

## Healthy Eating

### Articles

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Šoher, L., Cvijetić Stokanović, M., Prša, S., & Čačić Kenjerić, D. (2024). [Educational nutrition workshops: Impact on nutritional status in organized living beneficiaries with severe mental disorders and their caregivers](https://doi.org/10.3390/nu16223922). *Nutrients*, 16(22), 3922. <https://doi.org/10.3390/nu16223922>

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Varela, E. G., Shelnutt, K. P., Miller, D. M., Zeldman, J., & Mobley, A. R. (2024). [Policy, systems, and environmental strategies to support healthy eating behaviors in early childhood: A scoping review of existing evaluation tools](https://doi.org/10.1016/j.jand.2024.07.160). *Journal of the Academy of Nutrition and Dietetics*, 124(12), 1614. <https://doi.org/10.1016/j.jand.2024.07.160>

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### **Evidence-Based Summary**

#### **Evaluating 'making every contact count' programmes.**

Carried out by Stephen Reid from NELFT on 1/11/2024

[https://www.knowledgeshare.nhs.uk/index.php?PageID=literature\\_search\\_request\\_downloader&RequestID=53384](https://www.knowledgeshare.nhs.uk/index.php?PageID=literature_search_request_downloader&RequestID=53384)

[This evidence search report includes an evaluation guide for MECC programmes from Public Health England, and an evaluation report of the Wessex Making Every Contact Count (MECC) Pilot; these may offer the most practical evidence. The guidance from NICE on evaluating behaviour change interventions may be of value in a more general way.

The scoping review and small number of original studies offer further contextual evidence of the ways in which MECC has been evaluated within different settings.]

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### **Systematic Review / Meta-Analysis**

#### **Fathers' impact on outcomes in the treatment of eating disorders: A scoping review.**

[\[Abstract\]](#)

Isserlin L. *European Eating Disorders Review* 2024;32(6):1157-1196.

[Check for full-text availability](#)

[This scoping review examined literature on male caregiver involvement in ED treatment, focusing on its impact on fathers, treatment processes, and their affected children. Documented outcomes indicated fathers' engagement in ED treatment improved their well-being and family functioning, but these gains were not consistently tied to treatment outcomes. Father attendance, improved caregiving skills, and their expectations of treatment correlated with better outcomes for their affected child.]

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**Original Research**

**[Artificial food additives: hazardous to long-term health? \[Abstract\]](#)**

Warner J. *Archives of Disease in Childhood* 2024;109(11):882-885.

[Check for full-text availability](#)

[Literature review into the impact of artificial food additives on long term health. Many publications suggest that artificial colourants, benzoate preservatives, non-caloric sweeteners, emulsifiers and their degradation derivatives have adverse effects by increasing risks of mental health disorders, attention deficit hyperactivity disorder, cardiovascular disease, metabolic syndrome and potential carcinogenic effects.]

*Available with an NHS OpenAthens password*

**Report**

**[Killer tactics: how tobacco, alcohol, and unhealthy food and drink industries hold back public health progress.](#)**

Alcohol Health Alliance (AHA); 2024.

<https://ahauk.org/wp-content/uploads/2024/08/Killer-Tactics-2024.pdf>

[Businesses are vital to the economy and can make an important contribution to health improvement. However, unhealthy product industries cause ill health and impede economic growth. This report draws on evidence to highlight some of the common strategies and tactics used by the tobacco, alcohol, and unhealthy food and drink industries to delay and disrupt policies that improve health, and outlines what needs to change. ]

*Freely available online*

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