

Nutrition

Today

⋮ A seasonal update for healthcare professionals on
⋮ service advancements and topical nutrition issues
⋮ from the Central London Community Healthcare
⋮ NHS Trust Nutrition and Dietetics Service



Go! Sizing up
CQC Nutrition
Standards

Go! MINI KICK START a
kickstart for parents
and kids to lose weight!

Go! 'Laying the Table' – Providing
national guidance to reduce
obesity in under 5's

Improving the cost and quality in children's nutrition prescribing



Barnet, Hammersmith and Fulham and Kensington and Chelsea have seen a **500-518%** increase in expenditure on formula used in cows' milk protein allergy, whilst Westminster has seen a **359%** rise over the last 5 years.

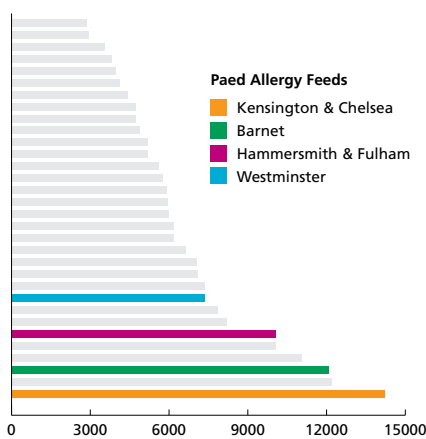
Paediatric oral nutrition supplement and cow's milk protein allergy formula **expenditure continues to rise** in Barnet and the Inner North West London PCT's. When 2009/10 data is adjusted for paediatric population size, Kensington and Chelsea is the highest spending PCT in London on cows milk protein allergy formula.

Increases in expenditure are also seen for paediatric oral nutritional supplements (ONS). ONS are predominantly recommended for children who have faltering growth and can normally be discontinued following appropriate weight gain. When 2009/10 data is adjusted for paediatric population size, Kensington and Chelsea is the 3rd lowest spending PCT in London.

How can Nutrition and Dietetics help GPs to improve paediatric nutrition prescribing?

The paediatric dietetic services in Kensington and Chelsea and Westminster are currently auditing GP practices to identify patients receiving a prescription for these products, in order to assess whether they are being appropriately prescribed. Audit data from other PCTs has shown that **50% of current prescriptions for formula used in cow's milk protein allergy and paediatric ONS can be stopped or reduced following one dietetic review.**

Expenditure on formula used in Cow's milk protein allergy: Cost (£'s) per 1000 patients aged under five years by London PCT



Cost on formula used in cows' milk protein allergy (£'s) per 1000 patients under five years

If you would like your practice to be audited please contact the paediatric dietitians:

Kensington and Chelsea: Zoe Wood, tel: **020 7313 3059**

Westminster: Rita Zemaitis, tel: **020 7563 6110**

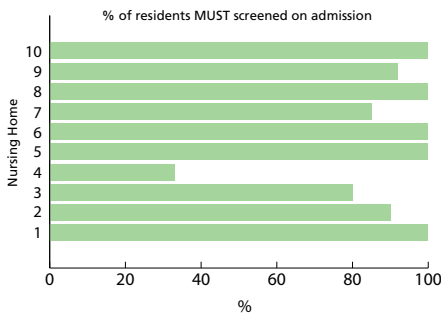
For additional health care professional resources go to the medicines management work stream page at **www.lpp.nhs.uk**

Sizing up the CQC Nutrition Standards



Improvements made as a result of the Nutrition in Nursing Homes Audit

- Introduction of puree food moulds to improve the presentation of texture modified meals
- Training for catering staff about portion size and presentation of meals
- Development of a 24hr snack menu for residents who miss meals or prefer to eat at different times



A new audit tool, Nutrition in Nursing Homes has been launched in CLCH. This tool is based on the Essence of Care Food and Drink guidelines and standards provided by the CQC. The audit sets out to recognise examples of best practice and provide a clear pathway to nutrition service improvement supported by the Dietetics Service.

"[The audit] was most welcomed as it allowed a third party to look at our processes and identify where there were weakness in our practice and as such has led to us reflecting on what we do and how we do things." – **Christine Small, the Kensington Nursing Home.**

The Malnutrition Universal Screening Tool (MUST)

A focus of the audit is to evaluate the effectiveness of current screening practices that identifies malnutrition risk. Variation in screening practices has been seen in nursing homes audited so far. Incidence of "nutritional screening on admission" ranged from 33% to 100%.

