

Healthy Eating Healthy Living

Background Information and 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.

The pack was provided with minor updates in 2018, to reflect changes to food and health information. This was led by NHS Health Scotland and supported by NHS Greater Glasgow and Clyde, NHS Fife, NHS Tayside and The Scottish Commission for Learning Disabilities (SCLD). Future updates will be led by the Scottish Learning Disability Dietetic Clinical Network.

Tutor notes - Preparation for the training

The pack includes:

- A short check list covering the whole pack to help you prepare
- A short list of outcomes the pack aims to meet
- Background information and guidance for trainers for each theme.
- Resource and preparation tables for each theme.
- Trainer's notes.
- Participants' handout.
- Certificates for each theme.
- Healthy Eating Healthy Living course questionnaire (team leader).
- Healthy Eating Healthy Living questionnaire (course participants).
- Evaluation questionnaires to use with participants before your training starts and afterwards to check their learning.

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 it. 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 to help with this. 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. There is also a guide to food for religious and cultural preferences.

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

There are evaluation forms and instructions on how to use these. Using these before and after the course will help show what impact your training has made.

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, one 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 five 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 will go on to lead healthier lives.

Course content

Sugar

There are four 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.

Labelling

The labelling section is one session long. This section will help develop an understanding about front-of-pack labeling (may also be known as ‘the traffic light system’) and encourage participants to make healthy choices by looking at labels.

Fruit and vegetables

There are five 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 four 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 four 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 three 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 one 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.

Healthy Eating Healthy Living videos

Healthy Eating Healthy Living videos are available on the SCLD website. These show how some of the activities in the pack have been run with groups. These may be useful to show to your group to aid learning; or for yourself for ideas on how to run the activities. There are three videos:

- sugar
- fruit and vegetables
- fat.

The Eatwell guide

The colour-coded system used in the pack complement those used in the Eatwell guide. The Eatwell guide is the tool recommended by Food Standards Scotland to help people make healthy food choices.

The Eatwell 'guide' replaced the Eatwell 'plate' in 2016, but the principles of the Eatwell message remain the same. Use of existing Eatwell plate resources, such as the Eatwell plate floor mat can be continued if updated resources are not available. The main differences between the former Eatwell plate and the new Eatwell guide are:

- high fat, salt and sugar foods have been removed from the purple section and are placed outside the guide.
- the purple section now only contains oils and spreads.
- inclusion of a hydration message (adults with learning disabilities should aim to drink 8–10 cups of non-alcoholic drinks a day – for most other adults 6–8 cups is adequate).

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 guide 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:

Food Standards Scotland (FSS): The Eatwell guide

www.foodstandards.gov.scot

The new Eatwell guide activity mat is available to buy from:

www.intimex.org

www.comiccompany.co.uk

When you use the Eatwell guide, please do not change it. It is available as a PDF from the FSS website and is available with this pack on the SCLD website.

Terminology and style of pack

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

Photo symbols

- Mayer Johnson Inc. Board maker
- SCLD
- Microsoft clip art
- www.arthursclipart.org
- Clare Mills www.sclد.org.uk

To help you use this pack

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:

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

Where else you can get help?

Your local NHS Board, local authority or Health and Social Care Partnership Health Improvement or Health Promotion teams may be able to provide advice or resources.

NHS Boards may be able to loan out resources (such as the Eatwell activity mat) and local authorities may be able to support activities such as use of leisure centres for physical activities. In some areas, specialist learning disability dietitians are supporting the use of this pack or may be aware of where you can get help with using it.

Learning disability organisations, policies and publications

- Scottish Commission for Learning Disability - www.sclld.org.uk
- Health and Social Care Standards. My support, my life – www.gov.scot
- [The Nutritional Care of Adults with a Learning Disability in Care Settings](#), 2017 British Dietetic Association
- Eating well: Children and adults with learning disabilities. Nutritional and practical guidelines. 2007 The Caroline Walker Trust 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. www.cwt.org.uk

Useful food and health resources

National organisations and initiatives supporting healthier eating

- Food Standards Scotland – www.foodstandards.gov.scot
- healthyliving award – www.healthylivingaward.co.uk
- Community Food and Health (Scotland) – www.communityfoodandhealth.org.uk
- NHS Choices – www.nhs.uk/livewell/healthy-eating

Leaflets, fact sheets and apps

- British Dietetic Association - www.bda.uk.com
- change4life – www.nhs.uk/change4life
- British Heart Foundation - www.bhf.org.uk

Information on portion sizes

It is easy to overeat and gain weight by putting too much on your plate. This website has a fact sheet on how to achieve a healthy portion size:

- British Dietetic Association – www.bda.uk.com

Useful recipe websites

Some of these sites have a wide range of recipes, try and choose recipes that support the healthy eating messages in this pack and are affordable and relevant for the people you are working with.

- Scottish Government eat better, feel better campaign - www.eatbetterfeelbetter.co.uk
- BBC Online Food - www.bbc.co.uk/food
- The Dairy Council - www.milk.co.uk
- Quality Meat Scotland - www.qmScotland.co.uk
- change4life – www.nhs.uk/change4life

Accessible recipes

- Community Food and Health (Scotland)
– www.communityfoodandhealth.org.uk