

Association for Nutrition

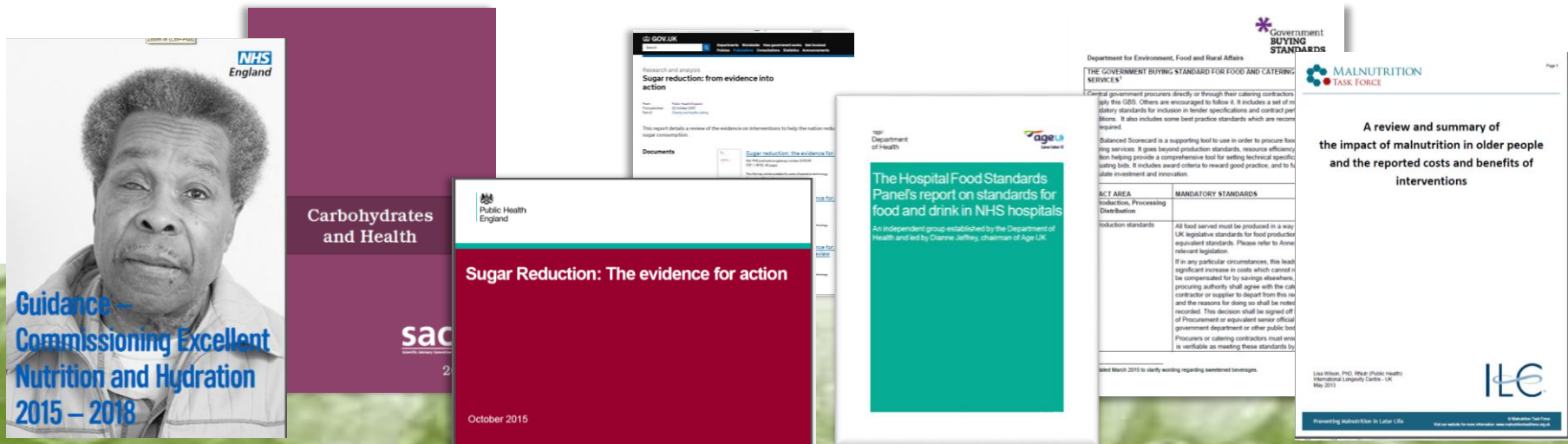
Voluntary Regulator for Registered Nutritionists

Leonie Milliner, AfN Chief Executive



The Nutrition Landscape

- **June 2010** PAPAN publishes its 'Malnutrition Matters' report
- **May 2013** Malnutrition Task Force publishes its 'Review & Summary of Impact of Malnutrition'
- **July 2014** Government Buying Standards for Food & Catering Services published
- **Aug 2014** Hospital Food Standards Panel's report publishes standards for food & drink in Hospitals
- **July 2015** SACN publishes its 'Carbohydrates & Health' report
- **July 2015** PHE publishes 'Sugar Reduction: The evidence for action.'
- **Oct 2015** NHS England publishes guidance 'Commissioning Excellent Nutrition & Hydration.'



Influencing food choice: wider workforce

Many individuals working or volunteering carry a responsibility to guide individual & family food choice;

