Dietitians and Community Mental Health: Setting the Research Agenda

CCMHCC, Toronto, June 2014

Funding provided by a Planning Grant from the Canadian Institutes of Health Research (CIHR)
Presenter disclosure

Presenter: Scott Mitchell
Director, Knowledge Transfer
CMHA Ontario

Conflict of interest: None to declare
What’s the connection between diet and mental health?

 ✓ Nutrition as therapy
 Reduced side-effects of psychiatric medications, improved cognition, better self-management of concurrent and comorbid conditions, and improved overall occupational, social, and psychological function

 ✓ Healthy diet for prevention
 Reduced risk of developing chronic physical conditions (diabetes, heart disease, etc.)

 ✓ Collaborative mental health promotion programs
 Many benefits: enhanced social inclusion, self-reliance, food security, and healthy body image; reduced health and social inequities
History: CMHA and DC collaboration

Minding Our Bodies (2008-2013)
http://www.mindingourbodies.ca

- CMHA Ontario capacity-building project
- Dietitians integrated into community mental health services
- Need for further evidence on the relationships between mental health, food security, social inclusion, and community-based healthy eating programs

Dietitians of Canada role paper (2012)

- “Promoting Mental Health through Healthy Eating and Nutritional Care: The Role of Dietitians”
- Identifies gaps in knowledge and areas needing further research relevant to dietetics and community mental health
Project goal

Dietitians and Community Mental Health: Setting the Research Agenda

To develop a Canadian research agenda for nutrition and community mental health with input from a broad range of stakeholders.
Why a research agenda?

1. Guide health research investments and knowledge exchange activity

2. Increase community access to quality nutrition services for people with mental health conditions

3. Facilitate partnerships and collaborations between dietitians and the community mental health sector for research, knowledge exchange and program delivery
Stakeholder engagement

The best predictor of research use is early and continued involvement of relevant decision-makers and stakeholders.

We consulted broadly to identify stakeholder priorities:

✓ anyone living with a mental health condition(s)
✓ family members of someone living with a mental health condition(s)
✓ service providers (e.g., case managers, support workers, nurses, occupational therapists, dietitians, social workers, psychiatrists)
✓ program developers (nutrition and/or mental health)
✓ public policy decision-makers
✓ researchers
✓ advocates
Collaborative multi-step consultation process

<table>
<thead>
<tr>
<th>Stage</th>
<th>Duration</th>
<th>Participants</th>
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<tbody>
<tr>
<td>Expert Advisory Committee</td>
<td>June 2013-March 2014</td>
<td>n = 9 members</td>
</tr>
<tr>
<td>National Stakeholder Survey</td>
<td>September-October 2013</td>
<td>n = 811 respondents</td>
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<tr>
<td>Key-Informant Interviews and Questionnaire</td>
<td>December 2013-January 2014</td>
<td>n = 9 / n = 63 (questionnaire)</td>
</tr>
<tr>
<td>Priority-Setting Workshop</td>
<td>February 2014</td>
<td>n = 16 participants</td>
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</table>
Expert Advisory Committee

- **Shana Calixte**, ED, Northern Initiative for Social Action
- **Mike Gawliuk**, Canadian Mental Health Association
- **Linda Greene-Finestone**, RD, Public Health Agency of Canada
- **Nick Kates**, MD, McMaster University & Hamilton Family Health Team
- **Craig Larsen**, ED, Chronic Disease Prevention Alliance of Canada
- **Vikki Madden**, OT, ACT Team, Homewood Health Centre
- **Lynette McGarrell**, RD, Eating Disorders Clinic, Halton Health Services
- **Eric Ng**, RD, Public Health Ontario
- **Nandini Saxena**, MSW, Centre for Addiction and Mental Health
### Survey respondents (n = 811)

<table>
<thead>
<tr>
<th>STAKEHOLDER CATEGORY</th>
<th>n</th>
<th>(%)</th>
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<tbody>
<tr>
<td>Service Provider</td>
<td>433</td>
<td>(54)</td>
</tr>
<tr>
<td>Family Member</td>
<td>344</td>
<td>(43)</td>
</tr>
<tr>
<td>Registered Dietitian</td>
<td>299</td>
<td>(37)</td>
</tr>
<tr>
<td>Lived Experience</td>
<td>244</td>
<td>(30)</td>
</tr>
<tr>
<td>Advocacy</td>
<td>135</td>
<td>(17)</td>
</tr>
<tr>
<td>Volunteer</td>
<td>120</td>
<td>(15)</td>
</tr>
<tr>
<td>Researcher</td>
<td>109</td>
<td>(14)</td>
</tr>
<tr>
<td>Manager/Director</td>
<td>70</td>
<td>(9 )</td>
</tr>
<tr>
<td>Public Policy</td>
<td>48</td>
<td>(6 )</td>
</tr>
<tr>
<td>Student (post-secondary)</td>
<td>37</td>
<td>(5 )</td>
</tr>
<tr>
<td>Declined</td>
<td>10</td>
<td>(1 )</td>
</tr>
<tr>
<td>Other</td>
<td>4</td>
<td>(&lt;1)</td>
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Survey respondents could self-identify as belonging to more than one stakeholder category.
Top priorities of survey respondents

