Improving Health and Wellbeing in Ireland

Nutrition in the HSE

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Improving Health and Wellbeing in Ireland

Who we work with

HSE Divisions

HIQA

Primary Care & other care groups

Clinical care Programmes

INDI, CMAI

SAFEFOOD & HFFA

FSAI-Public Health Nutrition Sub Group

ICGP

NUTRITION IN THE HSE

PARTNERSHIP ORGANISATIONS

Irish Heart Foundation

IN THE HSE

部 of Health & other Government Depts

Irish Cancer Society

Depts

Department of Health & other Government Depts
The way forward-nutrition in the HSE

HSE

Integrated care programmes
Hospital Groups CHO's

Quality Improvement Division
Health Business service unit

- Health & Wellbeing
  - Healthy Ireland
  - Obesity
  - Chronic disease
  - HP&I, Public Health
  - Environmental health

- Acute Hospitals
  - Nutritional care
  - Food provision
  - Policies
  - Screening
  - Care pathways

- Primary Care
  - Nutritional care
  - Screening
  - Integrated care pathways

- Social Care
  - Nutritional care
  - Residential services
  - HIQA standards

- Mental Health
  - Nutritional care
  - Development of Adult
  & CAMHS services

Improving Health and Wellbeing in Ireland
Improving Health and Wellbeing in Ireland
The Facts

- 2,500 workplaces - 100,000 employees
- 2 in 3 adults and 4 in 5 people over the age of 50 are overweight/obese
- Costs €1.13 billion/year
The facts - malnutrition

- 1 in 3 people in hospital are malnourished
  - (30%↑ LOS & risk infection)
- Costs of malnutrition €1.4 billion/year
- “Food first” approach & nutritional support
- Food waste 37-49% food for patients is not eaten
Main projects

- Food and nutrition in hospitals
- Model for delivery Community Dietetics
- Calorie posting policy and implementation
- Developing national KPI’s- infant nutrition training, Patient education diabetes, community cooking programmes, obesity programmes/services
- Review healthy eating guidelines- DOH
- Infant and child nutrition- national model
Nutrition- Priorities and Actions 2015

HSE Service Plan 2015

- **Health & Wellbeing Division**
  - Develop a hospital and patient food & nutrition policy and implementation plan
  - Calorie posting and Healthier vending policy
  - Support hospital groups and community healthcare organisations to develop site specific implementation plans for Healthy Ireland

- **Quality Improvement Division**
  - Lead, in consultation with service users, a quality improvement programme on nutrition and hydration across all settings
  - Nourish programme
Cross divisional Healthy Eating & Active Living Programme (HEAL)

Health and wellbeing group
- HI implementation plan
- Calorie posting & Vending policies
- Staff health and wellbeing
- Obesity prevention
- Chronic disease
- Public health nutrition

Nutritional care
- Nutrition & hydration - Policies & care pathways
- Malnutrition screening
- Nutrition support
- Food provision
- Multid teams
- Stakeholders - IRSPEN, INDI etc

Sustainability
- National sustainability unit
- Procurement (ONS, Food provision etc)
- Food waste

Improving Health and Wellbeing in Ireland
Hospital Food- Why now?

- Ministerial priority
- Media attention
- National service plan priority- Hospital food, policy development, QI programme, calorie posting/vending policy and nutrition screening
- Healthy Ireland implementation plan
- HIQA Nutrition & hydration review
<table>
<thead>
<tr>
<th>Month</th>
<th>Event</th>
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<tbody>
<tr>
<td>December</td>
<td>Meeting with Minister Varadkar &amp; Chef Oliver Dunne re hospital food</td>
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<td>Allergen legislation</td>
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<td>March</td>
<td>Meeting with Minister Varadkar &amp; CMAI QID Nutrition advisory group/Nourish</td>
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<td>April</td>
<td>NCEC in Dept of Health re developing national clinical guideline for hospitals</td>
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<td>May</td>
<td>Meeting with National director Acute Hospitals- governance framework</td>
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<td>July</td>
<td>HIQA announce nutrition/hydration inspections</td>
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<td>August</td>
<td>Met with Acute Division</td>
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HIQA Nutrition & hydration review

- Guide to HIQA review of nutrition and hydration in public acute hospitals
- Audit August 2015
- Unannounced inspections 13 hospitals
- Report will be available 2016
- “The Authority will assess if hospitals have the essential elements of good nutrition and hydration care in place for patients, with a particular focus on nutritional screening and assessment, arrangements at mealtimes and the patient’s own experience”
Food and Nutritional Care in Hospitals: Promoting good nutrition and the meal experience

- Nutritional assessment and treatment in hospitals
- Nutritional care providers
- Food service practices
- Hospital food
- Health economics- procurement, sustainability policy

- UK/DOH Hospital food standards Panels report on standards for food and drink in NHS hospitals- August 2014
“The doctor of the future will no longer treat the human frame with drugs, but rather will **cure** and **prevent** disease with nutrition”

Thomas Edison  
(1847-1931)