

# FACTFILE: GCE HEALTH & SOCIAL CARE

## A2 7: HUMAN NUTRITION AND HEALTH



### Current Dietary Guidelines

#### Students should be able to:

- demonstrate knowledge and understanding of the current guidance generated by a range of government bodies:
  - Department of Health (DoH); Food First Advice Leaflet for Community Settings and Food First Advice Leaflet for Care Homes;
  - Department of Education Northern Ireland (DENI); Food in Schools Policy – Healthy Food For Healthy Outcomes;
  - Public Health Agency (PHA); Enjoy healthy eating.



### Course Content

The current dietary advice generated by a range of government bodies in Northern Ireland is in response to the rise in the incidence of obesity and malnutrition within the population. The advice seeks to promote good health for the population through healthy food choices.

#### Department of Health (DoH)

The Promoting Good Nutrition Strategy (DHSSPS, 2010) identified the Malnutrition Universal Screening Tool (MUST) as the screening tool of choice to identify adults at risk of malnourishment or who are malnourished.

The main purpose of the strategy is to improve the quality of nutritional care of adults in Northern Ireland in health and social care settings including peoples own homes. It is not necessary to know the details of MUST - it sets the background of the strategy. The strategy provides current dietary guidelines for three care settings but this



specification requires students to focus on two - community settings and care homes. The focus is on current dietary guidelines and all the detail required is included in the document guidance and resources to support 'MUST' across all care settings available at [www.health-ni.gov.uk/sites/default/files/publications/dhssps/pgn-must\\_0.pdf](http://www.health-ni.gov.uk/sites/default/files/publications/dhssps/pgn-must_0.pdf).

This guidance is clearly laid out in the above document in the Food First advice leaflet for Community Settings (pages 10-14) and the Food First advice leaflet for Care Homes (pages 18-20)

## Activity

Access the Food First advice leaflet at [www.health-ni.gov.uk/sites/default/files/publications/dhssps/pgn-must\\_0.pdf](http://www.health-ni.gov.uk/sites/default/files/publications/dhssps/pgn-must_0.pdf) and summarise the dietary guidelines given for community settings and care homes including the advice given to help meet the guidelines.



## Department of Education Northern Ireland (DENI)

The principal aim of the Food in Schools Policy, in line with Fit Futures, is to ensure that “Food in schools is representative of the balance of good health and makes a significant contribution to childhood nutrition and that schools contribute to the development of the knowledge and skills necessary to be able to make healthy food choices.”



The Food in Schools Policy 2013 is available at [www.education-ni.gov.uk/sites/default/files/publications/de/healthy-food-for-healthy-outcomes---food-in-schools-policy---english-version.pdf](http://www.education-ni.gov.uk/sites/default/files/publications/de/healthy-food-for-healthy-outcomes---food-in-schools-policy---english-version.pdf).

As this is a very lengthy document you may find it more beneficial to access the easy read version available at [www.education-ni.gov.uk/sites/default/files/publications/de/healthy-food-for-healthy-outcomes---food-in-schools-policy---easy-read-version-english.pdf](http://www.education-ni.gov.uk/sites/default/files/publications/de/healthy-food-for-healthy-outcomes---food-in-schools-policy---easy-read-version-english.pdf).

The main aim of the policy is to make food and drinks in schools healthier and to help children and young people to make healthier choices about food. This should also help to address the increase in childhood obesity. The current dietary guidelines are on pages 15-26. The elements addressed are:

- school meals;
- food sold in schools;
- breakfast clubs;
- drinking water in schools;
- milk in schools; and
- packed lunches and breaks.

## Activity

Access the relevant pages of ‘The Food in Schools Policy’ and draw up a table summarising the dietary guidelines given on each of the elements listed above including advice on how they may be met.

## Public Health Agency (PHA)

The Public Health Agency (PHA) was established in April 2009 as part of the reforms to Health and Social Care (HSC) in Northern Ireland.

It is the major regional organisation for health protection and health and social well-being improvement.

The agency’s vision is to support all people to achieve their full health and well-being potential. One method of doing this is to provide dietary guidelines through publications such as ‘Enjoy Healthy Eating’. This booklet provides dietary guidelines for adults and children over five years old. The guidelines are in the form of the Eatwell Guide and a detailed knowledge is required of the five food groups in the guide. Copies of the Eatwell Guide are on display in many school canteens and most Home Economic departments. The booklet is sixteen pages long and the entire content should be covered.

## Activity

Prepare a presentation on the dietary guidelines provided by the Public Health Agency in their booklet 'Enjoy Healthy Eating' giving advice on how the guidelines may be achieved.

