

WELLBEING

Nutrition & Hydration Week

16th – 22nd March 2020



New research from pharmaceutical company Novo Nordisk has predicted that cutting obesity would prevent 40,000 premature deaths by 2030.

On the 16th March 2020, we will acknowledge the eight annual Nutrition & Hydration Week (N & H Week). The awareness day is celebrated by individuals, organisations and communities and aims to highlight the importance and benefits of healthy nutrition and hydration practises.

Nutrition in the UK & Ireland

Poor nutrition and obesity are all too common in the UK and Ireland. In fact, according to Cancer Research UK, more than 6 in 10 adults are overweight or obese.

This can be backed up by the latest figures from Public Health England. Their findings suggest that only 31% of adults and 8% of teenagers meet the 5 A Day recommendation for fruit and vegetables.

While results from the 2018 Healthy Ireland Survey has found that just 37% of those surveyed eat five or more portions of fruit and vegetables a day, and 34% consume unhealthy foods at least once a day.

So how can you improve your eating and drinking habits?

1. Eat fruit and veg: Not only will eating fruit and veg improve your nutritional intake, but many fruits and non-starchy vegetables such as grapes, watermelons, tomatoes, and lettuce, contain a lot of water and can help keep you hydrated as well.

2. Know your quantities: The Eatwell Guide suggests that you should drink 6-8 glasses of water a day - which is around 1.2 to 1.5 litres. Dietitians also agree that while eating five a day is enough to get the protective benefits of fruit and veg - eating more portions will be more effective.

3. Reduce your sugar intake: High sugar intake is linked to numerous ailments, including obesity, type 2 diabetes, heart disease, and many forms of cancer.

4. Swap caffeine and alcohol with water: Caffeine and alcohol are both diuretics - meaning that they cause your body to remove fluids from your blood at a much quicker rate than other liquids. This results in the body becoming dehydrated.

5. Keep track: Research into health and wellbeing mobile apps that keep track of your calorie intake and water consumption. Set yourself realistic goals and celebrate your milestones.

6. Know the symptoms: It's important for you to be aware of the symptoms of poor nutrition and dehydration. These include, but are not limited to; dizziness, dry skin, nausea and heart palpitations. This way, you will be able to take proactive and preventative measures when you notice any of these changes occurring.

How do I get involved?

Nutrition and Hydration Week is available to anyone who wants to join the cause and promote the importance of nutrition and hydration care. Here are a few options:

Global Tea Party: On Wednesday 18th March, event organisers will be asking campaigners to host a 'Global Tea Party' in their community or workplace. Use the day as a way to demonstrate your commitment to nutritional care, as well an opportunity to promote ways to improve nutrition and hydration. [Click here](#) to access the N & H Week resource web page.

Social media: Follow the official event [social media accounts](#) and share your N & H Week achievements with the hashtag #NHWeek.

Commit to the event: Do you want to limit your caffeine intake? Or do you feel that you need to eat more vegetables? Use N & H Week as an opportunity to reevaluate your nutritional and water intake by setting yourself realistic goals and track your progress along the way.

If you would like to find out more information on any of the topics mentioned in this article, please contact the Health Assured 24/7 confidential helpline.

Or alternatively, visit our portal to view advice articles, webinars and 4-week programmes all aimed at improving your physical and mental wellbeing: www.healthassuredeap.com

TOPICAL

No smoking day

11th March 2020

According to The World Health Organisation, tobacco kills up to half of its users.

On the 11th March 2020, we acknowledge No Smoking Day - an awareness campaign that encourages smokers to quit using cigarettes, to raise awareness of the health risk of smoking and to celebrate those who have kicked the habit in the past.

The campaign began in 1984 and is now organised by the British Heart Foundation. It has since become a significant day on the wellbeing calendar for individuals and organisations alike.

Smoking in the UK and Ireland

In a study funded by Cancer Research UK, 1.5bn fewer cigarettes have been smoked each year in England in the past nine years. And according to the annual Healthy Ireland Survey, smokers in Ireland have decreased by an estimated 80,000 people over the past three years.

This impressive decline can be linked to more public awareness of the health risks associated with smoking, thanks to new laws on how tobacco products can be sold and advertised. These changes include adding health warnings with images on cigarette packs, banning shops from displaying cigarette products on their premises and making smoking in public spaces such as pubs, restaurants and public transport, illegal.

