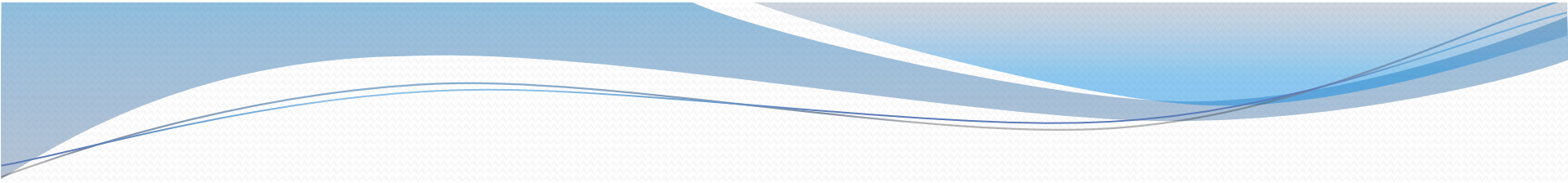




Coventry University

Symposia ECRSH16, Gdansk (Poland)
Symposium I: Religion & Spirituality in Nutrition & Dietetics

Chair: Dr. Deborah Lycett RD. Ph.D.
Reader in Nutrition, Dietetics and Spiritual Health



Religion, Spirituality and Health

- A rapidly expanding area of scientific research
- Leading to a rapidly expanding area of healthcare education and practice
- So...what has religion and spirituality got to do with nutrition and dietetic practice?

Table 1. Research on Religion, Spirituality, and Health (1932-2010)^{1,4}

	All Studies			Higher-quality Studies ^d		
	Negative ^a	No Assoc ^b	Positive ^c	Negative ^a	No Assoc ^b	Positive ^c
Positive Mental Health						
Well-being	1% (3)	20% (67)	79% (256)	1% (1)	18% (21)	82% (98)
Meaning & Purpose	0% (0)	7% (3)	93% (42)	0% (0)	0% (0)	100% (10)
Hope	0% (0)	28% (11)	73% (29)	0% (0)	50% (3)	50% (3)
Optimism	0% (0)	19% (6)	81% (26)	0% (0)	27% (3)	73% (8)
Self-esteem	3% (2)	36% (25)	61% (42)	8% (2)	24% (6)	68% (17)
Negative Mental Health						
Depression	6% (28)	32% (144)	61% (272)	7% (13)	26% (46)	67% (119)
Suicide	3% (4)	22% (31)	75% (106)	4% (2)	16% (8)	80% (39)
Anxiety	11% (33)	40% (119)	49% (147)	10% (7)	33% (22)	57% (38)
Substance Abuse						
Alcohol	1% (4)	12% (34)	86% (240)	1% (1)	9% (13)	90% (131)
Drugs	1% (2)	15% (28)	84% (155)	1% (1)	13% (15)	86% (96)
Health Behaviors						
Exercise	16% (6)	16% (6)	68% (25)	10% (2)	14% (3)	76% (16)
Diet	5% (1)	33% (7)	62% (13)	0% (0)	30% (3)	70% (7)
Cholesterol	13% (3)	35% (8)	52% (12)	11% (1)	33% (9)	56% (5)
Cigarette Smoking	0% (0)	10% (14)	90% (123)	0% (0)	10% (8)	90% (75)
Sexual Behavior	1% (1)	13% (12)	86% (82)	0% (0)	16% (8)	84% (42)
Physical Health						
Coronary Disease	5% (1)	32% (6)	63% (12)	8% (1)	23% (3)	69% (9)
CV Functioning	6% (1)	25% (4)	69% (11)	8% (1)	23% (3)	69% (9)
Cancer	12% (3)	32% (8)	56% (14)	6% (1)	29% (5)	65% (11)
Mortality	6% (7)	26% (32)	68% (82)	4% (4)	29% (27)	66% (61)

Abbreviations: Assoc, association; CV, cardiovascular.

^aNegative indicates a worse emotional state or health outcome.

^bNo assoc indicates no association; mixed results (ie, significant positive and negative findings) or a complex result (ie, difficult to interpret).

^cPositive indicates a better emotional state or health outcome.

^dHigher-quality studies are those rated a 7 or higher on a 10-point scale based on methodology.^{1,4}

Develops resilience to prevent and manage nutrition-related diseases

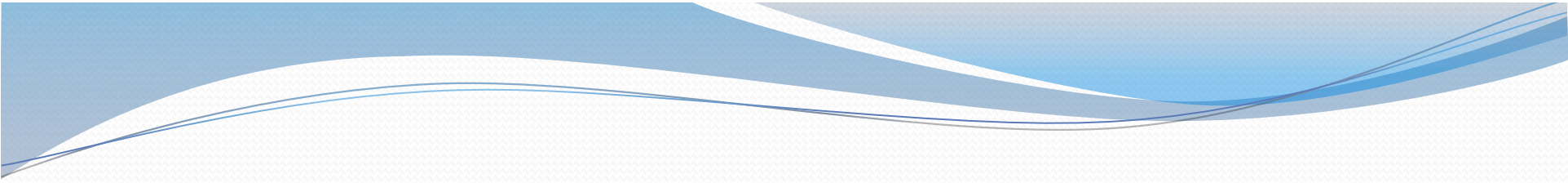
Food/eating as a coping strategy

Role of registered dietitians in holistic – person-centered care

Role of registered dietitians in managing long-term conditions

Specific evidence

- Inverse association between spiritual well-being and emotional eating
 - Cross-sectional study by Hawks et al., (2003).
- Higher internal locus of control and increased perceived self-efficacy to maintain and control their weight in those engaging in a christian church-based weight loss programme
 - Qualitative study (Reicks et al., 2004).
- Spiritual well-being positively associated with quality of life and self-esteem among patients from weight management clinics
 - Popkess-Vauter et al, 2005
- Among those who are not religious, those who overeat are also receptive to incorporating a spiritual element into treatment programmes (Ronan & Libman, 2003).
- 60% of studies identified in a systematic review of church-based weight loss programmes in African-Americans showed improvements in diet, physical activity and body weight (Lancaster et al, 2014)



Limitations of proving causality

- Associations
 - Cross-sectional
- Qualitative
- Few RCTs
- Further studies needed
- This symposium we want to showcase the work we are doing at Coventry University around religion and spirituality within the field of nutrition and dietetics.

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