This Current Awareness Bulletin is produced by the Yeovil Academy Library to provide staff with a range of dietetics related resources to support practice. It includes recently published guidelines and research articles, as well as news and policy items.

Cochrane Reviews

Targeted or adjustable versus standard diet fortification for growth and development in very low birth weight infants receiving human milk
Veronica Fabrizio, Jennifer M Trzaski, Elizabeth A Brownell, Patricia Esposito, Shabnam Lainwala, Mary M Lussier, James I Hagadorn
Intervention Protocol 4 November 2019
Objectives are to determine the effect of standard versus adjustable versus targeted diet fortification for nutritional support on growth, and other clinical, nutritional, and neurodevelopmental outcomes in very low birth weight infants receiving human milk, and in birth weight subgroups (< 1000 grams; 1000 to 1499 grams).

Early enteral nutrition (within 48 hours) versus delayed enteral nutrition (after 48 hours) with or without supplemental parenteral nutrition in critically ill adults
Paulina Fuentes Padilla, Gabriel Martínez, Robin WM Vernooij, Gerard Urrútia, Marta Roqué i Figuls, Xavier Bonfill Cosp
Intervention Review 30 October 2019
Due to very low‐quality evidence, we are uncertain whether early enteral nutrition, compared with delayed enteral nutrition, affects the risk of mortality within 30 days, feed intolerance or gastrointestinal complications, or pneumonia.

Due to very low‐quality evidence, we are uncertain if early enteral nutrition with supplemental parenteral nutrition compared with delayed enteral nutrition with supplemental parenteral nutrition reduces mortality, infectious complications, or duration of mechanical ventilation.
**School nutrition: Support for providing healthy food and beverage choices in schools**

Schools provide a unique environment for ensuring that children have access to healthy foods. Ongoing development and implementation of SNPs can improve dietary behaviours and health outcomes in children and youth. Academic achievement can also be positively affected, although the data are mixed regarding this benefit.

2020 *Canadian Paediatric Society*

**KDOQI Clinical Practice Guidelines for Nutrition in CKD**

Achieving a reduced sodium intake in CKD is recommended, however can be particularly challenging to achieve. This is a result of the need to navigate a complex interplay between individual food choice and food supply, together with a range of other dietary recommendations that come with CKD.

2020 *National Kidney Foundation*

**Reducing Dietary Sodium to 1000 mg per Day Reduces Neurovascular Transduction Without Stimulating Sympathetic Outflow.** (PubMed)

These data suggest that reducing sodium from 2300 to 1000 mg/d stimulates the renin-angiotensin-aldosterone system, does not increase resting basal sympathetic outflow, and reduces sympathetic vascular transduction in normotensive adults.

2019 *Hypertension (Dallas, Tex. : 1979)*

**Dietary intake of sodium by children: Why it matters**

The Dietary Approach to Stop Hypertension (‘DASH’) sodium trial [42], showed a significant reduction in mean systolic BP (mean difference = -3.0 mmHg (95% CI: -1.7 to -4.30; P > 0.001)) in middle-aged, overweight adults who switched from a high-sodium diet (3,450 mg per day or 150 mmol per day) to a low-sodium diet (1,150 mg per day or 50 mmol per day). A similar trend was observed for diastolic BP.

2020 *Canadian Paediatric Society*

**Dietary Cholesterol and Cardiovascular Risk: A Science Advisory From the American Heart Association** (Full text)

Dietary guidance to achieve cardiovascular health should remain focused on adopting a healthy dietary pattern, as recommended by the 2015 to 2020 DGA and current AHA/ACC guidelines. Healthy dietary patterns are inherently relatively low in cholesterol, with typical levels similar to the current US intake.

2020 *American Heart Association PubMed abstract*

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**Point of Care**

*UpToDate* is accessible via the links section of the library intranet *YCloud* page or via the *library blog*. It can also be accessed at *uptodate.com/login* with an OpenAthens username and password. To register for an OpenAthens account *click here*.

