

Nutritional Psychiatry; Education, and Community Engagement

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Inspirations

- This project is a combination of my personal interests in mental health and food
 - Exploring food as a way to support
 - mental health
 - community building

Books/ Programs

- *This is Your Brain on Food* by Dr. Uma Naidoo
- *ADHD Without Drugs* by Dr. Sanford Newmark
- Touro California's Health Meets Food Curricula and teaching/cooking labs run by Dr. Traci Stevenson and Dr. Grace Jones

Community Outreach/ Engagement

- Many community organizations are invested in providing access and education to the public on the benefits of nutrition
- These organizations are receptive to nutritional psychiatry education and some are engaged in teaching and working with the medical profession

Bakersfield Community Organizations



Strengths of Community Organizations

- Integrated into schools, food banks, and gardens
- Supported by local business and government
- Culturally connected to communities
- Deeply passionate individuals

Areas of Growth for Community Organizations

- Overworked/ underfunded
- Structurally limited (ie; programming, setting, funding source)

Nutritional Psychiatry Education

- Goal: increase knowledge of Nutritional Psychiatry as a field and the accessibility and benefits of dietary interventions for mental health and illness

Luncheon Talks

- During a one week long series of luncheon talks open to the public, nutritional psychiatry topics were presented including a general introduction, PTSD, Anxiety, Depression, and ADHD

Nutritional Psychiatry

A New Approach

- Food affects our mood
- Supporting your brain can be tasty and fun
- Reframing food and eating

What It's Not

- A replacement for medications or treatment by a psychiatrist

How could fermented food improve anxiety/ mental health?

Defending the Brain

- Bioactive peptides and byproducts of gut bacteria may protect the nervous system

Stress Response

- Changing gut bacteria may suppress the reactivity of the HPA axis, stress response

Brain Boosters

- Neurotransmitters like Serotonin, BDNF, and GABA may be increased

Blue Bowels: Depression and Food

50 types of bacteria showed differences in people with **Major Depressive Disorder**

Places to Start

Breakfast
Probiotics like yogurt and kefir

Snacks
Whole ingredients will keep up your energy till mealtime

Dinner
Add olive oil, fish, and probiotics

Key Points

- Addressing a mixed audience of professional, student, and non-healthcare persons
 - educating from a common starting point

The Brain-Gut Connection

- The Enteric Nervous System
 - 100-500 Million Neuron in your stomach
 - More nerve cells than the brain

Your Microbiome

- 38 Trillion bacteria live in the human body
- Good Microbes
 - help make neurotransmitters
 - strengthen your gut lining
 - reduce inflammation

- Focus on applicability
- General dietary interventions and specific symptom/diagnosis related knowledge

Food Dyes and Preservatives

- Food Dyes
 - Shown to cause hyperactivity in ADHD and non-ADHD
 - In Europe all food with food dyes come with the warning
 - "May have an adverse effect on activity and attention in children."

