



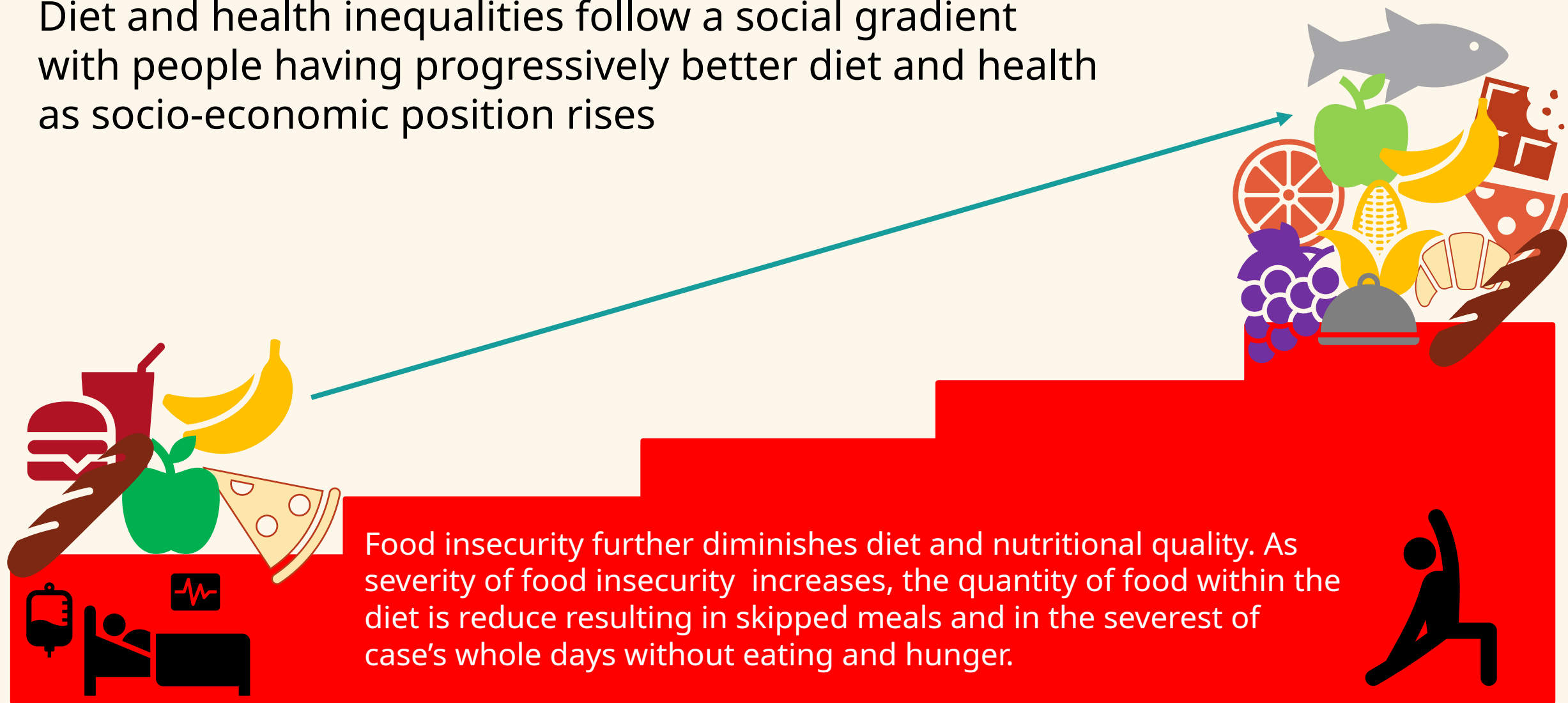
# Diet, Health and Public Diners

Dr Michelle Thomas

University of Reading and University of Nottingham

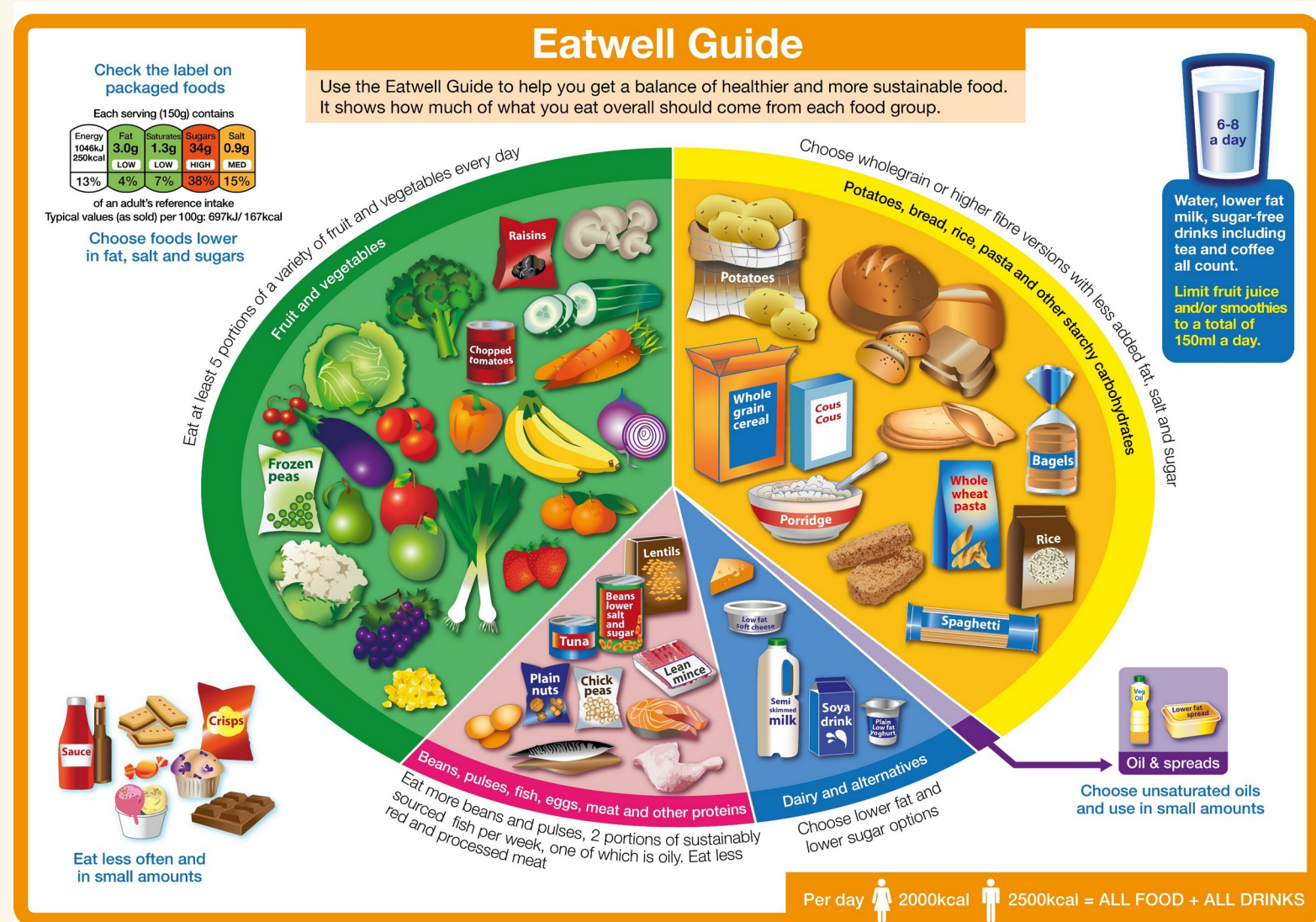
# Diet and Health Inequalities

Diet and health inequalities follow a social gradient with people having progressively better diet and health as socio-economic position rises



# UK Government Food Based Dietary Guidelines

- [Eatwell Guide: colour PDF](#)
- Visual representation of food you eat for healthy balanced diet over a period of a day or week but necessarily at each mealtime
- A balanced diet provides a range of nutrients utilised by the body in metabolism, the immune system, tissue repair and brain function





# Dietary patterns and its role in health

- Diet is one of the most important modifiable risk factors in the development of non-communicable disease including:
  - Type 2 Diabetes,
  - Some forms of cancer
  - Respiratory disease
  - Obesity
- Diet is essential for both the management and prevention of disease
- The UK Government aims to reduce premature deaths from non-communicable diseases by one-third by 2030 (SDG 3).