**Healthy diet in adults**

Literature review current through: Jan 2020. | This topic last updated: Dec 11, 2019

**Dietary recommendations for toddlers, preschool, and school-age children**

Literature review current through: Jan 2020. | This topic last updated: Dec 16, 2019

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Page 2 of 12
**Vitamin B3 deficiency**
Traditionally caused by consuming a diet mainly composed of corn and maize. Severe deficiency leads to pellagra, which is characterised by dermatitis, dementia, diarrhoea, and eventually death. Last reviewed: January 2020 Last updated: January 2018

**Assessment of magnesium deficiency**
Magnesium deficiency is a state of decreased total body magnesium content. The human body contains 21-28 g of magnesium, the majority of which is localised in bone (>53%) and non-muscular tissue (approximately 19%). Hypomagnesaemia (low serum magnesium concentration) is generally defined as serum magnesium <0.9 mmol/L (<1.8 mEq/L). Last reviewed: January 2020 Last updated: June 2018

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**Journal Articles**

Please click on the blue link (where available) to access the full text. You may need an OpenAthens username and password. To register for an OpenAthens account click here.

If you would like help obtaining any of the articles, please contact the Library.

**NICE Healthcare Databases**

1. Impact of a one-year school-based teacher-implemented nutrition and physical activity intervention: main findings and future recommendations.
   **Author(s):** Habib-Mourad, Carla; Ghandour, Lilian A.; Maliha, Carla; Awada, Nancy; Dagher, Michèle; Hwalla, Nahla
   **Source:** BMC Public Health; Feb 2020; vol. 20 (no. 1); p. 1-7
   **Publication Date:** Feb 2020
   **Publication Type(s):** Academic Journal
   **PubMedID:** NLM32075607
   Available at [BMC public health](https://bmcpublichealth.biomedcentral.com/articles/10.1186/s12889-019-6939-3) - from BioMed Central
   Available at [BMC public health](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6939395/) - from Europe PubMed Central - Open Access
   Available at [BMC public health](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6939395/) - from ProQuest (Health Research Premium) - NHS Version
   Available at [BMC public health](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6939395/) - from Unpaywall
   Trained schoolteachers can have a positive impact on students' dietary behaviours with the appropriate training to ensure they are equipped with the right information, skills, and resources to deliver the programme with the highest fidelity. Trial Registration: ClinicalTrial.gov Identifier: NCT03040271. Retrospectively registered on 2 February 2017.
   **Database:** CINAHL
2. Osteoarthritis Preoperative Package for care of Orthotics, Rehabilitation, Topical and oral agent Usage and Nutrition to Improve outcomes at a Year (OPPORTUNITY); a feasibility study protocol for a randomised controlled trial.

Author(s): Simpson, A. Hamish R. W.; Bell-Higgs, Anna; Conaghan, Philip G.; Craig, Peter; Hamilton, David F.; Hankey, Catherine; Keerie, Catriona; Kingsbury, Sarah R.; Kinsella, Elaine; Leeds, Anthony R.; Norrie, John; Pandit, Hemant G.; Ross, Hazel M.; Simpson, Sharon Anne; Tuck, Chris

Source: Trials; Feb 2020; vol. 21 (no. 1); p. 1-16

Publication Date: Feb 2020

Publication Type(s): Academic Journal

PubMedID: NLM32075663

Available at Trials - from BioMed Central
Available at Trials - from Europe PubMed Central - Open Access
Available at Trials - from Unpaywall

The aims of the study specifically relate to testing the feasibility and acceptability of the proposed effectiveness trial intervention and the feasibility of the trial methods. This study forms the important first step in developing and assessing whether the intervention has the potential to be assessed in a future fully powered effectiveness trial. The findings will also be used to refine the design of the effectiveness trial. Trial Registration: ISRCTN registry, ID: ISRCTN96684272. Registered on 18 April 2018.

