

Nutrition and Hydration Week Newsletter



Website

You can find a myriad of information on the website at www.nutritionandhydrationweek.co.uk

Social Media

Twitter : @NHWeek Facebook : NHWeek LinkedIn : Nutrition and Hydration Week Supporter

Series 8 No 2

September 2020

Nutrition and Hydration Week **10th Year Celebration** **15th – 21st March 2021**

Next month its - Mealtime Matters October

Every day in October, on Facebook and Twitter, we will be sharing a 'Mealtime Matters Tip'. Please feel free to use these in your organisations to further underpin the importance of mealtimes.

If you do share any of your own tips remember to copy us in using the tags -

@NHWeek

#NHWeek

on your social media so we can track them.

Different times - the new normal

The last few months have been a challenge for us all, with Covid-19 and all the pressures it has brought in health and social care and employee well-being. It has been interesting, as the peak passed, and the summer became warmer how many of you posted on social media about the importance of hydration. Probably more individual posts than we can ever recall at any time in the previous nine years or so of running the week.

However, we've still a long way to go. Pre Covid-19 you may recall a request from a student at Kings College London to take part in a hydration survey. The results of the survey are in as they say on TV.

Please take time to read the report *Are Healthcare Staff Drinking Enough?* below, as it highlights staff hydration in health and social care.

Are Healthcare Staff Drinking Enough?

An exploratory study in investigating the fluid intake of UK healthcare staff (pre COVID).

'Inadequate fluid intake can lead to dehydration, which has been shown to negatively affect cognition in the short term, and physical health in the long term (Liska et al, 2019). Fluid intake in the healthcare environment is often researched from the perspective of patients, with relatively little data pertaining to staff, which has resulted in a lack of knowledge regarding the intake habits of this key population group.

We therefore conducted an exploratory study to develop a better understanding of fluid intake behaviours in UK healthcare workers. A web-based survey was designed to capture fluid intake, occupational characteristics and working environments. As there is currently no validated fluid intake questionnaire for free-living population groups in the UK, we adapted the American beverage intake questionnaire (Hedrick et al, 2012). The questionnaire assessed the type and amount of fluid consumed over a 24-hour period; fluid intake at work and outside of working hours. The survey asked about barriers to fluid intake at work. The completed survey was shared online via social media (November 2019): Nutrition and Hydration Week kindly posted the survey on their Facebook page. In total we received 415 complete responses.

Based on fluid intake recommendations (1.6 litres of free fluid for women or 2.0 litres for men (EFSA, 2010) we observed just over half of all survey respondents to report inadequate fluid intake over 24 hours on a typical work day. About 40% of fluid came from water intake and a further 35% from tea and coffee, with the balance from fruit beverages, artificial and added sugar beverages. We found that intake varied according to profession, with doctors reporting significantly lower intake (median of 1.4L per day) compared to Allied Health professionals (median 2.2L per day) which suggests that features of particular job roles or locations of work can influence fluid intake. However, with less than a quarter of respondents reporting awareness of fluid intake recommendations, a lack of knowledge may also be important. Participants identified major barriers to fluid intake at work as being too busy to drink, forgetting to drink and poor access to bathrooms. A concerning result was the frequency of intentional restriction of fluid intake, which was reported by almost half of survey respondents.

The results found in this study highlight the need for further investigation into the fluid intake of UK healthcare workers. There is currently little evidence regarding the impact of hydration status on health care workers specifically, however, a small interventional study of 20 doctors found that improved hydration and nutrition across a workday was associated with improved cognition (Lemaire et al, 2010). The negative impact of dehydration alone has been demonstrated in non-health care settings where productivity, safety and cognition have been found to be reduced (Kenefick and Sawka, 2007). It is possible that improving hydration may have a positive impact on cognition, performance, and potentially patient safety.

Data used in this study was collected during 'normal working conditions' (i.e. not during COVID-19) found that healthcare staff may find it difficult to achieve an adequate fluid intake: the percentage achieving the recommended fluid intake is less than non-healthcare workers (Mears, S. A. & Shirreffs, S. M. 2015). The use of facial coverings and enhanced PPE and other COVID-19 infection control measures is likely to have an impact on fluid intake and loss at work. Therefore, repeating the study would be valuable to understand the impact of the modified work environment on healthcare employee fluid intake and hydration status.

This was an exploratory survey to help understand the different ways in which the workplace may impact healthcare employee fluid intake. We are working to build on this research to enable us to better inform employees and employers about improving hydration in the workplace. In the healthcare setting this will not only be of benefit to healthcare staff, but in turn will positively impact patient care.

We would like to thank everyone who took the time to complete this survey.'

This study was approved by the research King's College London Research Ethics Committee (MRA-18/19-14102) and conducted to form part of BSc Dietetic final year research projects by Kitty Jones under the supervision of Dr Rachel Gibson RD and Annemarie Knight RD (King's College London).

For further information please contact Rachel.gibson@kcl.ac.uk or Kitty.jones@kcl.ac.uk

References

European Food Safety Authority (EFSA) Panel on Dietetic Products Nutrition and allergies. 2010. Scientific opinion on dietary reference values for water. EFSA journal, 8(3), p.1459.