# Diet and mental wellbeing



- Our diet provides our brains with the energy and nutrients it needs to function well, although our mental health can also influence our eating habits
- Research shows less healthy diets may be associated with increased risk of depression. However more research is required on if unhealthy diet cause depression
  - **Carbohydrates** provide glucose the main energy currency of the brain and body- skipping meals or not eating carbs can lead to tiredness, irritability and headaches
  - **Protein** is required to synthesis neurotransmitters such as serotonin and dopamine both of which are crucial in mental health
  - **Lipids** such as essential fatty acids omega 3 and 6 are essential for development and function of the brain. Low level of omega 3 have been associated with poor cognition, depression and anxiety disorders



# British Restaurants

[https://en.wikipedia.org/wiki/British\\_Restaurant](https://en.wikipedia.org/wiki/British_Restaurant)



## **DISHED: co-Designing Innovative Infrastructure for Sustainable Healthy & Equitable Diets**

- The DISHED project is testing a simple idea: can public restaurants promote healthier, more sustainable food systems and support local economies?

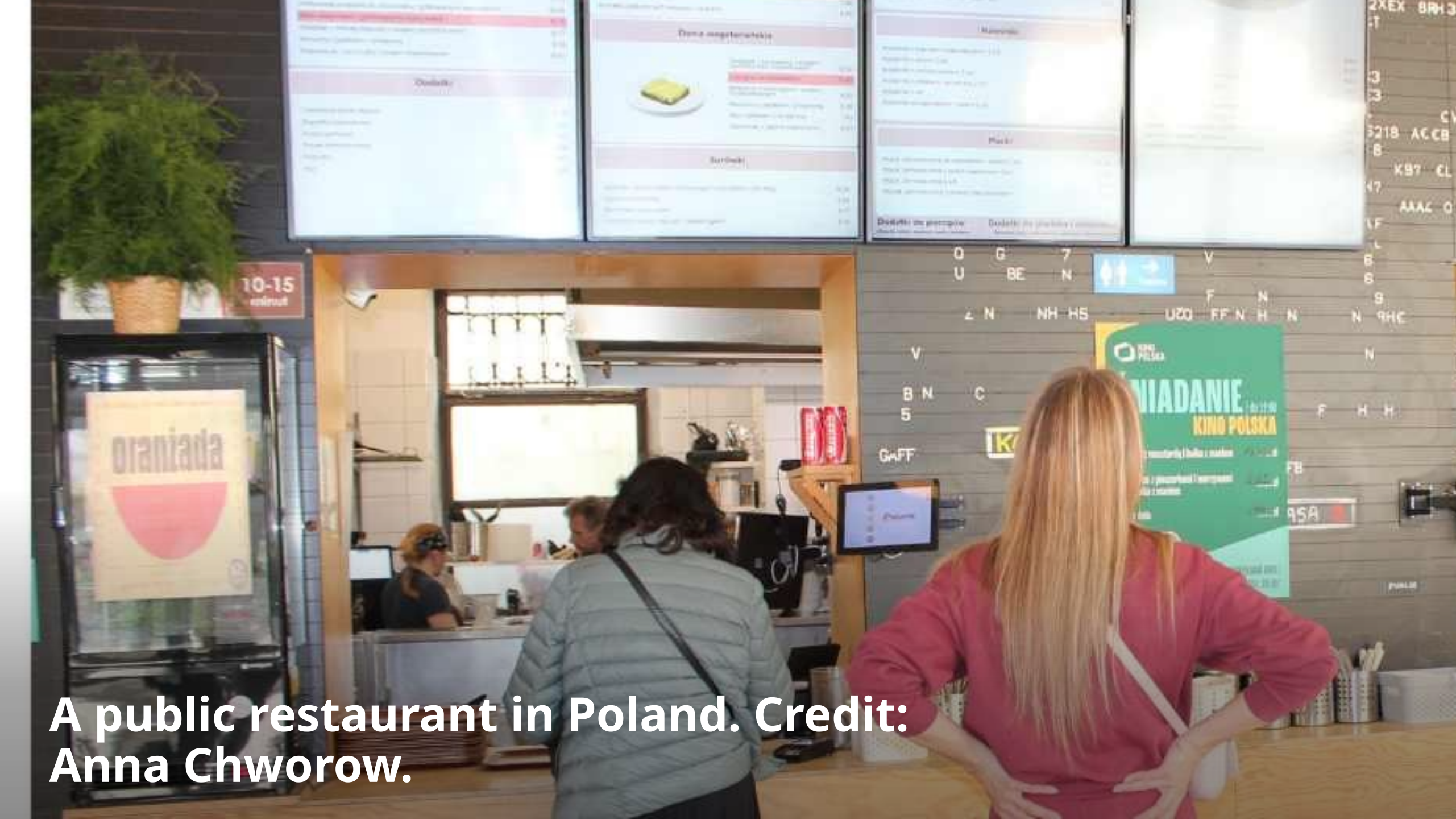
<https://www.ids.ac.uk/projects/dished/>