Database: CINAHL


Author(s): Bolisetty, Srinivas; Osborn, David; Schindler, Tim; Sinn, John; Deshpande, Girish; Wong, Chee Sing; Jacobs, Susan E.; Phad, Nilkant; Pharande, Pramod; Tobiansky, Rodney; Luig, Melissa; Trivedi, Amit; McIntosh, Joanne; Josza, Eszter; Opie, Gillian; Downe, Lyn; Andersen, Chad; Bhatia, Vineesh; Kumar, Prasanna; Malinen, Katri

Source: BMC Pediatrics; Feb 2020; vol. 20 (no. 1); p. 1-11

Publication Date: Feb 2020

Publication Type(s): Academic Journal

PubMedID: NLM32035481

Available at BMC pediatrics - from BioMed Central
Available at BMC pediatrics - from Europe PubMed Central - Open Access
Available at BMC pediatrics - from ProQuest (Health Research Premium) - NHS Version
Available at BMC pediatrics - from Unpaywall

The 2017 PN formulations and guidelines developed by the 2017 Neonatal Parenteral Nutrition Consensus Group offer concise and practical instructions to clinicians on how to implement current and up-to-date evidence based PN to the NICU population.

Database: CINAHL

Author(s): Lambell, Kate J.; Tatucu-Babet, Oana A.; Chapple, Lee-anne; Gantner, Dashiell; Ridley, Emma J.

Source: Critical Care; Feb 2020; vol. 24 (no. 1); p. 1-11

Publication Date: Feb 2020

Publication Type(s): Academic Journal

PubMedID: NLM32019607

Available at Critical Care - from BioMed Central
Available at Critical Care - from Europe PubMed Central - Open Access
Available at Critical Care - from ProQuest (Health Research Premium) - NHS Version
Available at Critical Care - from Unpaywall

This narrative review aims to provide a comprehensive synthesis and interpretation of the adult critical care nutrition literature, with a particular focus on continuing practice gaps and areas with new data, to assist clinicians in making practical, yet evidence-based decisions regarding nutrition management during the different stages of critical illness.

Database: CINAHL


Author(s): Shrestha, Akina; Schindler, Christian; Odermatt, Peter; Gerold, Jana; Erismann, Séverine; Sharma, Subodh; Koju, Rajendra; Utzinger, Jürg; Cissé, Guéladio

Source: BMC Public Health; Feb 2020; vol. 20 (no. 1); p. 1-19

Publication Date: Feb 2020

Publication Type(s): Academic Journal

PubMedID: NLM32013901

Available at BMC Public Health - from BioMed Central
Available at BMC Public Health - from Europe PubMed Central - Open Access
Available at BMC Public Health - from ProQuest (Health Research Premium) - NHS Version
Available at BMC Public Health - from Unpaywall

An integrated intervention consisting of school garden, WASH, nutrition and health components (SG+) increased children's fruit and vegetable consumption, decreased intestinal parasitic infections and improved hygiene behaviours. Trial Registration: ISRCTN17968589 (date assigned: 17 July 2015).

Database: CINAHL

**Author(s):** Avgerinou, Christina; Bhanu, Cini; Walters, Kate; Croker, Helen; Tuijt, Remco; Rea, Jennifer; Hopkins, Jane; Kirby-Barr, Maggie; Kharicha, Kalpa

**Source:** British Journal of General Practice; Feb 2020; vol. 70 (no. 691)

**Publication Date:** Feb 2020

**Publication Type(s):** Academic Journal

**PubMedID:** NLM31932297

Future interventions should include a multifaceted approach. Education tailored to the needs of older people, carers, and healthcare professionals is a necessary component of any intervention.

**Database:** CINAHL

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7. The role of nutrition in pediatric oncology.

