fuel after an overnight fast - that's where its name originates, breaking the fast! Without breakfast you are effectively running on empty, like trying to start the car with no petrol!



# Good nutrition

- Starchy carbohydrate at each meal –preferably wholegrain
- Good source of energy
- As well as starch, they contain fibre, calcium, iron and B vitamins.
- Gram for gram they contain fewer than half the calories of fat.



# Good nutrition

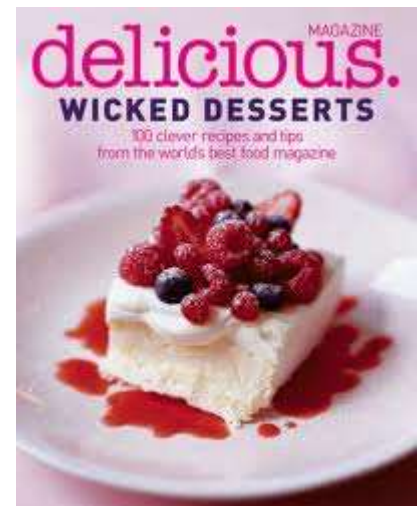
- A DAY campaign based on advice from the World Health Organization,
- minimum of 400g of fruit and vegetables a day
- lower the risk of [heart disease](#), [stroke](#), [type 2 diabetes](#) and [obesity](#).



# Good Nutrition

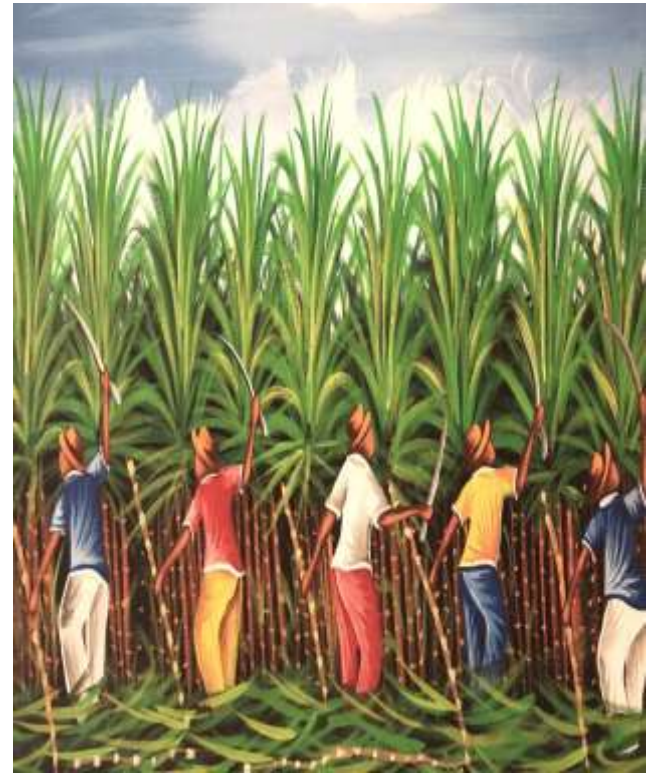
The bitter truth about sugar

“It's addictive, potentially harmful and absolutely everywhere. But is sugar really a poison that should be kept out of vulnerable hands?”





# Sources of sucrose/sugar



# How much sugar

- Added sugars shouldn't make up more than 10% of the energy (calorie intake) you get from food and drink each day.
- This is about 70g for men and 50g for women
- The government recommends that free or added sugars shouldn't make up more than 5% of the energy (calories) you get from food and drink each day.
- That's a maximum of 30g of added sugar a day for adults, which is roughly seven sugar cubes.

# Good nutrition

- Look for the "Carbohydrates (of which sugars)" figure in the nutrition label.
- high – over 22.5g of total sugars per 100g
- low – 5g of total sugars or less per 100g

# Good nutrition

- Red meat is a good source of protein, plus iron and zinc.
- Department of Health advises people who eat more than 90 grams (cooked weight) of red and processed meat a day to cut down to 70 grams.



