

Nutrition and Mental Health

**Is there a role for
Mental Health Nurses
in the future?**

Nutrition and Mental Health

Jaine Kirtley

*Registered Mental Health Nurse
& Registered Naturopath
(NZ Soc Naturopaths)*

Nutrition and Mental Health

Background

- **Evidence -nutrition and diet directly affect mental health.**
- **Current focus in MH Nursing care re. nutrition & diet.**
 - co-morbid physical problems
obesity, cardiovascular disease.

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Aim

- **Explore the links between nutrition and mental health**
- **Future role MH Nurses**
 - to encourage nutrition primarily to enhance mental health.

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Methods

Electronic search of literature

- Evidence of the role nutrients play in mental health
- Promotion of nutrition in mental health care.

Nutrition and Mental Health Results

- Fats
- Micronutrients
- Diets – Foods That help
- Successful interventions
- When is Food a nursing concern?

Fats that Improve Health

- Low essential fatty acids in people with schizophrenia (Kemperman et al. *Prostaglandins Leukot Essent Fatty Acids* 2006)
- Supplementation with a combination of Omega-3 fatty acids and antioxidants (vitamins E and C) improves the outcome of schizophrenia. (Meena et al. *Schizophrenia research* 2003)

Bipolar disorder- improvement of symptoms

- Omega 3 fatty acids in bipolar disorder: a preliminary double-blind, placebo-controlled trial. (Still et al. *Arch Gen Psychiatry* 1999)
- Efficacy of omega-3 fatty acid supplementation on improvement of bipolar symptoms: a systematic review. (Turnbull et al. *Arch Psychiatr Nurs* 2008)
- Mania phase reduced with omega 3 fatty acids (Clayton et al. *Eur J Clin Nutr* 2009)
- Depressive bipolar symptoms reduced with omega 3 fatty acids (Clayton et al. *Eur J Clin Nutr* 2009, Montgomery, Richardson *Cochrane Database Syst Rev* 2008)

Nutrition and Mental Health Results

Fats that Improve Health

Omega 3 fatty acids present in food i.e. fish, or in supplements were beneficial in depression, anxiety, bipolar disorder and schizophrenia.

- However the evidence for supplements of Omega 3 was weaker than food sources.
- Similarities were found between the sub-types of fats needed to improve depression and cardiovascular health.
- However lipid metabolism may differ in depression as suicide has been linked to low cholesterol.

Nutrition and Mental Health Results

Fats that Destroy Health

Trans Fats = depression

A detrimental relationship was found between TFA intake and depression risk, whereas weak inverse associations were found for MUFA, PUFA and olive oil.

These findings suggest that cardiovascular disease and depression may share some common nutritional determinants related to subtypes of fat intake

Micronutrients

Evidence indicates

magnesium,
vitamin B12,
folic acid,
vitamin B6,
iron,
zinc

Improve mental health

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Food that improve mental health

Diets high in whole grains, fruits, vegetables, and fish improve mental health

•vegetables, fruit, meat, fish, and whole grains was associated with lower odds for major depression or dysthymia and for anxiety disorders (Jacka FN, et al *Am J Psychiatry* 2010)

•3486 participants – 5 year study Consumption of ‘**whole food**’ (heavily loaded by vegetables, fruits and fish)was associated with decreased odds of depression... whole food pattern is protective (Akbaraly et al. *Br J Psychiatry* 2009)

Foods Destructive to Mental Health

Processed, refined, and sugary foods had a negative effect.

- High sugar worse 2-year outcome of schizophrenia (Peet *Br J Psychiatry* 2004)
- High caffeine aggravates symptoms of schizophrenia (Henderson et al. *Ann Clin Psychiatry* 2006)
- **Processed or fried foods, refined grains, sugary products, and beer**associated with **major depression or dysthymia and for anxiety disorders**). not confounded by age, socioeconomic status, education, or other health behaviors. (Jacka FN, et al *Am J Psychiatry* 2010)
- sweets intake positively associated with anxiety score (Yannakouli M et al *Appetite* 2008)
- 3486 participants Consumption of **‘processed food’ (heavily loaded by sweetened desserts, fried food, processed meat, refined grains and high-fat dairy products)**.was associated with an increased **odds of depression** (Akbaraly et al. *Br J Psychiatry* 2009)

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Successful interventions

Promoting lifestyle and nutritional changes in mental health care.

50 inpatients with psychotic disorders, many of whom were taking second-generation antipsychotics.....able to benefit from educational presentations about nutrition and a healthy lifestyle

A wellness class for inpatients with psychotic disorders.

J Psychiatr Pract 2006

Dietitians and Exercise Physiologists in Primary Care: Lifestyle Interventions for Patients with Depression and/or Anxiety. *Journal of Allied Health* 2009

Mental health care and nutrition. Integrating specialist services into primary care. *Can Fam Physician* 2002

Nutrition and Mental Health Results

When is Food a nursing concern?

If the quality or quantity of food intake has a negative outcome on any aspect of health it becomes a nursing concern.

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Conclusion

- The future role of MH Nurses may need to focus more on nutritional and dietary changes **primarily to promote mental health.**

Where can you find cost effective support to implement changes so that service users can improve their nutrition?

Jaine Kirtley—Bay Naturopath

Support programmes tailored to your needs; including—

Talks, staff training, facilitating discussion groups, workshops and demonstrations.

Support

Tailored and adapted to needs.

Training for staff

To implement changes

Emphasis on practical application

Building knowledge of the importance of diet to mental health .

Demonstration of meals

Meals which provide nutrients to support mental health.

Discussion groups /Workshops

Positive feedback and encouragement for aspects of current diet that have a positive effect on mental health.

Explore knowledge of meals and recipes that may promote MH;

Make changes to current meals and recipes to improve nutrient content.

Outline how changes to eating a diet to promote MH **are possible with a limited consumer income.**

Jaine Kirtley Bay Naturopath

www.baynaturopath.co.nz

jaine@baynaturopath.co.nz

Telephone 07 542 1364



30 years experience in Mental Health

20 years experience in Naturopathy