**Author(s):** Barr, Ronald D.; Ladas, Elena J

**Source:** Expert Review of Anticancer Therapy; Feb 2020; vol. 20 (no. 2); p. 109-116

**Publication Date:** Feb 2020

**Publication Type(s):** Academic Journal

**PubMedID:** NLM31964179

Studies of the gut microbiome and metabolome have yielded important information on the pathogenesis of malnutrition in children, providing new avenues for interventions. Combinations of plant products that are inexpensive and readily available in LMICs have been shown to 'mature' the microbiome and the corresponding plasma proteome in children with acute malnutrition, offering the prospect of cost-effective remedies that are tested in children with cancer.

**Database:** CINAHL

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8. Malnutrition diagnosed by controlling nutrition status is a negative predictor of life prognosis in aortic arch aneurysm patients treated with thoracic endovascular aneurysm repair.

**Author(s):** Inoue, Kentaro; Matsumoto, Takuya; Yamashita, Sho; Yoshiga, Ryosuke; Yoshiya, Keiji; Matsubara, Yutaka; Matsuda, Daisuke; Morisaki, Koichi; Furuyama, Tadashi; Mori, Masaki

**Source:** Vascular; Feb 2020; vol. 28 (no. 1); p. 31-41

**Publication Date:** Feb 2020

**Publication Type(s):** Academic Journal

**PubMedID:** NLM31446849

Malnutrition diagnosed by CONUT as well as age is a negative predictor of survival prognosis in patients with aortic arch aneurysm.

**Database:** CINAHL

**Author(s):** Bastola, Mrigendra M.; Locatis, Craig; Maisiak, Richard; Fontelo, Paul

**Source:** BMC Cardiovascular Disorders; Jan 2020; vol. 20 (no. 1); p. 1-8

**Publication Date:** Jan 2020

**Publication Type(s):** Academic Journal

**PubMedID:** NLM32005161

A positive association was found between serum selenium and hypertension, irrespective of age or anti-hypertensive medications intake. These findings also suggest that the reference levels of serum levels in healthy individuals may need to be re-determined, if supported by additional studies. If validated, patients with hypertension may also need to be cautioned about selenium intake.

**Database:** CINAHL


**Author(s):** Liu, Zhijun; Guo, Jintao; Ren, Weidong; Tang, Shaoshan; Huang, Ying; Huang, Liping; Sun, Siyu; Lin, Lianjie

**Source:** BMC Gastroenterology; Jan 2020; vol. 20 (no. 1); p. 1-7

**Publication Date:** Jan 2020

**Publication Type(s):** Academic Journal

**PubMedID:** NLM31996143

The ultrasound-guided method can be done non-invasively at the bedside, which is safe and convenient, and the Freka-Trelumina feeding tube can be placed in time to achieve the goal of early enteral nutrition and gastrointestinal decompression.

**Database:** CINAHL

**Author(s):** Branca, Francesco; Demaio, Alessandro; Udomkesmalee, Emorn; Baker, Phillip; Aguayo, Victor M; Barquera, Simon; Dain, Katie; Keir, Lindsay; Larrey, Anna; Mugambi, Gladys; Oenema, Stineke; Piwoz, Ellen; Richardson, Ruth; Singh, Sudhvir; Sullivan, Lucy; Verburg, Gerda; Fracassi, Patrizia; Mahy, Lina; Neufeld, Lynnette M

**Source:** Lancet; Jan 2020; vol. 395 (no. 10217); p. 8-10

**Publication Date:** Jan 2020

**Publication Type(s):** Academic Journal

**PubMedID:** NLM31852600

**Abstract:** Malnutrition is a global challenge that all countries need to address. This multistakeholder effort to end malnutrition must prioritise the engagement, inclusion, and empowerment of rights-holders, such as women, smallholder farmers, young people, and marginalised groups. United Nations Children's Fund (UNICEF), WHO, International Bank for Reconstruction and Development/The World Bank: Levels and trends in child malnutrition: key findings of the 2019 Edition of the Joint Child Malnutrition Estimates.