*It depends who you ask...*

<table>
<thead>
<tr>
<th></th>
<th>What is the impact of food on mental health?</th>
<th>What food-related programs are needed in community mental health?</th>
<th>What is the impact of social determinants (housing, etc.) on food access and mental health?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lived experience</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Family members</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Service providers</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Researchers</td>
<td>1</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>Dietitians</td>
<td>2</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td>Public policy</td>
<td>3</td>
<td>1</td>
<td>1</td>
</tr>
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Stakeholder subgroup analysis (in progress)

Dietitian respondents to survey (n = 299/811)
- 50% - less than 10 years experience as RD
- 40% - family member with mental health condition (MHC)
- 20% - lived experience of MHC
- 35% - service provider for individuals with MHCs

Priority mental health conditions to research?
- Disordered eating, neurocognitive disorders (RDs with less than 4 years experience)
- Schizophrenia, psychosis (RDs who worked as service provider to clients with MHC or had personal lived experience with MHC)
Key informant interviews / questionnaire

Key informants were asked to:

• Identify **gaps** in current nutrition and mental health research

• Suggest **criteria** for establishing nutrition and mental health research priorities

• Point out **barriers** that may prevent project recommendations from moving forward

• Identify **researchers**, research teams, institutions, community partners to engage in research, as well as possible funders

• **Tell us who needs to know** about project results and how to disseminate that information
Setting research priorities

So, how do you decide?
Prioritizing the research questions

Face-to-face workshop with invited experts to review findings and consider 8 criteria* grouped under 4 categories:

- **Appropriateness:** Should we do it?
- **Relevancy:** Why should we do it?
- **Chance of Success:** Can we do it?
- **Impact of the Research Outcome:** What do the stakeholders get out of it?

Appropriateness: Should we do it?

Is the research:

• Ethically and morally appropriate?
• Culturally appropriate?
• Not reliant on the food industry?

Do we *need* more research?

• Avoid duplication
Relevancy: Why should we do it?

Will the research:

- Contribute to better equity in health?
- Serve community concern/demand?
- Be broad in scope?
- Reduce the burden of illness?
- Address the social determinants of health (poverty, food insecurity, housing)?
Chance of Success: Can we do it?

Does our system have the capacity to undertake the research?

- Do we have the competency, infrastructure, mechanisms, support system, resources?

Can we justify the cost of the research?

- Likelihood of partnership building
- Funding potential
- Political acceptability
Impact of the research outcome: What do the stakeholders get out of it?

Likelihood of implementation of research recommendations
- Applicability to current practice
- Forward/upstream thinking

Reduction of burden, including costs and quality of life
- Impact of research on mental health and quality of life within the population
- Economic impact
Four priority areas for research

- Community nutrition and mental health programs and services
- Service provider roles in the provision of nutrition care
- Informing policy: determinants of health
- Knowledge translation

Research Priorities
Community nutrition and mental health programs and services

Research Priority
Identify nutrition program/service needs, gaps, and barriers for people living with mental health conditions with respect to healthy diet, food access and skills development

Research Use
Develop effective models of care to address these issues in community settings
Service provider roles in the provision of nutrition care

Research Priority
Explore roles and responsibilities of mental health service providers, including dietitians, in the effective provision of nutrition care to clients living with mental health conditions in the community

Research Use
Enhance collaboration and cross-training among service providers, and improve access to dietitians at the most effective points of intervention
Informing policy: determinants of health

Research Priority
Investigate the impact of social determinants (housing, income, education, employment, etc.) on diet, food security and mental health

Research Use
Advocate for and establish effective systems-level policies to benefit people living with mental health conditions
Knowledge translation

Research Priority
Explore methods of knowledge translation and exchange for nutrition and community mental health research

Research Use
Improve dissemination and uptake of new and existing knowledge to strengthen the impact of community services, inform policy and program decision-makers, and increase food literacy in target population
Next steps

- Raise awareness of project results among stakeholders in the research agenda
- Engage with research partners and funders to move the research agenda forward

**Continue to analyze the data**
for new insights into stakeholder needs and the priority-setting process

*Final project report in development. Stay tuned!*
Stakeholder views

“This is something I struggle with in my own life. I live on a low income and find it a challenge to eat healthy food. When I am doing the worst with my illness, it's the hardest to feed myself well, but probably when I need it the most.”

“I am a researcher who is interested in determinants of mental illness. Nutrition is particularly interesting because it is a modifiable risk factor.”
Stakeholder views

“As a service provider serving marginalized populations, the link is essential for those trying to achieve mental wellness. Food insecurity and poverty overlap with many of those that we serve, and research in multiple areas sets the stage for overall improvement in health care outcomes, program design, and policy change for people with lived experience.”
Acknowledgements

Steering Committee
• Karen Davison, PhD, RD researcher, UBC
• Scott Mitchell, Director, Knowledge Transfer, CMHA Ontario
• Pat Vanderkooy, RD, Public Affairs, DC

Project Consultant
• Carla D’Andreamatteo, RD

Research Assistant
• Tony Zhang

Plus our Advisory Committee members and all stakeholders who participated in the consultation process!
Questions?

For more information, contact

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