Health risks of smoking

Research has found that smoking is one of the biggest causes of death and illness in the UK and Ireland, with over 80,000 deaths being reported each year.

Those who smoke put themselves at a much higher risk of developing cancer in their lungs, mouth, throat, bladder and liver, among other parts of the body.

Smoking also damages your heart and your blood circulation, increasing your risk of developing conditions such as coronary heart disease, heart attacks and strokes.

Smoking doesn't just affect the health of the smoker, it can also have the same negative effects on those breathing in the second-hand smoke - also known as passive smoking.

Tips to quit

Why are you quitting - Before you begin your detox, ask yourself, why do you want to quit? Is it for your own health? Or is it to protect a loved one from second-hand smoke? Use your answer as your motivation throughout your journey.

Check in with your GP - Before you think about going 'cold turkey', discuss the best method of quitting cigarettes for you, with your GP. They will be able to provide you with information on various support groups, apps and medication if necessary.

Prioritise self-care - Quitting an addiction is no easy feat. Make sure that you focus on your wellbeing by doing activities that help you unwind. Listen to your favourite music or podcast, socialise with your friends, or reward yourself with a spa treatment when you hit a milestone.

Avoid triggers - Many smokers lapse in their attempts at quitting when they hit a trigger, for example, drinking alcohol and eating out. Try and find an alternative to distract your mind, such as chewing gum or texting a friend instead.

Whether you are a smoker who is hoping to quit, or you know someone who is thinking about kicking the habit, it's important to note that No Smoking Day is not an opportunity to force your opinions on others.

Instead, No Smoking Day should be a day to recognise the health and lifestyles benefits that quitting smoking offers, and provide encouragement and support to the people who need it most.

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LEGAL

Immigration – Brexit



On 31st January 2020, the United Kingdom (UK) left the European Union (EU) with a negotiated and finalised withdrawal agreement.

The withdrawal agreement outlines the arrangements for the UK's withdrawal from the EU and sets out the framework for future relationship between the UK and EU.

This means that after 47 years of membership, the UK is no longer a member of the EU. The UK is now in transition period, where the current rules regarding trade, travel and business for the UK and EU will be maintained until the end of 31 December 2020. Thus, the ability for EU citizens to easily live and work in the UK, known as the 'freedom of movement', will now have to be considered by the British Government as part of its Brexit plans.

The Government have prepared and published guidance for individuals and businesses regarding the UK leaving the EU. The Migration Advisory Committee, a non-statutory body, offers advice relating to governmental and migration issues, and also provide free detailed information and updates.

Freedom of movement will continue to apply throughout the EU during such

transition period, essentially meaning the current rules on travel for the UK and EU will continue to remain the same. EU nationals can continue to live and work in the EU as before Brexit, the same applies to UK nationals living and working in the EU.

Brexit negotiations are ongoing regarding how UK immigration will be handled once freedom of movement comes to an end. The Government intends to introduce new immigration rules for EU nationals by 31 January 2020, unless the transition period is extended after this date. Therefore, there is still uncertainty in regards to how the UK's immigration system will work and the impact on free movement for EU and non EU citizens wishing to move to the UK.

For British Citizens, there is no need to apply to remain in the UK after Brexit. The rights of Irish Citizens will also remain unaffected by Brexit. Thus, Irish citizens' existing rights to study and live within the UK continue to apply following Brexit.

For EU citizens and their family members wishing to remain living in the UK post Brexit, an application will need to be made to the EU Settlement Scheme to apply for an immigration status. The scheme also covers citizens of Switzerland, Iceland, Norway, and Liechtenstein.

There is no cost to apply, and the scheme process is currently open for

applications. The deadline for applying to the EU Settlement Scheme is 30 June 2021. For further information about eligibility and to commence the application process see [here](#).

If a pre-settled or settled status is granted, EU citizens and their family members can continue living, working, enrolling for education, using the NHS and gaining access to public benefits.

Employers must continue to conduct right to work checks on prospective employees. There will be no change to the right to work of EU citizens arriving in the UK before 1 January 2021. Employers can obtain detailed guidance on employing EU citizens after Brexit via the UK government [website](#).

During times of political change, the implications and changes of Brexit can be overwhelming for individuals affected, particularly EU Citizens who wish to stay within, or move, to the UK after Brexit.

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