**Database:** CINAHL

12. Dynamics of the double burden of malnutrition and the changing nutrition reality.

**Author(s):** Popkin, Barry M; Corvalan, Camila; Grummer-Strawn, Laurence M

**Source:** Lancet; Jan 2020; vol. 395 (no. 10217); p. 65-74

**Publication Date:** Jan 2020

**Publication Type(s):** Academic Journal

**PubMedID:** NLM31852602

Understanding that the lowest income LMICs face severe levels of the DBM and that the major direct cause is rapid increases in overweight allows identifying selected crucial drivers and possible options for addressing the DBM at all levels.

**Database:** CINAHL

13. Increasing the public health voice in global decision-making on nutrition labelling.

**Author(s):** Thow, Anne Marie; Jones, Alexandra; Huckel Schneider, Carmen; Labonté, Ronald

**Source:** Globalization & Health; Jan 2020; vol. 16 (no. 1); p. 1-6

**Publication Date:** Jan 2020

**Publication Type(s):** Academic Journal

**PubMedID:** NLM31900178

Available at [Globalization and health](https://globalizationandhealth.biomedcentral.com/) - from BioMed Central

Available at [Globalization and health](https://globalizationandhealth.biomedcentral.com/) - from Europe PubMed Central - Open Access

Available at [Globalization and health](https://globalizationandhealth.biomedcentral.com/) - from ProQuest (Health Research Premium) - NHS Version

Available at [Globalization and health](https://globalizationandhealth.biomedcentral.com/) - from Unpaywall

Public health actors can engage directly with Codex processes, at both the national and global level, and also need to raise awareness among domestic policy makers - including with Ministries of Agriculture and Industry, which often represent countries at Codex - regarding the importance and effectiveness of FoP labelling in NCD prevention. Increased engagement with Codex processes represents a tangible new opportunity to strengthen global governance for public health, and move towards improved coherence between trade policy and health protection goals.

**Database:** CINAHL

**Author(s):** Louw, Elles; Aldaz, Vanessa; Harvey, Jessica; Roan, Marian; Hurk, Dorine; Cross, J Helen; Auvin, Stéphane; Forbes, Eimear; Bor, Baheerathi; Olieman, Joanne; Simchowitz, Venetia; Storme, Thomas; Klepper, Joerg; Dressler, Anastasia; van der Louw, Elles; van den Hurk, Dorine

**Source:** Developmental Medicine & Child Neurology; Jan 2020; vol. 62 (no. 1); p. 48-56

**Publication Date:** Jan 2020

**Publication Type(s):** Academic Journal

**PubMedID:** NLM31313290

Available at [Developmental Medicine & Child Neurology](https://wileyonlinelibrary.com/doi/abs/10.1111/dmcn.13858) from Wiley Online Library

In acute settings, ketogenic diet therapy (KDT) can be administered parenterally. Parenteral administration of KDT should be started only at the intensive care unit. Initiate ketogenic parenteral nutrition stepwise to the highest ratio possible with the lowest level of complications. Evaluate the risk-benefit ratio of parenteral administration continuously. Restart enteral feeding as soon as appropriate.

**Database:** CINAHL

15. Policy overview of the multisectoral nutrition planning process: The progress, challenges, and lessons learned from Burkina Faso.

**Author(s):** Ouedraogo, Ousmane; Doudou, Maimouna Halidou; Drabo, Koiné Maxime; Garnier, Denis; Zagré, Noël Marie; Sanou, Dia; Reinhardt, Kristina; Donnen, Philippe

**Source:** International Journal of Health Planning & Management; Jan 2020; vol. 35 (no. 1); p. 120-139

**Publication Date:** Jan 2020

**Publication Type(s):** Academic Journal

**PubMedID:** NLM31271224

Available at [The International Journal of Health Planning and Management](https://onlinelibrary.wiley.com/doi/10.1111/ijhpm.12924) from Wiley Online Library Medicine and Nursing Collection 2020

To improve the anchoring of multisectoral coordination bodies at the supra-ministerial level, mobilizing resources and promoting sector accountability are key next steps that would contribute to the success of the implementation.