# Good nutrition

- Poultry and fish also a good source of protein, plus contain iron and zinc.
- A healthy diet should include at least two portions of fish a week, including one of oily fish.
- Pulses –provide protein, low fat also iron, zinc and fibre--cheap



# Good nutrition

- Vitamin D sources oily fish, such as salmon, sardines and mackerel, eggs, butter and fortified fat spreads, fortified breakfast cereals, some powdered milk
- supplement containing 10 micrograms (400 IU) of vitamin for people 65 years and people not exposed to much sun
- vitamin D deficiency can lead to bone pain and weakening bones.



# Hydration

Lack of fluid can contribute to

- Urinary tract infections
- Constipation
- Oral and dental problems
- Joint pains
- Confusion which can result in falls and visits to hospital
- Tiredness and irritability
- Kidney damage

# Hydration

- One and a half to two litres of fluid per day with more in hot weather
- All fluids except alcohol and strong caffeine containing drinks contribute to this
- “ Rich people drink tap water”





# Malnutrition

- “bad” nutrition/diet
- Usually under nutrition called malnutrition

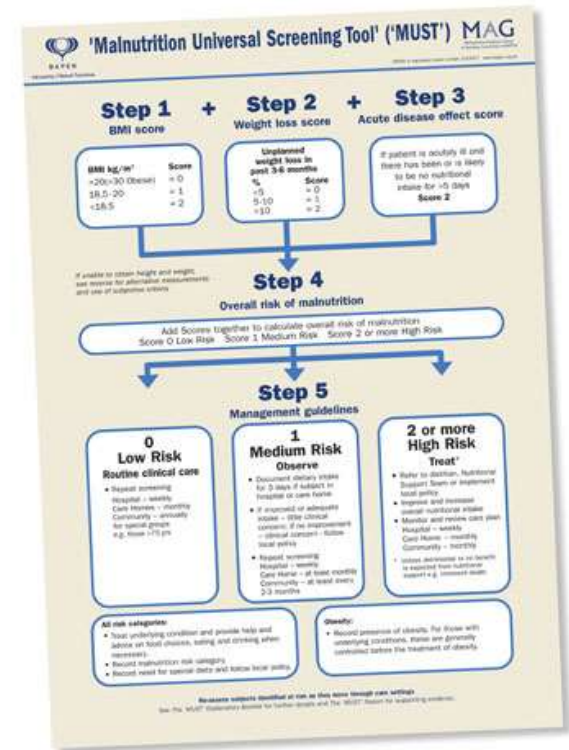
# CQC

- Regulation 14: Meeting nutritional and hydration needs

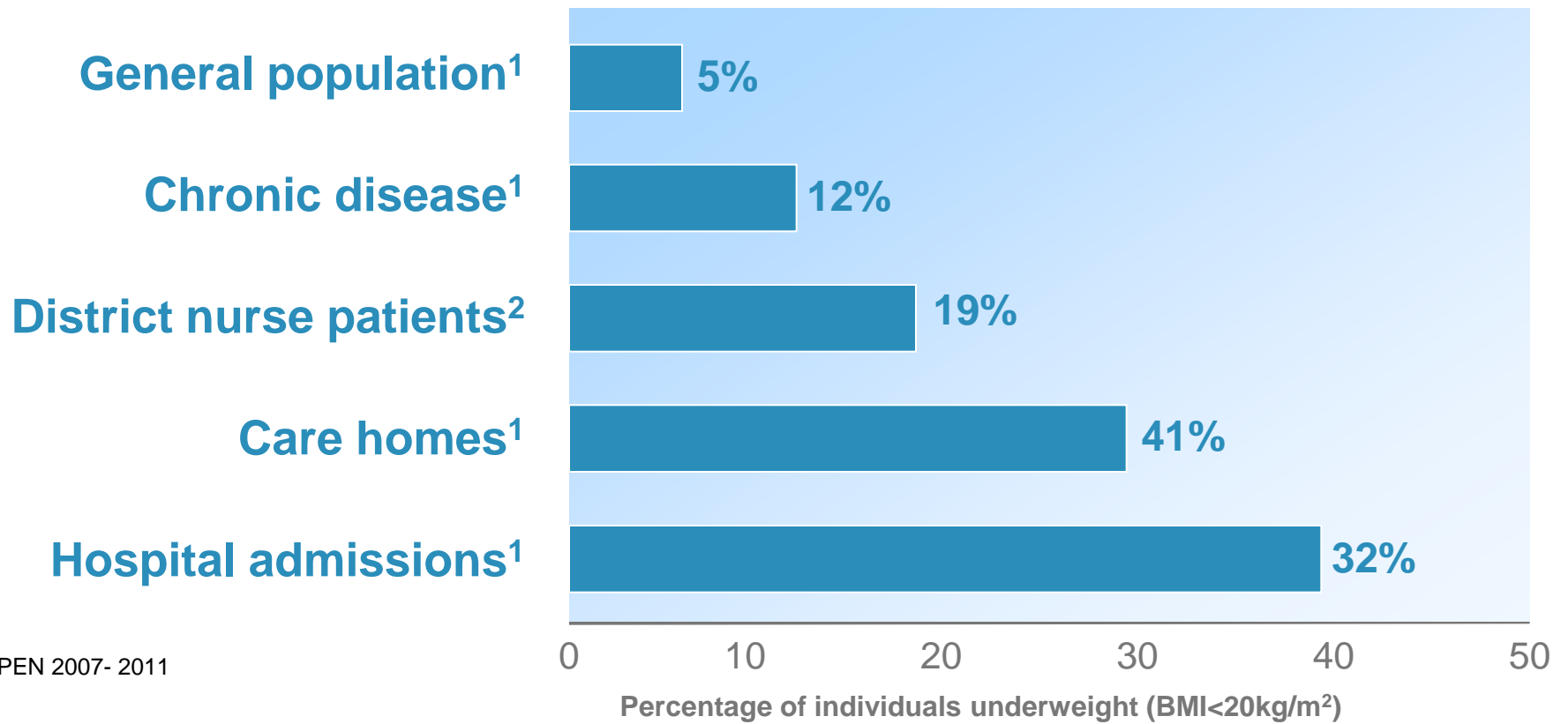


# Malnutrition what is it

- BMI less than 18.5kg/m<sup>2</sup>
- Unintentional weight loss more than 10% in last 3-6 months
- BMI less than 20 plus weight loss more than 5% In last 3-6months



# Malnutrition



BAPEN 2007- 2011

