

NUTRITION EDUCATION IN A HOSPITAL OF MEDIA STAY THROUGH THE FOOD PRO-FIT PROJECT TO PREVENT OBESITY AND IMPROVE THE STATE OF HEALTH OF THE BALEARIC POPULATION.

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INTRODUCTION

Hospital Joan March is a public hospital media stay (27 days), with convalescence surgical patients and palliative patients. It participates, from July 08, in the European project FOOD PRO-FIT, who heads the Regional Ministry of Health of Balearics Island, in which CODNIB is cooperating.

<http://foodprofit.org> ; <http://hancptool.org>



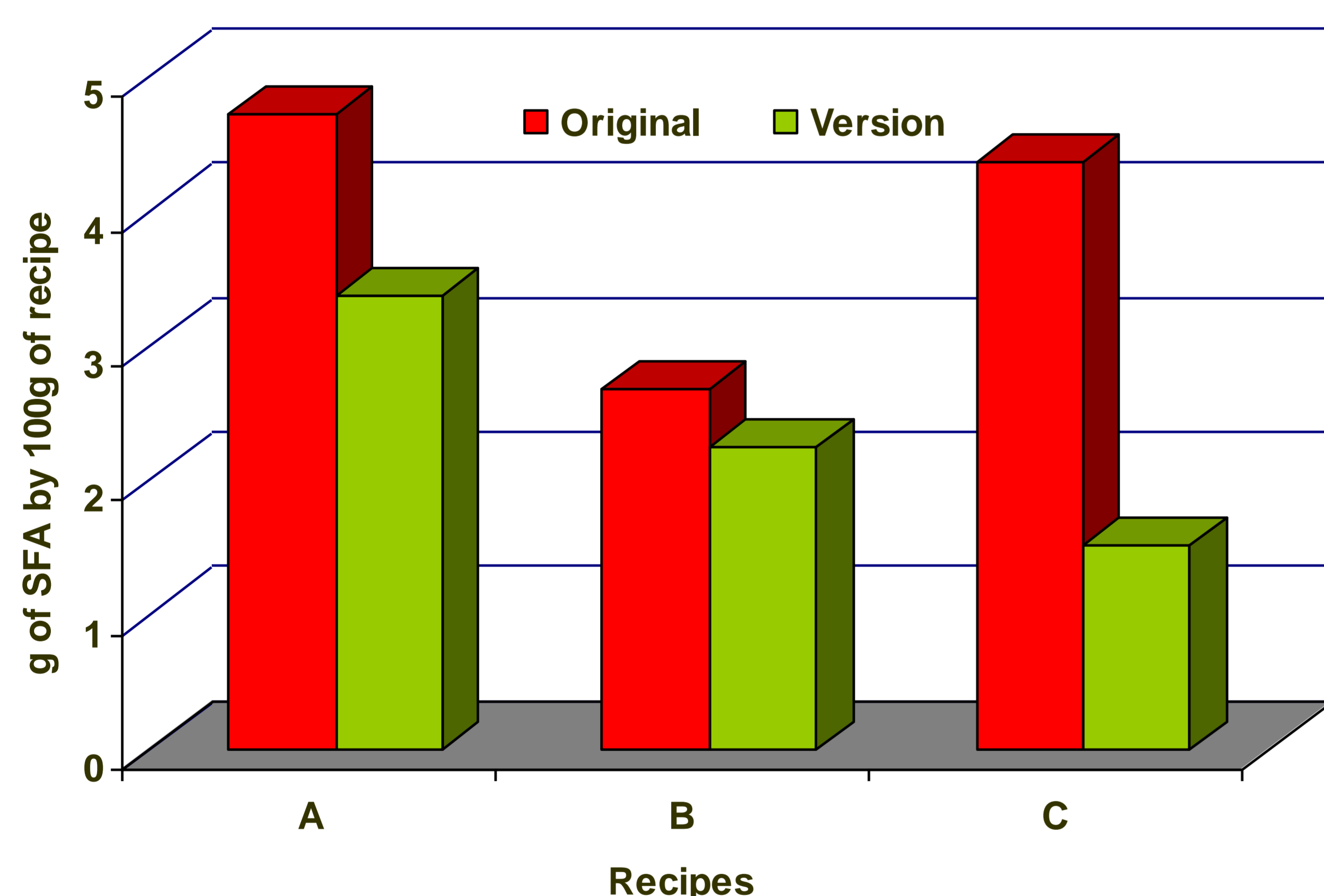
OBJETIVES

- Improve the nutritional intake of patients by reducing saturated fatty acids (SFA), free sugars (FSu) and sodium (Na), using the HANCPtool (Hazards Analysis and Nutritional Control Point)
- Perform nutritional education for patients and families by explaining a healthy diet and with additional information provided in the rooms.

MATERIAL AND METHODS

The online tool HANCP set thresholds for SFA, FSu and Na, enabling the evaluation of nutritional risk in recipes. Reformulations are successful if they reduced at least 50% of the risk. Nurses offer daily to patients with basal diet, the healthiest option FOOD PRO-FIT and transmit the information to the kitchen. The rooms have information about the project and recommendations for healthy eating and active living.

Picture 1. Reduction of SFA by 100 g of reformulated recipes



CONCLUSIONS

Hospital's diets are tailored to the profile of users and his technical features are controlled in amount of SFA, FSu and Na. The information on the patterns of menus adapted to the PRO-FIT FOOD guidelines to patients and their families is a good way of food and nutrition education (Picture 2). Information to patients by trained nursing staff contributing to better understanding and acceptance of the diet as well as enhancement of long term eating habits.

RESULTS

We assess the nutritional recipe's risk of 2 seasonal menus (2 weeks rotation). Using the HANCPtool we've reformulated 3 recipes (Picture 1). The average reduction of risk in reformulated recipes is 40 g of SFA by patient with basal menu during the average length stay. In the 1216 elections, 8.39% are FOOD PRO-FIT choice for lunch and dinner, 10.5% only for lunch and 9.95% for dinner.

Picture 2. Information to patients by trained nursing staff on menus adapted to the PRO-FIT FOOD guidelines

