
Healthy Eating in today's climate

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What we will cover

- Research in Nursing
- Healthy Eating in our current climate
- Factors that contribute to unhealthy eating
- Why is healthy eating important
- Recommendations
- Conclusion

Importance of Research in Nursing

It is “any scientific (i.e. systematic) enquiry into the effectiveness or value of nursing practice”

Promote better general health, illnesses, and treatments within any healthcare environment and can aid recovery.

Importance of Research in Nursing

Evidence-based practice (EBP) is now accepted as an important part of enhancing the quality of healthcare

EBP occurs when available evidence, clinical expertise and patient value are combined to provide the best possible care.

Positive outcomes are more prevalent when EBP is implemented effectively.

Healthy Eating in our Current Climate

Very relevant to today's world, especially in relation to the burden on our healthcare services.

14.3%

UK's health burden attributed to
unhealthy diets

£5.8
billion

Cost annually to NHS

£9.7
billion

Cost to NHS by 2050

Poor diet is the biggest risk factor for preventable illnesses.

Healthy Eating in our Current Climate

What is a healthy diet?

Growing evidence illustrates diet can have a positive influence on health and aid the prevention of chronic diseases.



Factors that contribute to unhealthy eating

- Affordability
- Physical ease of access to food and drink outlets
- Advertising

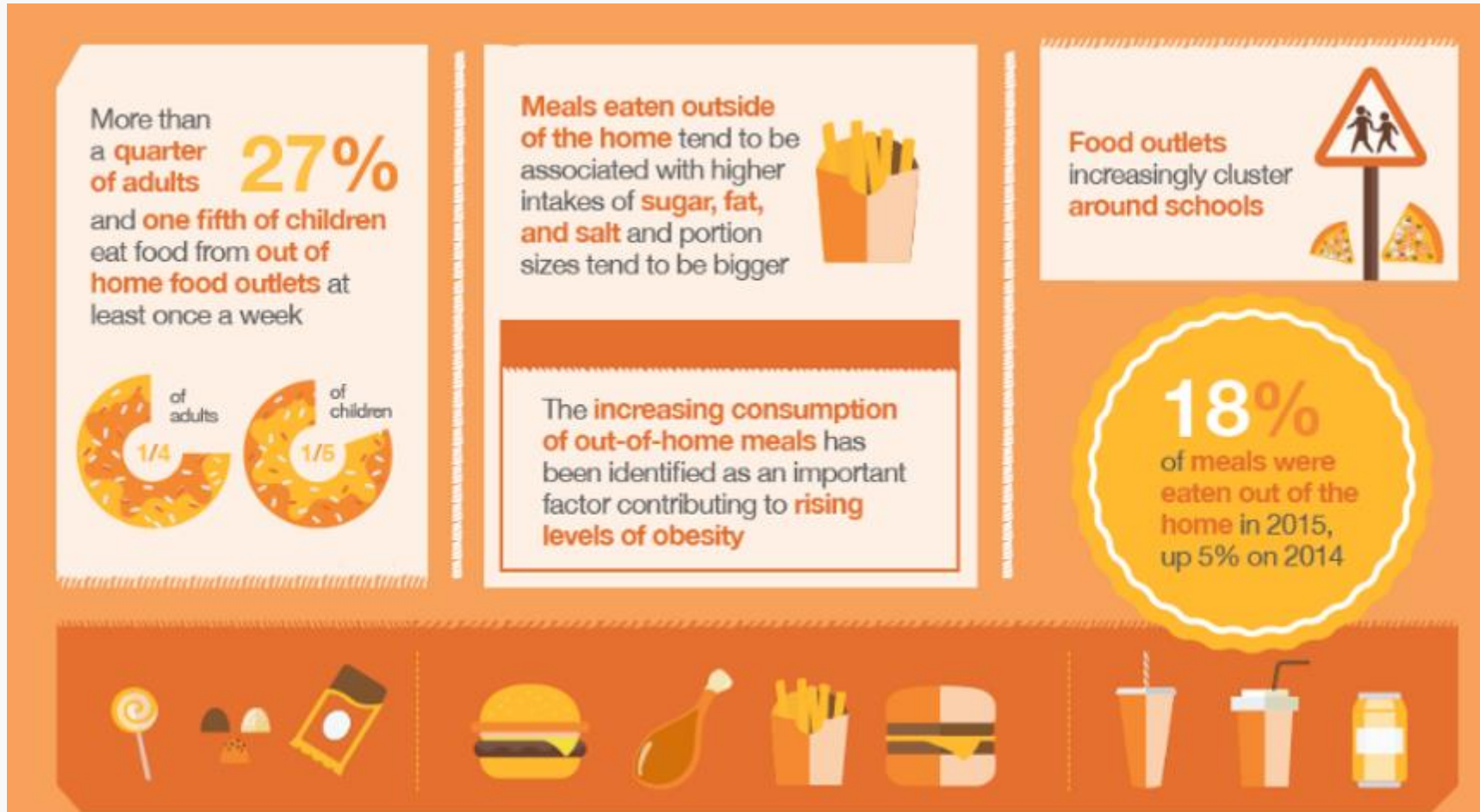


Factors that contribute to unhealthy eating



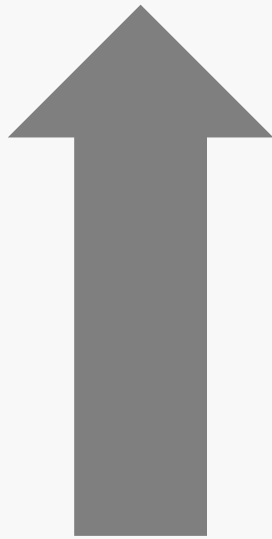
Factors that contribute to unhealthy eating