# Malnutrition

- 2008-2009
- Doubling of cases in hospitals and care homes



# Consequences of malnutrition

- Weight loss
  - Muscle weakness and fatigue
  - Apathy, depression and self neglect
  - Impaired immune response
  - Tissue breakdown and impaired wound healing
  - Increase risk of fracture
  - Osteoporosis
  - Constipation
  - Anaemia
  - Impaired temperature control – feeling cold
  - Increased risk of hospital admission & length of stay
- 
- **FOR OWNERS RISK OF LEGAL ACTION**



# Dehydration

- UK Care homes 20-30% dehydrated
- Associated with major causes of mortality and morbidity in older people
- Confusion & delirium
- Falls & fractures
- Heat stress, infections Stroke, myocardial infarction Poor wound healing, pressure ulcers Drug toxicity (and more)

# What do you think malnutrition costs?

- Britain spends **£6 billion a year** on the medical costs of conditions related to obesity



# Cost of malnutrition



Treating malnutrition in the UK costs > £5 billion per year due to<sup>1</sup>:

- Increased malnutrition-related complications
- Increased cost of treatment
- Increased GP visits
- Increased length of stay in hospital

ADDITIONAL 13 £B FOR CARE

# Individuals

- **'Britain's worst care home': Damning report into 'harrowing neglect' at £3,000-a-month home aims to stop 'institutionalised abuse' of the elderly**  
**Lack of respect and dignity, poor nutrition and hydration.**
- **The £3,000-a-month Southern Cross-run home was shut down in 2011 following an investigation by the Care Quality Commission**

