

CT Behavioral Health Homes
Health and Wellness Toolkit

National Nutrition Month

*“Nutrition is the only remedy that can bring full recovery and can be used with any treatment.
Remember, food is our best medicine!”*



March 2021

Monday	Tuesday	Wednesday	Thursday	Friday
1 Educators/Child Care Providers & Individuals 55-64 years old <u>Eligible for Vaccine</u>	2	3 World Hearing Day	4	5
8	9 BHH Tableau Reporting Support Group	10	11 World Kidney Day	12 BHH Health Literacy Committee Meeting
15	16	17	18	19 BHH Work Group: Topic TBD
<u>Pulmonary Rehabilitation Week</u>				
22	23	24 World Tuberculosis Day	25	26
29	30 World Bipolar Day	31		

The Relationship Among Diet, Dieting, and Nutrition

Diet & Dieting

Merriam-Webster defines **diet** as, “food and drink regularly provided or consumed; habitual nourishment.” It defines **dieting** as, “to eat sparingly or according to prescribed rules.”

All too often, the focus is on dieting and weight loss rather than nutrition and healthy habits. When we speak with our clients about their eating habits, we should focus on:

1. What foods we should regularly eat
2. How often we eat
3. How we feel after we eat

<https://www.merriam-webster.com/dictionary/diet>

Nutrition

Nutrition is a key part of a person’s physical wellness. Nutrition is defined as, “the act or process of nourishing or being nourished” (www.merriam-webster.com).

According to SAMHSA, there are several questions one should ask to understand if they are meeting their body’s need for nourishment. Those questions are:

1. Do you have access to fresh, healthy food?
2. Are you in a position to eat at home so you can better track what you are putting into your body?
3. Are you improving your diet by setting small goals for small changes each day, week, or month?

<https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4958.pdf>

Resources for Clients

- ⇒ [USDA Nutrition Printable Materials and Handouts](#)— “Find printable handouts and fact sheets that can be used for health fairs, classes, and other food or nutrition-related events.” (www.nutrition.gov)
- ⇒ [Coronavirus Pandemic and Food](#)— “Use these resources to plan meals on a budget, cook at home safely, and find food assistance during the coronavirus disease (COVID-19) pandemic.” (www.nutrition.gov)
- ⇒ [211 Food Search](#)— A list of the supplemental food programs, food pantries, meal sites, delivered meals organizations, soup kitchens, food service programs, and SNAP throughout CT.
- ⇒ [Do You Have a Healthy Relationship with Food?](#)— “Quiz to determine if you have a healthy or unhealthy relationship with food.
- ⇒ [10 Tips for Eating Healthy on Budget](#)— A list of tips created by the National Institute on Aging.
- ⇒ [Diabetes, Diet, Eating, & Physical Activity](#)— A resource page created by the National Institute of Diabetes and Digestive and Kidney Diseases for those living with diabetes.
- ⇒ [Managing Blood Pressure with a Heart-Healthy Diet](#)— A resource page created by the American Heart Association for those living with hypertension
- ⇒ [Nutrition Therapy for High Cholesterol](#)— Worksheet created by The American Dietetic Association for those living with hyperlipidemia.

Staff Resources

- ⇒ **How to Explain Basic Nutrition Concepts**— Use these illustrations when helping educate Central American communities.” (www.eatrightpro.org)
- ⇒ **Practical Guidance for Using ‘MUST’ to Identify Malnutrition during the COVID-19 Pandemic**— Screening tools used in the UK to determine if someone is — or is heading towards — malnutrition due to lack of access to food.
- ⇒ **Nutrition Guides and Other Resources for Health Practitioners**— “The Academy has developed resources to assist practitioners and educators in the practice of dietetics.” (www.eatrightpro.org)
- ⇒ **Nutrition Continuing Educating Courses**— “Build your nutrition knowledge with free online continuing education courses. Accredited for doctors, nurses, and dietitians.” (www.pcrm.org)

BHH Services Examples

Care Coordination (TCM, CM)

The implementation and monitoring of the individual's individualized, person-centered care, with active involvement through linkages, referrals, coordination, and follow-up to needed services and supports.

- * Linking to Services: Does the individual need to speak with a dietician?
- * Coordinating Care: If, so, work with them to find one that fits their needs and preferences.
 - * Schedule the appointment
 - * Help client develop questions to ask
 - * Follow-up after appointment
 - * Incorporate the individual's plan of action into treatment plan

BHH Services Examples

Health Promotion (Psychoeducation)

Services encourage and support healthy living concepts to motivate individuals to adopt healthy behaviors and promote self-management of health and wellness.

- * Informing and Educating to Promote Health: Speak with everyone about nutrition and diet. Also discuss their food budget and help them develop a plan to buy healthy foods within their budget.
- * Intervening to Promote Healthy Lifestyles: If someone's BMI indicates they are obese or morbidly obese speak with them about improving their relationship with food. Give them tips to understand how nutrition plays a part in adopting a healthy long-term diet.
- * Assisting individuals with improving social networks to support and promote health living: Discuss eating habits. Ask who in their network influence their food decisions.

BHH Services Examples

Patient & Family Support (TCM, CM)

Services help individuals achieve their goals, increase their advocacy skills, and improve their overall health outcomes

- * Supporting to Overcome Barriers: Once barriers are identified through health promotion services, help client find ways to remove or minimize barriers
- * Coaching to increase self-management: Encourage clients to believe they can make sound nutritional decisions on their own. Provide them with the motivation to take control of their eating habits
- * Involving family: When appropriate, involve other members of the family or household.