Hedrick, V. E., Savla, J., Comber, D., Flack, K. D., Estabrooks, P. A., Nsiah-Kumi, P. A., Ortmeier, S. & Davy, B. M. 2012. Development of a brief questionnaire to assess habitual beverage intake (BEVQ-15): sugar sweetened beverages and total beverage energy intake. Journal of the Academy of Nutrition and Dietetics, 112, 840 – 849.

Kenefick, R. W. & Sawka, M. N. 2007. Hydration at the work site. Journal of the American College of Nutrition, 26, 297S-603S.

Lemaire, J. B., Wallace, J. E., Dinsmore, K., Lewin, A. m., Ghali, W. A. & Roberrrts, D. 2010. Physician nutrition and cognition during work hours: effect of a nutrition based intervention. BMC health services research, 10, 241.

Liska, D., Mah, E., Brisbois, T., Barrios, P. L., Baker, L. B. & Spriet, L. L. 2019. Narrative review of hydration and selected health outcomes in the general population. Nutrients, 11, 70.

Mears, S. A. & Shirreffs, S. M. 2015. Assessing hydration status and reporting beverage intake in the workplace. American Journal of Lifestyle Medicine, 9, 157 -168.

CPD Sessions in Spanish

The Clinical Nutrition Service of the Centenario Hospital Miguel Hidalgo in Aguascalientes, México, have organised a series of free International Conferences on Tuesdays in August, September and October, the series is entitled Talking About Food and Nutrition. This is their programme. If you are interested, you will need to send Ma. del Socorro Jimenez Olivares an email soco_jimol@yahoo.com.mx and she will send you a link for each session to register.

"Conversando de Alimentación y Nutrición"
En Centenario Hospital Miguel Hidalgo

CHMH
CENTENARIO
HOSPITAL MIGUEL HIDALGO
Contigo al 100

SeSIONes Internacionales
Servicio de Nutrición Clínica CHMH
Verano 2020

Martes 11 de Agosto 11 a.m. Tema: Cambios en la Barrera Intestinal y la Respuesta Inmune en Alimentación Enteral y Parenteral Dra. Gabriela Quiroz Ojquin NC	Martes 18 de Agosto 11 a.m. Tema: Abordaje del Paciente con Ventilación No Invasiva MNC Iván Osuna Padilla NC	Sábado 22 de Agosto 11 a.m. Tema: Efecto de la Injuria y del Soporte Nutricional sobre la Musculatura en Paciente Crítico Eduardo Lobatón RD CNSC (USA)	Martes 25 de Agosto 11 a.m. Tema: Etiquetado Nutricional NOM-051 MCS Ana Bertha Pérez Lizaur NC
Martes 01 de Septiembre 11 a.m. Tema: Edulcorantes no Calóricos PhD, MSc. Samuel Durán Agüero (Chile)	Martes 08 de Septiembre 11 a.m. Tema: Intervención Nutricia para la Prevención y Manejo de la Sarcopenia en el Adulto Mayor Alejandra García Quiroz, ENCS, MND, NC, ED.	Martes 22 de Septiembre 11 a.m. Tema: Dieta Ultraprocesada, Microbiota Intestinal y su Rol en el Desarrollo de Enfermedad Neurodegenerativa CPHD Edwin Enrique Martínez Leo NC	Martes 29 de Septiembre 11 a.m. Tema: Consideraciones Nutricionales en el Paciente Oncológico PhD, Vanassa Fuchs Tarlovsky MD
Martes 06 de Octubre 11 a.m. Tema: Desnutrición Secundaria en la Infancia NCP Evelia Apolinar NC	Martes 13 de Octubre 11 a.m. Tema: Rol del Microbiota Intestinal en el Metabolismo del Colesterol MnC Maria Fernanda Salas Tapia (Francia)	Martes 20 de Octubre 11 a.m. Tema: Alimentación saludable y Suplementación en el Embarazo y sus Efectos en la Salud Materno-infantil Dra. Otilia Perichart Perera	Martes 27 de Octubre 9 a.m. Tema: Los efectos de las dosis de suplementos de ácido fólico en el embarazo y los efectos para la salud del niño tras el nacimiento aprendizajes del estudio INMA MPh y PhD Eva María Navarrete Muñoz (España)

CON EL RESPALDO ACADÉMICO DE:

AMENAC
Asociación Mexicana de Nutriología A.C.

SUTHMH
Servicio de Nutrición Clínica Hospital Miguel Hidalgo

• SESIONES EN VIVO
SIN COSTO
CUPO LIMITADO (100 participantes)
PLATAFORMA ZOOM

N. B. The times are local time for Mexico, and the platform is Zoom.

UK Malnutrition Awareness Week 2020 5th-12th October

2020 will be the third year of UK Malnutrition Awareness Week (#UKMAW2020).

The #UKMAW2020 week provides tips and ideas of how to identify malnutrition, how to help prevent it, and what to do if people that you are worried about experience unplanned weight loss.

#UKMAW2020 is calling on everyone to:

- screen themselves, their loved ones and those they look after,
- recognise and understand the risks of undernutrition and dehydration in later life,
- know what do to prevent malnutrition,
- know what to do if there are concerns about someone who has experienced unplanned weight loss.

For more information visit the Malnutrition Task Force [website](#)

NEWSLETTER CIRCULATION

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Countries reached regularly at least 45