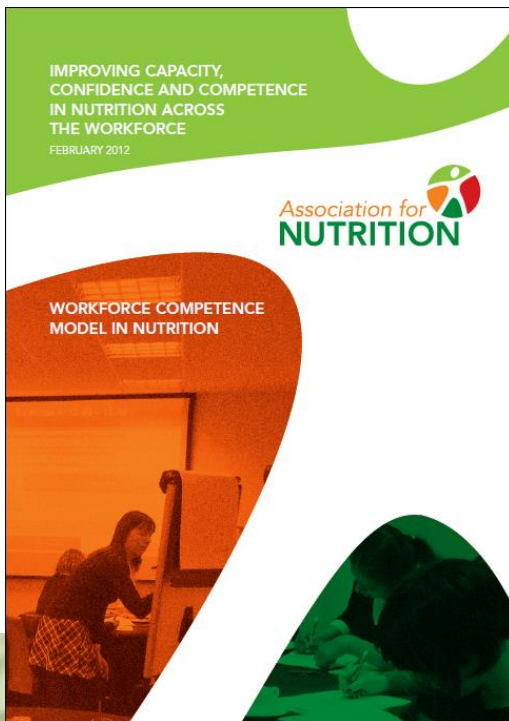
- **In Health & Social Care** from care assistants to GPs; health visitors to pharmacy counter assistants and health trainers, all use and interpret nutrition guidelines to influence food choice (Levels 3,4 & 5)
- **In Catering & leisure** from chefs to kitchen porters, from catering supervisors to food development managers and food service staff; all carry a responsibility to influence food choice. (Levels 1-4)
- **In Sports & Fitness** from gym staff to personal trainers, bootcamp instructors to volunteer football coaches, walking group leaders to dance teachers; all carry a responsibility to influence food choice. (Levels 1-4)

Regulated Qualifications Framework Level 1-5



Wider workforce – building skill and capacity

Workforce Competence Frameworks in Nutrition for Health & Social Care (2012), Catering (2015) and Fitness & Leisure (2015) describe the expected knowledge and competence in nutrition at each RQF level for each occupational group, with education & training quality assured by AfN.



IMPROVING CAPACITY, CONFIDENCE AND COMPETENCE IN NUTRITION ACROSS THE WORKFORCE
FEBRUARY 2012

Association for NUTRITION

WORKFORCE COMPETENCE MODEL IN NUTRITION

Competence Frameworks in Nutrition for Catering

AfN Competence Framework in Nutrition for Catering / Levels 1-4

Competency	Level 1	Level 2	Level 3	Level 4	
1. Fundamentals of Human Nutrition	Healthy eating guidelines	Know the amount of energy, fat and protein in a healthy eating guideline.	Know the amount of energy, fat and protein in a healthy eating guideline.	Know the amount of energy, fat and protein in a healthy eating guideline.	
	Food groups and nutrient of nutrients	Be aware of the main food groups and the benefits of a healthy eating guideline.	Know and be able to describe the main food groups and the benefits of a healthy eating guideline.	Understand the benefits of eating a range of food from different food groups and the benefits of a healthy eating guideline.	Apply knowledge and understanding of the benefits of eating a range of food from different food groups and the benefits of a healthy eating guideline.
	Carbohydrates, proteins and fat and the production of energy	Be aware of carbohydrates, fats and proteins provide different amounts of energy.	Know the amount of energy, fat and protein provide different amounts of energy.	Know and be able to describe how energy is produced by carbohydrates, proteins and fat.	Apply knowledge and understanding of how energy is produced by carbohydrates, proteins and fat.
	Energy requirements and energy balance	Be aware of the energy requirements of a healthy eating guideline.	Know the amount of energy, fat and protein in a healthy eating guideline.	Know and be able to describe how energy is produced by carbohydrates, proteins and fat.	Apply knowledge and understanding of how energy is produced by carbohydrates, proteins and fat.
	Eating Patterns	Be aware of the importance of regular eating patterns.	Know and be able to describe regular eating patterns.	Understand the importance of regular eating patterns and the benefits of a healthy eating guideline.	Apply knowledge and understanding of the importance of regular eating patterns and the benefits of a healthy eating guideline.
	Portion of food and drink	Be aware of the importance of portion of food and drink.	Know and be able to describe the portion of food and drink.	Understand the importance of portion of food and drink.	Apply knowledge and understanding of the importance of portion of food and drink.
	Food Labels	Be aware of food labels and the information they provide.	Know and be able to describe the information on food labels.	Understand the importance of food labels and the information they provide.	Apply knowledge and understanding of the importance of food labels and the information they provide.
	Food preparation	Be aware of different food preparation methods.	Know and be able to describe different food preparation methods.	Understand the importance of different food preparation methods.	Apply knowledge and understanding of the importance of different food preparation methods.
	Hydration and fluid balance	Be aware of the importance of hydration and fluid balance.	Know and be able to describe the importance of hydration and fluid balance.	Understand the importance of hydration and fluid balance.	Apply knowledge and understanding of the importance of hydration and fluid balance.
	Alcohol	Be aware of the effects of alcohol on the body.	Know and be able to describe the effects of alcohol on the body.	Understand the importance of the effects of alcohol on the body.	Apply knowledge and understanding of the importance of the effects of alcohol on the body.
Nutrition supplementation and diet	Be able to describe the importance of nutrition supplementation and diet.	Know and be able to describe the importance of nutrition supplementation and diet.	Understand the importance of nutrition supplementation and diet.	Apply knowledge and understanding of the importance of nutrition supplementation and diet.	