Good Fats and Bad Fats

Trans fats have been shown to increase the risk of depression

- Now banned as an additive but created during deep frying

Olive oil and cold water fish can lower depression risk

- mono-unsaturated fats
- Omega 3s

- Addressing the cultural context of nutrition

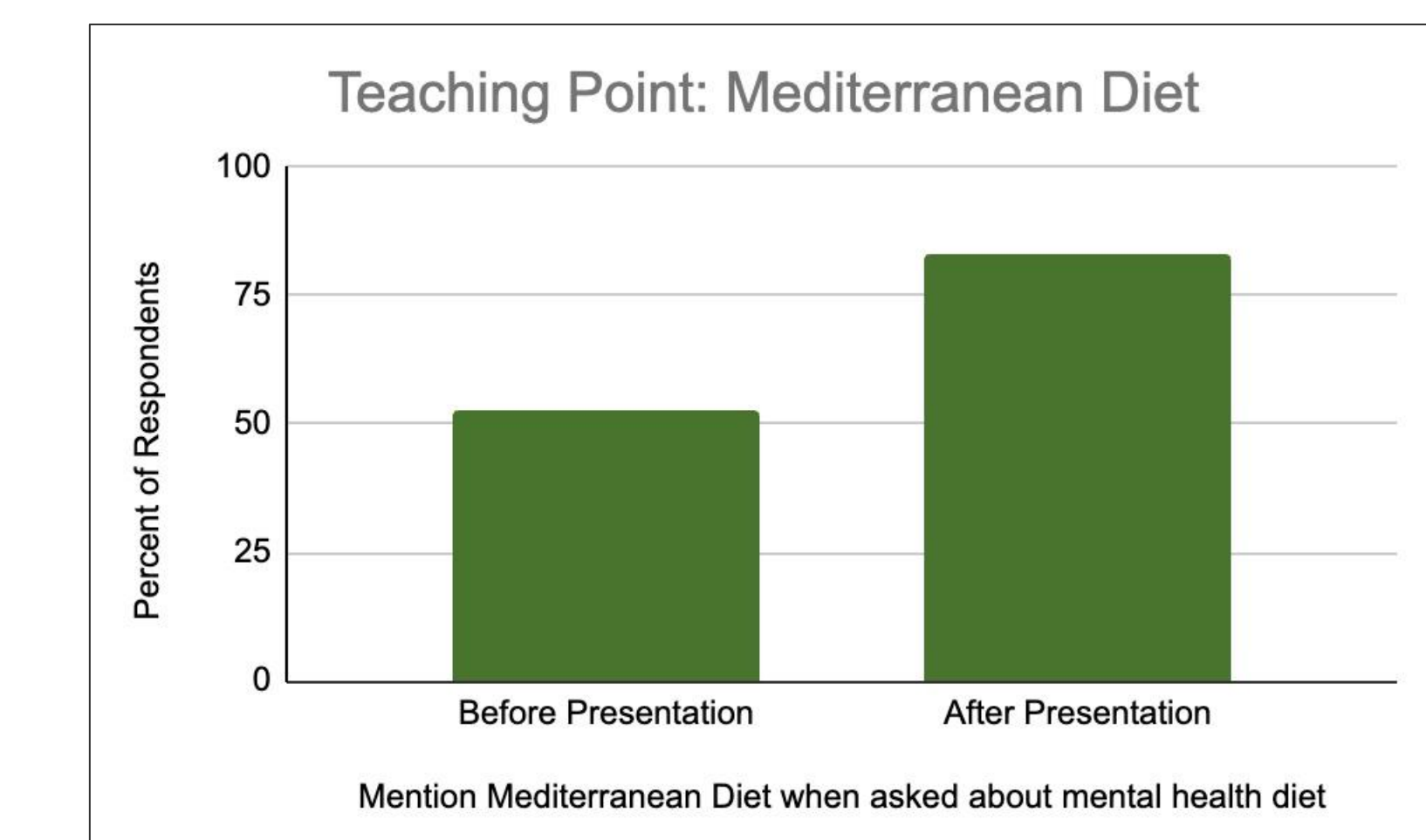
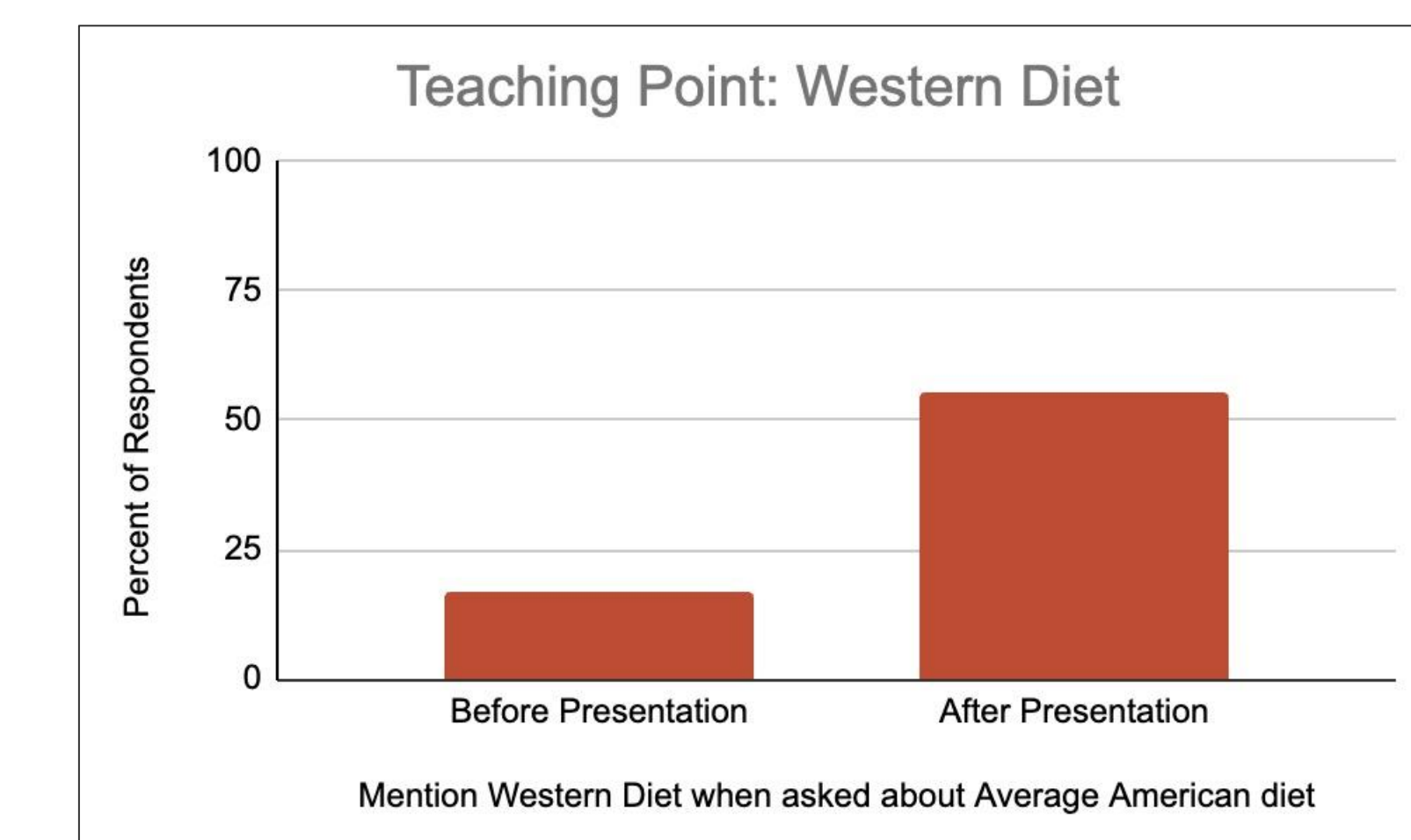
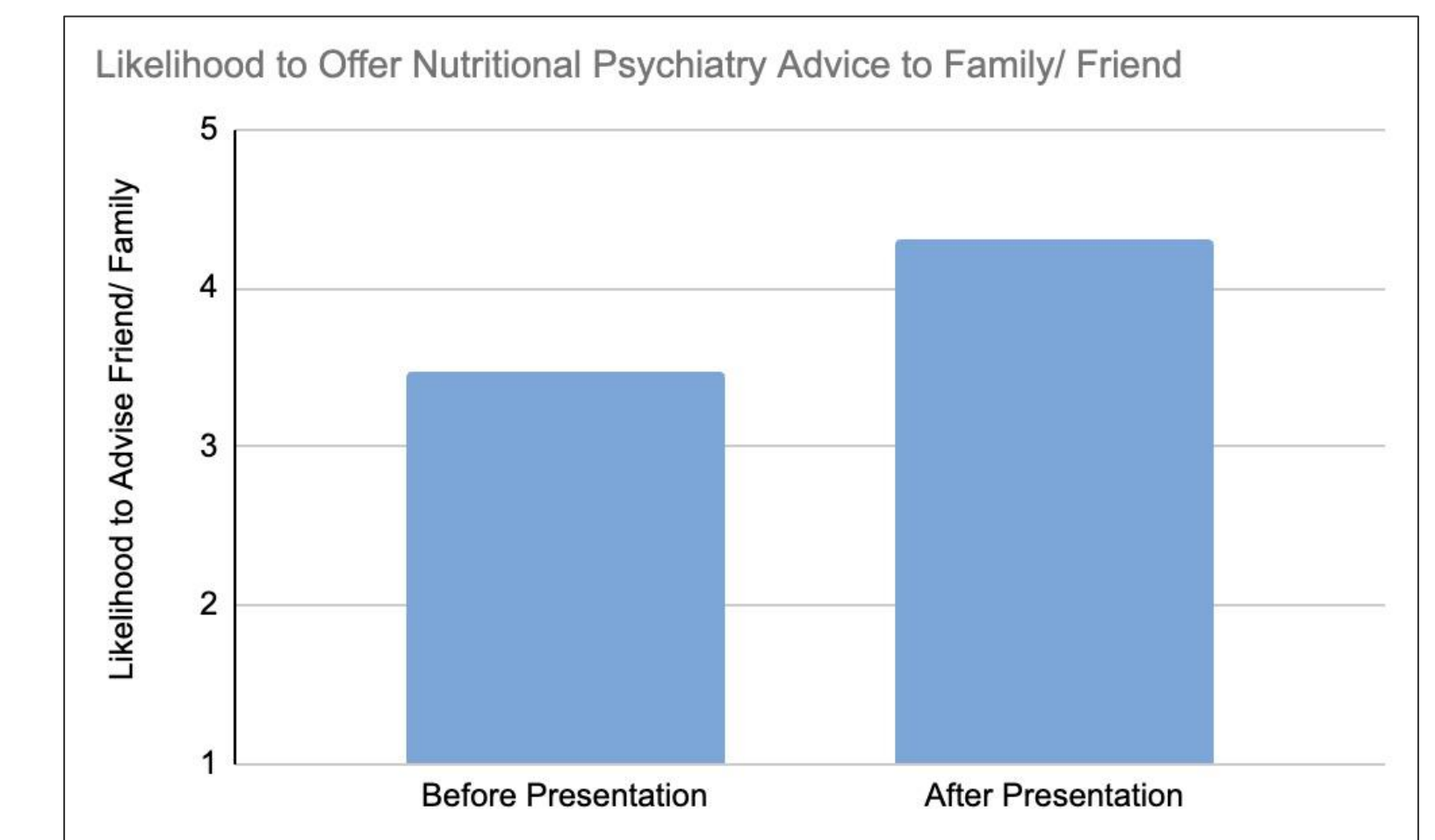
What about White Rice and Corn

- White Rice and Corn
 - Medium Glycemic Index
 - White rice is processed
 - Often eaten fried
- What are they eaten with?
 - Veggies, Protein, Nuts/Seeds
 - Mixed meals
 - Can be a healthy part of a whole meal

Responses to Nutritional Psychiatry

Presentation

- Participants responded to polls during presentations



Conclusions

- Current research supports the use of nutritional psychiatry as an adjuvant therapy
- Interest in Nutritional Psychiatry is present and growing
- Barriers to implementation
 - Knowledge of healthcare professionals
 - Access to local, healthy, fresh, whole foods
 - Culturally contextual resources

Future Directions

- Research; building knowledge and addressing weaknesses (ie; bias, funding, and cultural context)
- Integrating community partnerships
- Expand teaching of nutritional psychiatry

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