

Family & Community
Medicine



Nutrition Education

Editing file



- Important**
- Original content
- Only in girls slides
- Only in boys slides
- Doctor's notes

OBJECTIVES:

01 Define nutrition education.

02 Recognize the importance of nutrition education.

03 Understand methods used in nutrition education.





Nutrition Education: It is the science of teaching the individual how to practice proper and correct nutrition in terms of:

- 1 Knowing the **proper** nutrition rules.
- 2 Knowing **benefit** of each nutrient.
- 3 More attention to **quality** and **quantity** of foods.

Nutrition: The process by which the human intakes food for **growth, energy, and replacement of tissues**; its successive stages include digestion, absorption, metabolism, and excretion.

Nutrition requirements: The quantities of each nutrient which met the human body needs to prevent nutrients deficiency diseases.

Who are in need for Nutrition Education?

- **Every Person** whatever his culture, lifestyle, educational level, income, health status.
- In hospitals, education is usually directed to people with health problems; like DM, Obesity, Celiac disease & Hypertension.
- Messages should be simple and to the level and culture of the audiences.





Ignorance, Disease & Poverty will lead to **MALNUTRITION**.

Prevention is better than cure:



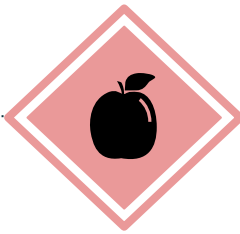
Don't smoke



Limit sugar & salt intake



Eat five portions of fruit & vegetables a day



Eat plenty of high-fibre foods



Limit alcohol intake



Get regular exercise

Calories in

Food & Beverages



Calories out

Body functions & Physical activity

Obesity is the result of chronic energy **IMBALANCE** (intake > output).



Importance of nutrition education:

Man doesn't have instinct or inherit knowledge that leads him to know the effect of different foods on health.

1

There is consensus that people's food choices, dietary practices and physical activities influence health.

2

Increased the motivation, skills and opportunities for people to engage in health promoting actions.

3

Foods and food components to reduce:

- Sodium intake (to decrease the risk of **hypertension** and **heart failure**).
- Saturated fatty acids (to decrease the risk of **atherosclerosis**).
- Dietary cholesterol.
- Trans-fatty acids (**more atherogenic** than pure or saturated fatty acids).
- Calories from solid fats and added sugars.
- Refined grains that contain solids fats, added sugars and sodium.

IMPORTANT!

Techniques

(How educators can send messages to receivers)

- *Lectures.*
- *Seminars.*
- *Group discussion.*
- *Media.*
- *Day activities in hospitals.*

Choosing channels of nutrition education:

- *Newspaper & publications.*
- *Internet.*
- *TV.*
- *Radio.*
- *Television / Satellites.*

Levy: The amount of money has to be paid and collected by government.



Aims of nutrition education:

- 1- The relationship between the body growth, qualities of and appearance, and the type of food they eat.
- 2- Increased diversification in the food they eat and enjoy its taste.
- 3- Planning and preparing of meals rich in nutrients.
- 4- The natural resources of food.
- 5- Assessment of their nutritional behaviors and beliefs.
- 6- Appreciating the importance of the standard of living improving programs.

Factors affecting human food consumption:

- | | |
|--|--|
| <ol style="list-style-type: none"> 1- Healthy body & disease. 2- Psychological factors. 3- Food habits. 4- Economic levels. 5- Educational levels. 6- Religious beliefs. | <ol style="list-style-type: none"> 7- Political conditions. 8- Social conditions. 9- Media. 10- Travel & tourism. 11- Geographical characteristics. |
|--|--|

Nutrition Education Strategy

Encouraging the targeted categories to consume balanced diets according to the:

- Available resources.
- Renew the dishes.
- Local food and eating habits.
- The presenting ways.
- The best preparing methods.
- Suitable food.
- To meet the needs.



Malnutrition

Developing countries

- *Nutrients deficiency disease.*

Developed countries

- *Obesity.*
- *Heart diseases.*
- *Diabetes.*
- *Hypertension.*

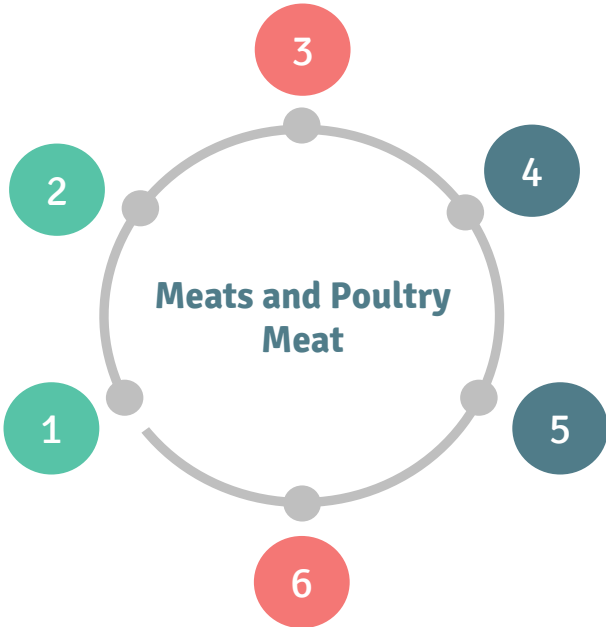




Lean meats and poultry contain **less fat and cholesterol.**

Poultry meats includes: all forms of chicken, turkey, duck.