AfN Competence Framework in Nutrition for Catering / Levels 1-4 (continued)

Competency	Level 1	Level 2	Level 3	Level 4	
2. Improving Health and Wellbeing	Under and over nutrition, diet and health risks	Be aware under and over nutrition can impact on health.	Know under and over nutrition can impact on health.	Understand the importance of under and over nutrition and the health risks associated with them.	
	Understanding and communicating healthy food choices	Be aware that recipes and menus can contain ingredients that are not healthy eating guidelines.	Know and be able to describe how recipes and menus can contain ingredients that are not healthy eating guidelines.	Understand the importance of understanding and communicating healthy food choices.	
	Health effects of specific nutrients, e.g. salt, sugar, fat, sodium	Be aware of the health effects of specific nutrients.	Know the health effects of specific nutrients.	Understand the importance of the health effects of specific nutrients.	Apply knowledge and understanding of the health effects of specific nutrients.
	Health based food choice	Be aware that not all health conditions are the same.	Know that not all health conditions are the same.	Understand the importance of health based food choice.	Apply knowledge and understanding of the importance of health based food choice.
	Menu planning and recipe development	Be aware healthy eating guidelines are a guide to menu planning.	Know healthy eating guidelines are a guide to menu planning.	Understand the importance of menu planning and recipe development.	Apply knowledge and understanding of the importance of menu planning and recipe development.
3. Food allergies, intolerances and dietary requirements	Food allergy, allergy ingredients and food labels	Be aware of food allergies and allergy ingredients.	Know food allergies and allergy ingredients.	Understand the importance of food allergies and allergy ingredients.	
	Food intolerance	Be aware of food intolerance and the symptoms associated with it.	Know food intolerance and the symptoms associated with it.	Understand the importance of food intolerance and the symptoms associated with it.	
	Religion, cultural and ethical food choice	Be aware of the importance of religion, culture and ethical food choice.	Know the importance of religion, culture and ethical food choice.	Understand the importance of religion, culture and ethical food choice.	Apply knowledge and understanding of the importance of religion, culture and ethical food choice.

Influencing food choice: who to trust?

Trusted, expert professionals in nutrition:

- **UKVRN Registered Nutritionists** provide scientific evidence-based information and guidance about the impacts of food and nutrition on the health and wellbeing of humans (at an individual or population level) or animals. They are the trusted, reliable evidence-based experts in nutrition.
- **HCPC Registered Dietitians** use the science of nutrition to devise eating plans for patients to treat medical conditions. They promote good health by helping to facilitate a positive change in food choice. The title 'dietitian' is protected by statute. Only individuals registered with the Health and Care Professions Council (HCPC) can describe themselves as a dietitian.
- **Other healthcare professionals** such as doctors or nurses will be registered with their statutory body (GMC, NMC, etc.) and may have further nutrition qualifications, such as a postgraduate degree in nutrition in to enable them to safely and competently provide nutrition advice to the public. Healthcare Professionals may also be Registered Nutritionists.

Our prime purpose is to protect the public through a commitment to evidence based nutrition practice



More Information

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