<https://www.nottingham.ac.uk/news/nottingham-to-test-out-public-restaurant-model-to-offer-social-and-healthy-eating>



# Public Diners

Public restaurant milk bar 'Prasowy' in Poland. Credit: Anna Chworow



A public restaurant in Poland. Credit: Anna Chworow.



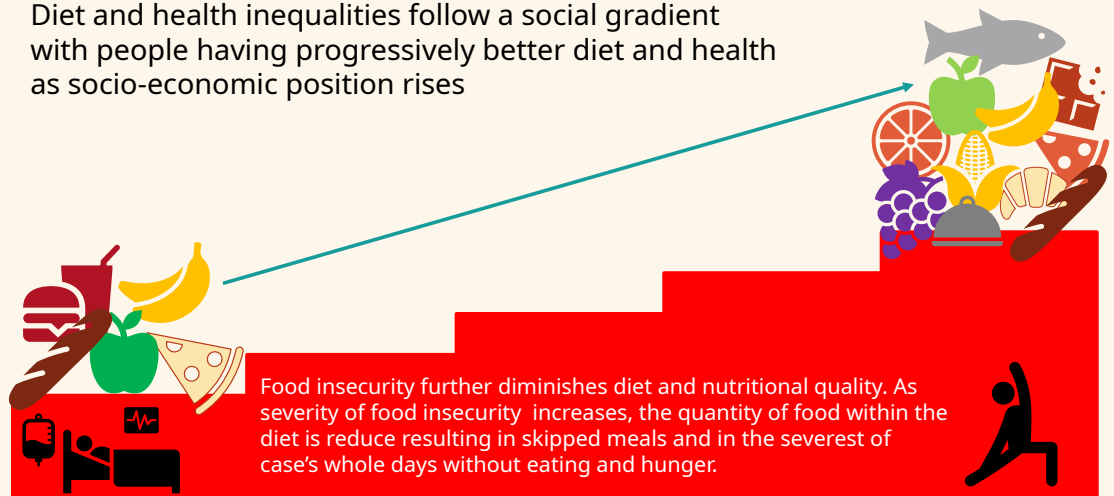
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## Diet and Health Inequalities

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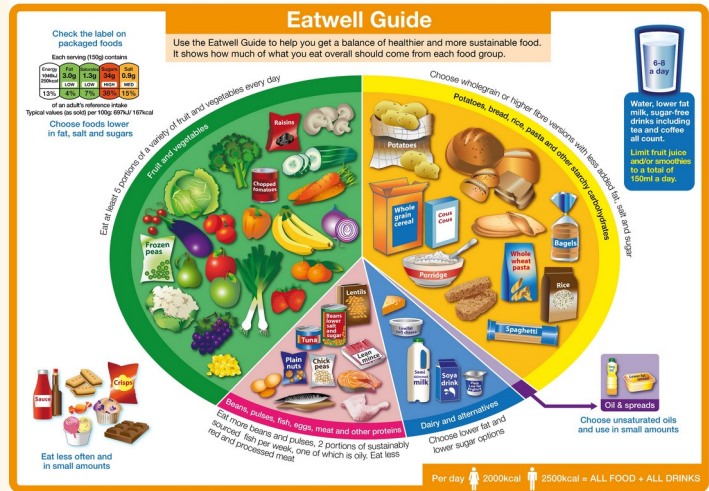


<https://www.health.org.uk/reports-and-analysis/analysis/healthy-life-expectancy-trends-in-the-uk-a-watershed-moment>

Diet quality and health in the UK follows a socio-economic gradient: Lower income, lower education and most deprived groups generally have poorer diets and worse health outcomes including a greater prevalence of diet related non-communicable disease compared to their least deprived peers.

# UK Government Food Based Dietary Guidelines

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Metabolism = the sum of reactions that occur throughout the body within each cell that provides the body with energy.