Also known as **red meat**, includes: all forms of beef, lamb, veal, goat.



Processed meats and processed poultry (e.g., sausages, luncheon meats) are products preserved by smoking, salting.

Strong evidence indicates that the eating patterns that include: lower intake of meats as well as processed meats & poultry are associated with **reduced risk of CVD in adults.**

Moderate evidence indicates that these eating patterns are associated with **reduced risk of obesity, type 2 diabetes, and some types of cancer in adults.**



Source of healthy food:

Vegetables

from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy & are naturally low in fat and calories and provide dietary fiber, potassium, vitamin A and vitamin C.



Fruits

especially whole fruits & are sources of many essential nutrients including: dietary fiber, potassium, vitamin C and folate.



Whole grain

are sources of dietary fiber, B vitamins and Minerals (iron, magnesium and selenium).



Proteins

including seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products & are sources of B vitamins, vitamin E, iron, zinc, magnesium and ω -3 fatty acids which are found in seafood.



Oils

are sources of energy and improve brain function like olive oil, corn oil.



Fat-free or low-fat dairy

including milk, yogurt, cheese, and/or fortified soy beverages.



A healthier diet is:

- **Adequate:** provides enough energy, nutrients, fiber, and vitamins to support a person's health.
- **Varied:** to eat many different types of foods each day.
- **Balanced:** contains the right combinations of foods to provide the proper balance of nutrients.
- **Moderate:** contains the right amounts of foods (Calories) for maintaining proper weight – neither too much nor too little food.

- **Seafood** provides the most **vitamin B12** and **vitamin D**, in addition to almost all of the polyunsaturated like **ω -3 fatty acids**.
- The recommendation to consume **TWO** servings or **more per week**.
- **Strong evidence** indicates that eating patterns that include seafood are associated with **reduced risk of CVD**, and **moderate evidence** indicates that these eating patterns are associated with **reduced risk of obesity**.





Group Nutrition Education **Techniques** uses **Facilitated Discussion** by:

- 1 Discuss a specific topic, to be interactive, share questions and knowledge with others.
- 2 Focuses on client's needs.
- 3 Develops relationships between clients.
- 4 Clients learn from one another.
- 5 Requires members to be familiar with topic.
- 6 Requires skill development of staff.



Interactive Nutrition Education:

- ◆ Engages the client.
- ◆ Provides opportunity for questions and feedback.
- ◆ May be individual or group sessions.
- ◆ Helps client identify individual goals or important issues.



Summary

SOURCES OF/PROVIDES:

1. VEGETABLES:

- Dietary fibers
- Potassium
- Vit. A
- Vit. C

2. FRUITS:

- Dietary fibers
- Potassium
- Vit. C
- Folate

3. WHOLE GRAINS:

- Dietary fibers
- B vitamins
- Minerals (Fe, Mg & Selenium)

4. PROTEIN:

- B vitamins
- Vit. E
- Fe
- Zinc
- Mg
- ω -3 fatty acids

5. SEAFOOD:

- Vit. B12
 - Vit. D
- (Twice or more per week)

MEAT & POULTRY:

From red meat, poultry meat, processed meat and poultry.

- **Strong evidence**

reduced risk of CVD in adults due to reduced meats and processed poultry.

- **Moderate evidence**

reduced risk of obesity, type 2 diabetes, and some types of cancer in adults due to eating patterns.

SEAFOOD:

- **Strong evidence**
reduced risk of CVD.

- **Moderate evidence**
reduced risk of obesity.

Nutrition Definition
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PREVENTION:

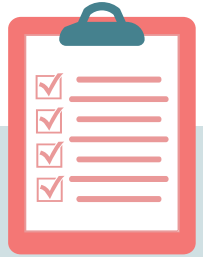
Don't smoke, limit sugar & salt intake, Eat five portions of fruit & vegetables a day, eat plenty of high fiber foods, limit alcohol intake, exercise regularly.

Calories in (food & beverages) = **Calories Out** (body function & physical activity)

REDUCE:

- Sodium intake.
- Saturated fatty acids.
- Dietary cholesterol.
- Trans-fatty acids (**more atherogenic**).
- Calories from solid fats and added sugars.
- Refined grains that contain solids fats, added sugars and sodium.

QUIZ!



- The quantities of each nutrient which met the human body needs to prevent nutrients deficiency diseases is the:
 - A) Nutrition.
 - B) Nutrition requirements.
 - C) Food.
 - D) Levy.

- Which one of the following healthy eating patterns could help a hypertensive patient the most?
 - A) Decreasing sugar intake in diet.
 - B) Eating gluten free diet.
 - C) Decreasing salt intake in diet.
 - D) Increasing refined grain intake.

- Which one of the following considered from the nutrition education strategies?
 - A) Innovation.
 - B) Diffusion.
 - C) Results.
 - D) Renew dishes.

- Is it healthier to:
 - A) Eat then exercise.
 - B) Exercise then eat.

Answers: 1) B, 2) C, 3) D, 4) B



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Give us your feedback!