**Database:** CINAHL

16. Development and implementation of nutrition labelling in Iran: A retrospective policy analysis.

**Author(s):** Edalati, Sareh; Omidvar, Nasrin; Haghighian Roudsari, Arezoo; Ghodsi, Delaram; Zargaraan, Azizollaah

**Source:** International Journal of Health Planning & Management; Jan 2020; vol. 35 (no. 1)

**Publication Date:** Jan 2020

**Publication Type(s):** Academic Journal

**PubMedID:** NLM31709620

Available at [The International Journal of health planning and management](https://onlinelibrary.wiley.com/doi/10.1111/ijhpm.12925) from Wiley Online Library Medicine and Nursing Collection 2020

Strengthening the governance for a healthy food environment is recommended to improve the program. Also, establishing national portion sizes for food labelling, initiating public awareness campaigns, evaluation of the policy effect and public perception of the labels and their application are recommended.

**Database:** CINAHL
17. Opportunities for nutrition in primary care.

Author(s): Hodge, Allison

Source: Public Health Nutrition; Jan 2020; vol. 23 (no. 1); p. 1-2

Publication Date: Jan 2020

Publication Type(s): Periodical

PubMedID: NLM31928539

Available at Public health nutrition - from Unpaywall

Database: CINAHL


Author(s): Crowley, Jennifer; Ball, Lauren; Hiddink, Gerrit J

Source: Public Health Nutrition; Jan 2020; vol. 23 (no. 1); p. 41-52

Publication Date: Jan 2020

Publication Type(s): Periodical

PubMedID: NLM31736453

The development of PCP capability, motivation and opportunity to provide nutrition care should begin in undergraduate medical training, and continue into PCP training, to create synergy between these behaviours for PCP to become confident providing nutrition care as an integral component of disease prevention and management in contemporary medical practice.

Database: CINAHL

19. Short-term nutrition and growth indicators in 6-month- to 6-year-old children are improved following implementation of a multidisciplinary community-based programme in a chronic conflict setting.

Author(s): Simonyan, Hambardzum; Sargsyan, Aelita; Balalian, Arin A; Davtyan, Karapet; Gupte, Himanshu A

Source: Public Health Nutrition; Jan 2020; vol. 23 (no. 1); p. 134-145

Publication Date: Jan 2020

Publication Type(s): Periodical

PubMedID: NLM31694729

Available at Public health nutrition - from Unpaywall

Exposure to a community-based multidisciplinary intervention reduced the rate of anaemia and improved dietary indicators.

Database: CINAHL
The books listed below are a selection of those that can be found at the library. To search the library catalogue in full, visit [swims.nhs.uk](http://swims.nhs.uk).

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**In the News**

**Behind the Headlines**

- **A diet high in fruit, veg, fibre and dairy is linked to lower stroke risk, study finds**
  - Tuesday 25 February 2020

- **Is it easier to burn off a big breakfast than a big dinner?**
  - Thursday 20 February 2020

- **Western-style diet may impair memory and encourage unhealthy eating**
  - Wednesday 19 February 2020
No proof that the Mediterranean diet reduces frailty in older age
Tuesday 18 February 2020

Red meat and processed food 'not back on the menu' according to new review
Tuesday 4 February 2020

Study claims a common food compound could lower dementia risk
Monday 3 February 2020

Are packed lunches less healthy than school dinners?
Tuesday 14 January 2020

Can 2 apples a day help keep the doctor away?
Tuesday 17 December 2019

Exercise advice on food labels could 'change eating habits'
Wednesday 11 December 2019

Peanut allergy treatment may offer protection but may not be a cure
Wednesday 30 October 2019

Have controversial new guidelines put red meat 'back on the menu'?
Tuesday 1 October 2019