# 5<sup>th</sup> February 2016

- **Care home owner jailed after elderly woman 'left emaciated and soaked in her own urine due to neglect'**
- Ivy Atkin weighed just 3st 12lbs when she died from pneumonia brought about by 'wanton and reckless neglect'

# Care home malnutrition

- **Grandmother died from malnutrition and left looking like 'a skeleton' while under nursing home care**
- Irene Willits, 88, died from malnutrition just a day after being taken from the home in Rochdale to hospital.
- 4st 12lbs

# “No Win No Fee”

- The ‘no win no fee’ system ensures that claiming the compensation you deserve is risk-free
- Encourages people to take legal action
- It’s taken seven years for Marilyn Payne to win justice for her father against the care home nurses who neglected him, but helped by a Clinical Negligence Solicitor she got £450,000

# Food first

- SUPPLEMENTS EXPENSIVE
- NOT ALWAYS TAKEN
- CAN BE USEFUL –CAN USE IN RECIPES



# Fortification

- 25 g cheese approx 100 kcal 5 g protein
- 10 g butter approx 70 kcal
- 25g double cream 120 kcal
- 25g dried skimmed milk powder 90 kcal 9g protein
- 100 ml Double Cream 460kcal

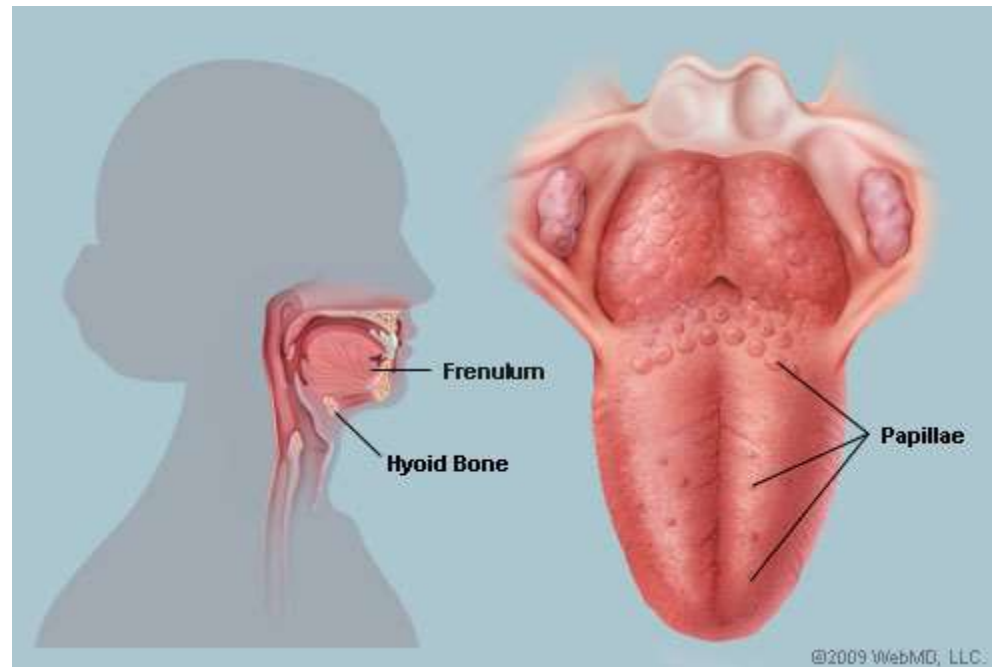
# TASTE

- Flavour
- Texture of foods
- Appropriate
- Apperance



# Taste buds

- salty
- sour
- bitter
- sweet
- umami



# JAPANESE RESEARCH

- Taste tests revealed that elderly patients who had lost their taste; umami helpful
- It is found in foods that contain high levels of glutamate, such as cured meats, shellfish, soy sauce, cheese and green tea, and other foods rich in protein

# Bliss Point

- Level of sugar
- Fat
- Salt
- CARMEL SAUCE
- 363kcal



# Individuals

- More calories and better nutrition –people feel better
- Get up and enjoy company
- Eat better
- End of Life care

# Thank you

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