

University of Wales
Trinity Saint David
Task 2 Campaign
Diet and Nutrition with Autistic
Children

-

- Daniel Merda

ID 2608678



Diet and Nutrition with Autistic Children

- This campaign will adopt a family-centred and person-centred approach. It will recognise that autistic children have different sensory preferences, nutritional needs and eating behaviours. The campaign will aim to support families to make realistic and sustainable dietary improvements.
- Aim and Objectives of the campaign; to improve awareness, knowledge and confidence among parents as well as carers in supporting healthy nutritionally adequate eating regarding autistic children.
- Our target population will be parents and carers of autistic children in Birmingham particularly those experiencing food selectivity because they frequently influence food purchasing, preparation, mealtime routines and opportunities for children to experience different foods. Secondly target will include professionals like teachers, school Staff, health visitors community nurses, paediatricians and dietitians.

On this campaign; we will discuss the points below

1. Types of evaluation
2. How the aims will be measured
3. Eye-catching poster
4. Potential partners and organisations
5. Resources that can be replicated

Campaign: Health Eating for Children With Autism

Types of evaluation

Is useful most of the time because it determines whether the campaign is moving in the aims and whether the activities have an effect on children, parents and carers. In this campaign process, outcome and impact evaluation.

A. Process evaluation

- Dietary intake evaluation to help track the exact nutritional use as well as identify restricted food types.
- Behavioural and mealtime evaluation focuses on tracing behaviors during mealtime like high anxiety or rigidity BAMBI (Brief Assessment Scale for mealtime Behaviour in children) and CEBQ (Child Behaviour Questionnaire)
- Sensory and Oral-Motor Appraisals. This will be achieved by multidisciplinary screening some of these are Occupational Therapists' evaluation like textures, smells and colours. Speech-language pathologists evaluating chewing or swallowing patterns.

Biochemical and Anthropometric screening: paediatrician following the physical growth by using height score divided by weight to get BMI as well as using blood panels to identify hidden micronutrient deficiencies.

•B. Impact

- ☐ We will work on strongly evaluate whether it was delivered as planned
- ☐ Recording the number of parents and carers who attended autistic children feeding
- ☐ Long-term we will visit practical environments like home, school or care centre to assess behaviour and mealtime and follow the results from occupational and paediatricians' recommendation.
- ☐ Sustained improvement in dietary variety, continued use of healthy meal-planning strategies and appropriate referral to specialist nutritional service.

C. Outcome evaluation

- We will examine short-term and long-term Outcome Evaluation
- In short term we can use questionnaires on the campaign time before and after with parents, carers or stakeholders to Evaluate the change in their knowledge of healthy eating, understanding of sensory food preferences and confidence in supporting children with restricted diets.
- Distribute leaflets and tract online engagement

2 How the aims will be measured

- The campaign could measure with a mixed-methods approach to understanding of the campaign. Short-term data could measure changes in knowledge and confidence, while long-term could explore intervention
- Pre –and post-campaign questionnaire
- Attendance records from nutrition education sessions
- Parent and carer feedback
- Children's food diaries, where appropriate by children
- Engagement with education material and online resources
- Feedback from health care professionals, Schol and community organisation

For example;- parents could complete questionnaires before and after the campaign to assess the changes in their knowledge of healthy eating, understanding of sensory food preferences and confidence in supporting autistic children with restricted diets.

The campaign will have the following objective

- To increase parents' and carers 'knowledge of the importance of a balanced diet for children's growth and development.
- To increase parents' and carers' confidence to introduce new foods introducing for sensory-preference autistic children
- Provide new information or new research about nutritional and feeding support for autistic children

3 Campaign Title “scenery spoon full”



A young girl with blonde hair is smiling and looking towards the camera while sitting at a red school cafeteria table. She is holding a fork and knife, and there is a plate of food with broccoli and rice in front of her. Other children are visible in the background, also eating at the table.

“Small Changes,
Healthy Choices,
Brighter Future”

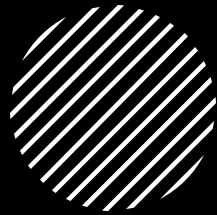


Health Eating Support For Children With Autism

- Focus
- Supporting parents and carers to understand children individual dietary needs, sensory preferences and restricted eating pattern
- Campaign activities
 - Health eating information sessions
 - Practical advice for introducing the food
 - Simple recipes and meal ideas
 - Food diary and meal-planning resource
 - Information about sensory sensitivities and food texture



Our slogan is
“Small
Changes,
Healthy
Choices,
Brighter
Future”



- Benefit
- Better understanding of children’s nutritional needs
- Greater parental confidence around mealtime
- Encouragement of a more varied and balanced diet
- Support for healthy growth and development
- Increase awareness of when professional nutritional advice is needed

4 Potential partners and organisations

- Our campaign based in Birmingham, potential partners could include
 - Birmingham NHS services-for professional nutritional health advice
 - National and local Autistic Society for autism-related information and family support
 - School and special educational needs services-to reach children and families
 - Dietitians and paediatric healthcare professionals-for specialist nutritional support
 - Local community centres and children's services –for delivering activities within the community

Resources that can be replicated

- Posters and Leaflets
- Food diaries
- Educational videos
- Social media posts
- Healthy eating guides
- Parent information sessions

Conclusion

- Healthy eating with autistic children represents an important public health issue because of food selectivity and sensory-related feeding difficulties may contribute to restricted dietary variety and nutritional inadequacy.
- A mixed-methods evaluation incorporating process, outcome and Long-term measures will allow the campaign to assess implementation, effectiveness, acceptability and potential sustainability.

Reference

- The association of UK dietitians
- World Health Organisation
- National autistic society /autism.org.uk
- NHS and UK clinical practice
- Amazon.com/Susan Zeppieri for pitcher
- Blue Gensa BA for pitcher
- NHS UK with British Dietetic Association. BDA Nutrition & Hydration Digest explains that the principles of good nutritional care apply to all settings
- Edited on behalf of the Nutrition Society by Judith L Buttress, Ailsa A Welch, John M Kearney Journal
- Public Health Nutrition 2nd 2018 Wiley; a comprehensive textbook published by Wiley in the acclaimed nutrition society textbook series.
- 1998 Cambridge University Press S.R. Cornish titled The nutritional intake and dietary management of children with autism
- Pmcinci.nlm.nih.gov
- National Library of Medicine Journal ; J Environ Res public health 2023 Mar 14 . Clinical Intervention; Food selectivity in children with autism Guidelines for Assessment
- Conti, MV, Breda ,c, Basilico, S, Ruggeri, S, Scalvedi, M.L and Cena, H (2026) Unlocking the link: Exploring the association between food selectivity and health outcome in autism spectrum disorder-A systematic review
- Marshall, J ,Hill, R.J., Ziviani, J, and Dodrill, P. (2013) Features of feeding difficulty in children with autism spectrum disorder, International Journal of speech-language pathology.
- Birmingham Autism and ADHD Partnership Board - Written Evidence (AAC0195) Evidence report owner: Birmingham Autism and ADHD Partnership Board Named person(s): Professor Ashok Roy OBE, Chair of Birmingham Autism and ADHD Partnership Board Chris Barber, Vice-Chair of Birmingham Autism and ADHD Partnership Board and autistic expert by experience