

# **Healthy Eating Healthy Living**

## **Background Information & Guidance for Trainers**

### **Introduction**

Welcome to Healthy Eating Healthy Living, a training pack designed to encourage healthy eating as a way of life for people with learning disabilities. The pack provides all the materials needed to run a course on Healthy Eating Healthy Living and will teach participants the knowledge and skills required to eat a healthy and balanced diet.

People with learning disabilities should be able to access healthy eating messages and be encouraged to build their capacity to access mainstream health programmes in their local community. This pack provides a step towards this goal.

### **About this pack**

This pack has been specifically structured to enable staff to deliver a systematic programme that will have a broader impact on general food and nutrition issues which are important for people with learning disabilities. The sessions are designed to be inclusive of people with a wide range of learning disabilities and can be run weekly or more frequently to suit the needs of the group.

The development of the pack, led by dieticians in the Glasgow Learning Disability Partnership (GLDP) in partnership with day service and health staff, users and carers, was funded initially by Health Promotion Health Service (NHS Health Scotland) and local NHS funding. The Scottish Government provided further funding to pilot methods of providing healthy living messages that were accessible to people with learning disabilities. Resources from the Scottish Government Healthy Living Pack were used as the educational basis and the topics were extended to include the more specific health needs of people with learning disabilities taken from the Health Needs Assessment Report (NHS Health Scotland 2004). The core focus is healthy eating and exercise awareness.

This training pack received the Cosla Gold Award in the "Tackling Inequalities Improving Health" category which is sponsored by Health Scotland.

## **Tutor Notes - Preparation for the training**

The pack includes:

- Background information and guidance for trainers for each theme
- Resource and preparation tables
- Trainer's note
- Participants' handout
- Certificates for each section
- Healthy Eating Healthy Living course questionnaire (Team Leader)
- Healthy Eating Healthy Living questionnaire (Course participants)

Given that the sessions are practical and interactive you may want to carry out a risk assessment to ensure that adequate staff are allocated to support each session and strategies are in place to manage potential problems.

The training pack gives you the step by step programme for the course. Each topic has some background information with suggestions of where you can find out more information should you choose.

Each topic is then divided into a number of sessions. Each session is made up of:

- Learning outcomes
- Resource and preparation table, you should read this in advance of delivering the session so that you are fully prepared for the training you will deliver
- Training notes which take you through the session including instructions for activities
- Handouts

It is recommended that you familiarise yourself with the programme by reading through it several times before running the course. In addition early preparation is recommended to prepare and arrange for external visits connected to the topic.

### **Things to consider**

In order to support everyone in the healthy living group to participate fully it is suggested that health details, religious and cultural preferences, special dietary requirements and ability to exercise are checked and accommodated. There are

two questionnaires accompanying the pack. The first is a Healthy Eating Healthy Living questionnaire and checklist for course leaders that should be completed before commencing delivery. There is also an accessible questionnaire to be completed by course participants prior to undertaking the course (Appendix A). There is also a course questionnaire checklist for course leaders (Appendix B) and a guide to food for religious and cultural preferences (Appendix C).

Anyone who has a special diet for medical reasons should bring a copy of their diet sheet or contact details for their dietitian.

## **Course format**

The course has been designed with flexibility in mind. It has been structured to be inclusive of people with a wide range of learning disabilities. There are 22 sessions, and it is recommended that each session takes a minimum of 2 hours and should include a break. You can run the course in the way which best suits your learners for example 1 session every week or you can add sessions together to create longer training days. You may also decide to select and deliver topics or themes which have particular relevance for your learners and omit those you have already covered in other training courses.

Healthy Eating Healthy Living looks at 5 different food themes:

- Sugar
- Fruit and vegetables
- Fat
- Fibre
- Salt

It also addresses healthy bones and food labelling.

This course will enable participants to become more aware of what is good in their existing diet and how they can eat in a more healthy way. It is hoped that many of the people who take part in this training course will go on to lead healthier lives.