MUST training is offered in CLCH, contact Learning and Development learninganddevelopmentdepartment@clch.nhs.uk for dates, venues and how to book.

mini KICKSTART

Knowledge of nutrition and physical activity increased significantly in all parents who completed the programme. Children also showed many positive behaviour changes including:

- Increased consumption of fruit and vegetables
- Reduced intake of cakes, biscuits and takeaways
- More regular meal patterns



– a kickstart for parents and kids to lose weight!

Mini Kickstart is a 6 week healthy lifestyle programme for families with children aged 2-5 years in Westminster. A recent evaluation of the programme showed that parents who completed the 6 week programme either maintained or lost weight.

What previous participants said about Mini Kickstart

"My son has more interest in different types of foods; he no longer grazes all day and has broadened the variety of fruits and vegetables that he eats"
"I have notice an improvement in what my child is eating and I am more aware of what I am feeding them"

Mini Kickstart consists of six one hour sessions, with a mix of parent-centred nutrition, physical activity, education and active play. Topics covered include, portion sizes, food groups, label reading, healthy snacks and drinks and how to manage fussy eating. For further information email minikickstart@westminster-pct.nhs.uk or call **020 7313 3059**

Lifestyle Weight Management Clinics, your best bet in weight loss

How we're doing so far:

Results	Mean total weight loss (kg)
6 months	6.2 kg (0.6-16.5)
9 months	7.2 kg (1.1-17)
12 months	5.1kg (1.5-13.1)

CLCH's new Lifestyle Weight Management Clinics (LWM) clinics are helping people across central London to achieve their weight loss goals. The aim of LWM clinics is to achieve a $\geq 5\%$ weight loss after 6 months with patients returning for a review at 9 and 12 months. LWM clinics are available for overweight and obese patients (BMI $\geq 27\text{kg/m}^2$ with 2 co-morbidities or BMI $\geq 30\text{kg/m}^2$). Six individual appointments are offered with a specialist dietitian. Each appointment is focused on healthy lifestyle interventions including:

- portion control
- self monitoring
- physical activity

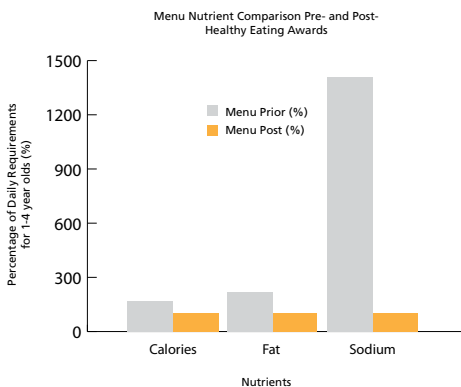
Sessions are flexible to adapt to patients personal wishes and situation.

To refer a patient to this service, please contact the Nutrition and Dietetics Service in your borough for a referral form.

Service available in Kensington and Chelsea

'Since working toward and subsequently gaining our Healthy Eating Award, both staff and children have become more aware of what we are eating and how we can keep our bodies healthy. The parents have also been joining in by attending our weekly morning exercises and by taking an interest in learning about cooking more healthily.'

Nicholle Lamptey-Senior
(Maxilla Children's Centre)



'Laying the Table' – national guidance to reduce obesity in under 5's



Featured best practice example within 'Laying the Table', was the CLCH Nutrition and Dietetics 'Healthy Eating Awards', a public health nutrition programme delivered in partnership with the Royal Borough of Kensington and Chelsea (RBKC).

The Healthy Eating Awards have been running since 2007 and supports RBKC Nurseries, Children's Centres and Childminders to improve food and nutrition in early years settings.

The Healthy Eating Awards have been revised to ensure they comply with the new School Food Trust recommendations, set out in 'Laying the Table'. The Healthy Eating Awards have been revised to ensure CLCH work with early years settings to comply with the new School Food Trust recommendations set out in 'Laying the Table'.



Contact the Central London Community Healthcare NHS Trust Nutrition and Dietetics Service for further information about any of the articles in this newsletter

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