

Service evaluation to promote healthy eating and improve the nutrition and health of residents with a learning disability, especially those who are overweight/obese, in a care home

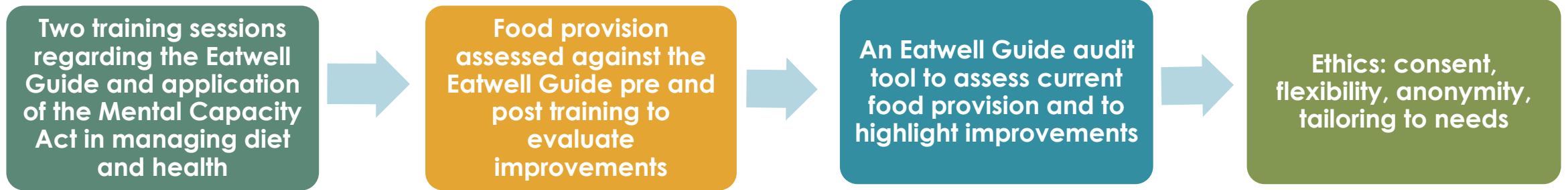
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Background

- Adults with a learning disability: poor diet, higher prevalence of obesity, leading to premature death.
- Inadequate nutritional training and nutritional standards for learning disability care settings.
- Poor application of the Mental Capacity Act (MCA) contributes towards premature death.
- Aims:** To increase knowledge and skills of the care workforce regarding healthy eating and the MCA, and to improve food provision by promoting healthy eating recommendations.

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Methods



Results

Table 1: Examples of change in understanding and knowledge demonstrated by pre and post quiz

No. trained = 10	Answers correct pre %	Answers correct post %
All questions	74	85
Fruit and vegetable portions	80	88
Juice portion size	20	100
Foods high in fat and sugar as a food group	50	78
Calcium daily servings	20	67

Table 2: Examples of changes in meal provision pre and post intervention

	Pre	Post
Red meat	5 – 8 servings a week	Swapped minced beef to minced turkey
Pastry	2 – 4 servings a week	Swapped to pastry-free quiche and sweet potato topping
Fish	No oily fish served	Trial of salmon

Discussion

- It is anticipated that the nutrition and health of overweight and obese residents will improve.
- Care staff's knowledge improved by attending training and has promoted healthy dietary changes.
- The Eatwell Guide audit tool highlighted where improvements could be made.

Conclusion

- Important to gain the commitment of the care setting manager.
- The findings indicate that improved staff knowledge of the Eatwell Guide and Mental Capacity Act improves dietary provision. More evidence is needed.

References:

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