## **Course Content**

### **Sugar**

There are 4 sessions dedicated to sugar. This section addresses the benefits of eating less sugar. It encourages the group to look at foods which have high sugar content and consider how these affect weight, health and teeth. From a practical point of view it allows learners to explore which foods could be replaced by a low sugar option, to try and taste these foods and know where to buy such foods. There is also the opportunity to develop baking skills.

### **Fruit and Vegetables**

There are 5 sessions dedicated to looking at the importance of fruit and vegetables in your diet. The materials encourage people to eat at least five portions of fruit and vegetables every day. Be able to list the types – fresh, dried, frozen, tinned. The materials are designed to encourage people to have fun experiencing new fruit and vegetables by touch, taste and smell.

### **Fat**

There are 4 sessions of training relating to fat. The materials are designed to get across the message that you should only eat small amounts of foods that are high in fat and which food these are. The resources provide interactive and enjoyable methods of increasing awareness of the health benefits of not eating too much fat.

### **Fibre**

The fibre section of the course lasts for 4 sessions. The materials cover foods that are high in fibre, the importance of having fluids with fibre and some “taste and try” recipes. This section helps participants understand the journey food makes through the gastro intestinal system and introduces some high fibre food for people to try.

### **Salt**

Salt is also dealt with in this course. This section is 3 sessions long and covers ways to reduce salt intake by comparing brands and looking for “low salt” labels and alternatives. This section helps participants understand the health benefits of reducing salt in our diet.

### **Healthy bones**

There is also 1 session dedicated to looking at the impact of diet on bones. This will support people to develop an understanding of why we need exercise to sustain mobility and the types of food we need to maintain strong and healthy bones.

## **Labelling**

The labelling section is 1 session long. This section will help develop an understanding of “the traffic light system” and encourage participants to make healthy choices by looking at labels.

## **Healthy Eating Healthy Living DVD**

Healthy Eating Healthy Living DVD accompanies this pack. It may be useful to show this to the group to aid learning. It has sections on:

- Sugar
- Fruit and vegetables
- Fat

## **The eatwell plate**

The colour coded system used in the pack compliment those used in the eatwell plate. The eatwell plate is the tool, recommended by the Food Standards Agency and Department of Health, to help people make healthy food choices. It is therefore suggested to assist in the delivery of the pack. The content follows the guidance given that people try to:

- Eat plenty of fruit and vegetables

- Eat plenty of bread, rice, potatoes, pasta and other starchy foods – choose wholegrain varieties
- Eat some milk and dairy foods
- Eat some meat, fish, eggs, beans and other non-dairy sources of protein
- Eat just a small amount of foods and drinks high in fat and/or sugar
- Make use of the eatwell plate to see how much of a whole day's food should come from each food group
- Try to choose options that are lower in fat, salt and sugar when you can

Further information is available from:

Department of Health booklet Your Guide to the Eat Well Plate –helping you eat a healthier diet

[http://www.dh.gov.uk/prod\\_consum\\_dh/groups/dh\\_digitalassets/documents/digitalasset/dh\\_129974.pdf](http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/documents/digitalasset/dh_129974.pdf)

The following resources are available to buy from [www.intimex.org](http://www.intimex.org)

- The eatwell plate floor mat size 110cm x 135cm
- The eatwell plate table mats 59cm x 42cm – set of 4

Overall responsibility of the eatwell plate lies with the Department of Health in England. The eatwell plate is subject to Crown copyright protection and details for its use can be found here:

<http://www.food.gov.uk/scotland/scotnut/eatwellplate/guidelines>

When you use the eatwell plate, please do not change it. It is available as a jpeg from the Department of Health at the same web address.