Eating out



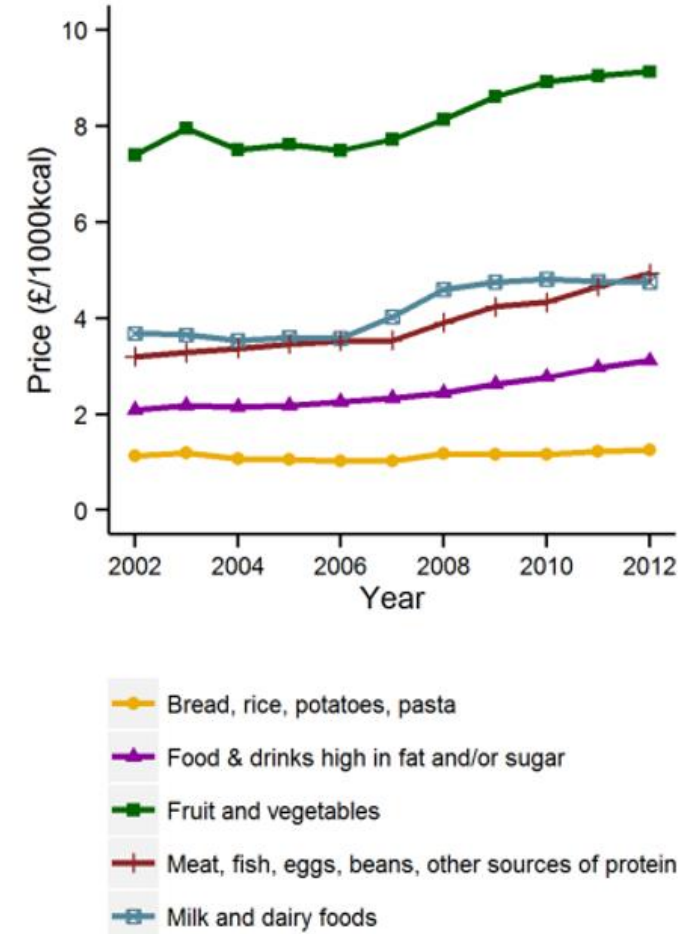
Factors that contribute to unhealthy eating

Food Costs



Healthy foods
are 3 times more
expensive

Costs over 10 years of Eatwell groups



Why is healthy eating important?

An unhealthy diet is “the leading risk factor for deaths in the majority of countries in the world” and is “a larger determinant of ill health than either tobacco or high blood pressure”

Why is healthy eating important?

Greater a person's BMI the higher the mortality rate.



Why is healthy eating important?



Why is healthy eating important?

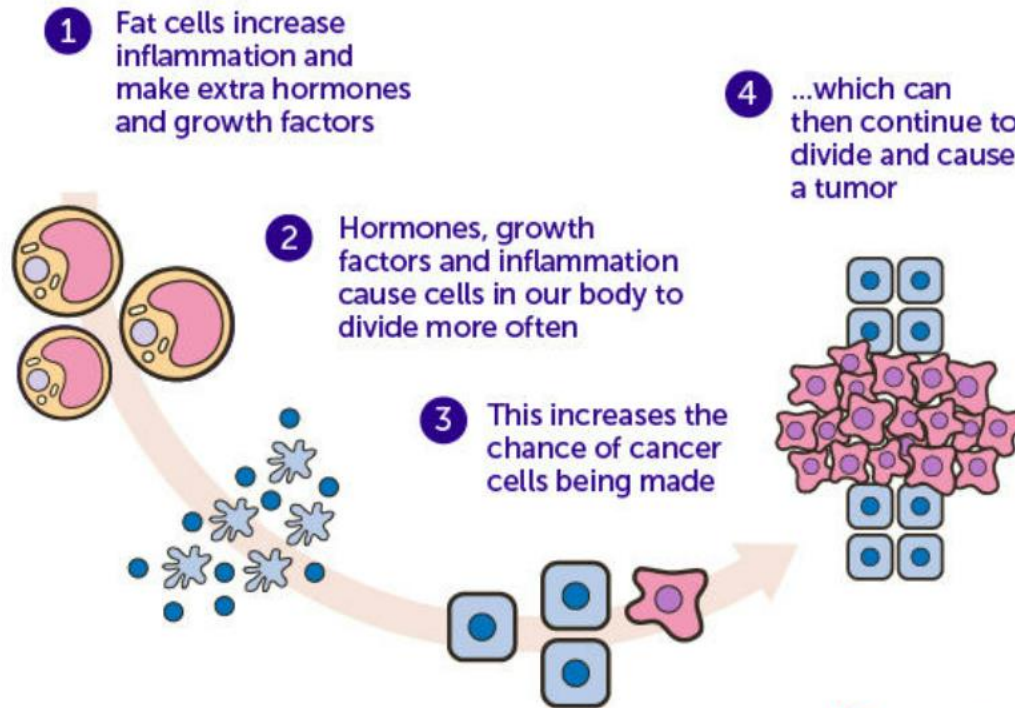
Increased diabetes type 2 levels linked to increased obesity levels.

A controlled diet can aid control of diabetes type 2

Why is healthy eating important?

Overweight and obesity is the second biggest cause of cancer

How can overweight and obesity cause cancer?



cruk.org
Together we will beat cancer



Being overweight doesn't mean that you'll definitely develop cancer. But if you are overweight you are more likely to get cancer than if you are a healthy weight.

(Cancer Research UK, 2021)

Factors that contribute to unhealthy eating



Recommendations

- Reduce exposure to unhealthy food via advertising
- Reduce access to fast-food outlets?
- Keep public well informed?

Conclusions

- Poor diet is the biggest risk factor for preventable illnesses
- Restriction on access to unhealthy foods
- Educating public

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