Humans obtain energy from Carbohydrates, lipids and proteins

Adequate micronutrients e.g B vitamins

<https://www.nature.com/scitable/topicpage/nutrient-utilization-in-humans-metabolism-pathways-14234029/>



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### Dietary Patterns and Nutritional Value in Non-Communicable Diseases

Charalampia Amerikanou <sup>1</sup>, Chara Tzavara <sup>1</sup>, Andriana C Kaliora <sup>1,\*</sup>

Dietary patterns Include Mediterranean, Dash

### Life expectancy can increase by up to 10 years following sustained shifts towards healthier diets in the United Kingdom

Lars T Fadnes <sup>1,2</sup>, Carlos Celis-Morales <sup>3,4</sup>, Jan-Magnus Økland <sup>1,5</sup>, Solange Parra-Soto <sup>3,6</sup>, Katherine M Livingstone <sup>7</sup>, Frederick K Ho <sup>8</sup>, Jill P Pell <sup>8</sup>, Rajiv Balakrishna <sup>1</sup>, Elaheh Javadi Arjmand <sup>1,2</sup>, Kjell Arne Johansson <sup>1,2,5</sup>, Øystein A Haaland <sup>1,5</sup>, John C Mathers <sup>9</sup>

The largest gains are obtained from consuming more whole grains, nuts and fruits and less sugar-sweetened beverages and processed meats.

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<https://www.bda.uk.com/resource/depression-diet.html>

<https://www.nutrition.org.uk/nutrition-for/food-and-the-brain/>

<https://onlinelibrary.wiley.com/doi/abs/10.1002/047167849X.bio120>



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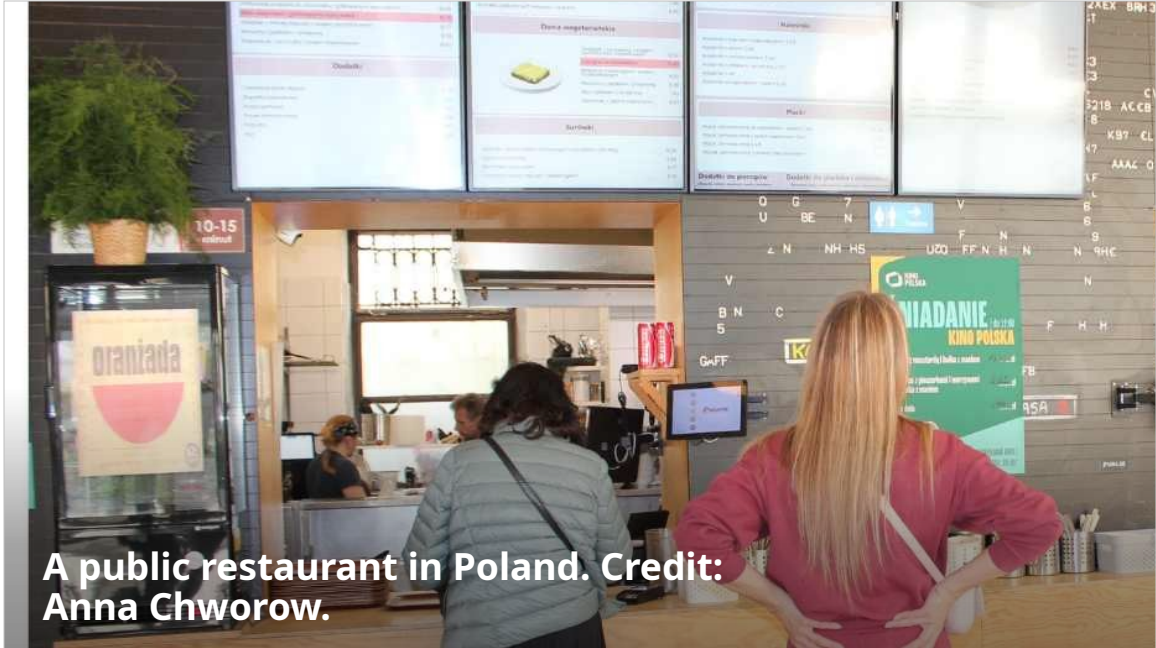
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**A public restaurant in Poland. Credit: Anna Chworow.**

It isn't charity, it isn't a treat, it's universal. A public infrastructure, much like public libraries and public transport, 'public restaurants' are state-subsidised eateries which offer universal access to nutritious, appetising and sustainably produced foods.