### **Terminology and style of pack**

The pack has been written in an accessible format. The core learning outcomes are reinforced throughout each theme in a sequence using methods such as interactive games, food shopping, sensory activities, cooking and physical activity. All handouts are in easy read format. The pictures used within this pack come from the following sources:

- Iain Stewart [www.isphotographs.co.uk](http://www.isphotographs.co.uk)

- Photo symbols
- Mayer Johnson Inc. Board maker
- SCLD
- Microsoft clip art
- [www.arthursclipart.org](http://www.arthursclipart.org)
- Clare Mills [www.sclد.org.uk](http://www.sclد.org.uk)

## **Requirements for delivery of the training**

It is highly recommended that you attend the Food and Health course for carers of adults with a learning disability provided by Royal Environmental. Health Institute of Scotland (REHIS). REHIS also run an Elementary food and health training course which would provide some background knowledge around healthy eating. Courses are run throughout Scotland and further details can be found here:

<http://www.rehis.com>

Contact details:

The Royal Environmental Health Institute of Scotland, 19 Torphichen Street,  
Edinburgh, EH3 8HX

Telephone: 0131 229 2968 Fax: 0131 228 2926

## **Useful nutrition websites and key references**

**Websites** (several have useful leaflets that you can download):

- BBC On-Line Food - [www.bbc.co.uk/food](http://www.bbc.co.uk/food)
- British Dietetic Association - [www.bda.uk.com](http://www.bda.uk.com)
- Useful food facts leaflets available from [www.bda.uk.com/foodfacts/index.html](http://www.bda.uk.com/foodfacts/index.html)

- British Heart Foundation - [www.bhf.org.uk](http://www.bhf.org.uk)
- Cancer Research – [www.info.cancerresearch.org](http://www.info.cancerresearch.org)
- Coeliac UK [www.coeliac.org.uk](http://www.coeliac.org.uk)
- Community Food and Health (Scotland) - [www.communityfoodandhealth.org.uk/](http://www.communityfoodandhealth.org.uk/)
- The Dairy Council - [www.milk.co.uk](http://www.milk.co.uk)
- Department of Health - [www.dh.gov.uk](http://www.dh.gov.uk)
- Diabetes UK - [www.diabetes.org.uk](http://www.diabetes.org.uk)
- Eatwell - [www.eatwell.gov.uk](http://www.eatwell.gov.uk)
- Food Standards Agency - [www.food.gov.uk](http://www.food.gov.uk)
- Health Scotland - [www.healthscotland.com](http://www.healthscotland.com)
- Healthy living award - [www.healthylivingaward.co.uk](http://www.healthylivingaward.co.uk)
- NHS Choices: [www.nhs.uk/livewell/healthy-eating](http://www.nhs.uk/livewell/healthy-eating)
- Scottish Government Take Life On - [www.takelifeon.co.uk/](http://www.takelifeon.co.uk/)
- Quality Meat Scotland - [www.qmscotland.co.uk](http://www.qmscotland.co.uk)
- World Cancer Research Fund - [www.wcrf-uk.org/](http://www.wcrf-uk.org/)
- World Health Organisation - [www.who.int](http://www.who.int)

### **Publications specific to learning disabilities:**

- Equally well. Report of the ministerial task force on health inequalities  
Scottish Government 2008  
<http://www.scotland.gov.uk/Publications/2008/06/25104032/16>
- The Health Needs Assessment Report People with Learning Disabilities  
in Scotland NHS Health Scotland 2004  
<http://www.healthscotland.com/documents/1040.aspx>



- The Nutritional Care of Adults with a Learning Disability in Care Settings, 2008 DiMascio F., Hamilton K. And Smith L.  
[http://www.bda.uk.com/publications/Adults\\_learning\\_disability\\_care.pdf](http://www.bda.uk.com/publications/Adults_learning_disability_care.pdf)
- Eating well: Children and adults with learning disabilities. Nutritional and practical guidelines. 2007 Crawley H. The Caroline Walker Trust  
<http://www.cwt.org.uk>
- Eating well: Supporting adults with learning disabilities. Training materials for people working with adults with learning disabilities. 2009 Crawley H. The Caroline Walker Trust
- National Care Standards, Scottish Executive – visit  
<http://www.nationalcarestandards.org/>

### **Other publications**

- The Foundation Nutrition and Health Handbook, Author: Dr M. Blades  
Publisher: Highfield.co.uk Ltd, Doncaster UK: ISBN 978 1 906404 02 4
- COMA (1991) Dietary Reference Values for Food Energy & Nutrients for the UK