

Background to the Safeguarding Food & Drinks St Helena Health Promotion Strategic Framework

- ▶ To reduce early death, chronic illness and disability caused by non-communicable disease (heart disease, stroke, cancer, diabetes) among the St Helena community
- ▶ Major Risk factors - smoking, overweight, poor diet, under-activity
- ▶ Approach - creating an environment that supports healthy choices and healthier 'lifestyle' behaviours
- ▶ One key strategy = Adjust the food environment to provide attractive healthy choices
 - ▶ Merchants
 - ▶ Hospitality sector
 - ▶ Hospital food
 - ▶ Safeguarding venues
 - ▶ SHG catering

Safeguarding

Good Food and Drinks = Best Care

- ▶ Part of Best Care is for people who receive care and support to get **food and drinks they enjoy and that keep them well** (do not harm their health)
- ▶ People in care rely on their caregivers to look after them
- ▶ Many people in care have one or more chronic conditions. **Reducing symptoms and maintaining quality of life** is helped by food / drinks options
- ▶ Aim: **keep popular, familiar dishes and adjust**
- ▶ **Small changes** to products used, ingredients and cooking style
- ▶ Safeguarding staff (Cooking and Care) = central role
- ▶ The plans recognise:
 - ▶ Care establishments are **People's Homes**
 - ▶ Right Balance - **enabling Choice while Supporting Health /Reducing Harm**
 - ▶ Small less noticeable changes are easier to accommodate

- ▶ **Menu** adapted for all establishments
- ▶ **'Bring In' items recommendations** for family and friends
- ▶ **Special Events**
- ▶ **Vending Machine**

- ▶ Principles :
 - ▶ Small scale, less noticeable swaps and adjustments
 - ▶ Keep popular and familiar dishes and items
 - ▶ A once-a-week 'off-menu' choice
 - ▶ Uses / recommends available, common items
 - ▶ Minimal impact on cost / preparation

Importance of Communication

- ▶ What the new system is
- ▶ Why it is important and how everyone needs to work together to make it work for the people who matter
- ▶ Keeps / respects Choices and Options
- ▶ Opportunity for information & queries before February start
- ▶ Who:
 - ▶ Residents - via staff
 - ▶ Family & Friends - individual letter and staff advice, posters, press
 - ▶ Staff - meetings & print / email
 - ▶ Wider Public - SHG media