

07 February 2023

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Your Official Information Act request, reference: HN200009022

Thank you for your email dated 10 December 2022 asking for the following which has been considered under the Official Information Act 1982 (the Act):

1. The average daily nutritional analysis for standard and special diet meals, for medium and large portions, provided in the perinatal wards (ward 21, Birthing and assessment, and any other applicable wards) at Middlemore hospital. In particular, the daily provision of:

- energy/calories
- protein
- iron
- fibre

2. The calculated nutritional requirements for perinatal persons that Middlemore hospital is using to ensure that catering provisions meet the nutritional requirements for this group.

3. The assessment of the provision of meals to the perinatal wards against the ministry of health guidelines for nutrition for pregnant and breastfeeding women. <https://www.health.govt.nz/publication/food-and-nutrition-guidelines-healthy-pregnant-and-breastfeeding-women-background-paper>

Te Whatu Ora – Counties Manukau District Response:

For context the Counties Manukau District (Te Whatu Ora – Counties Manukau District) employs over 8,500 staff and provides health and support services to people living in the Counties Manukau region (approx. 601,490 people). We see over 118,000 people in our Emergency Department each year, over 490,000 outpatient appointments each year, and over 2,000 visitors come through Middlemore Hospital daily.

Our services are delivered via hospital, outpatient, ambulatory and community-based models of care. We provide national, regional and supra-regional specialist services i.e. for orthopaedics, plastics, burns and spinal services. There are also several specialist services provided including tertiary surgical services, medical services, mental health and addiction services. Our patient Food Service is contracted to Compass Group under a national food service agreement (FSA). The national menu criteria is based on the 'New South Wales ACI Nutritional Standards for Adult Inpatients in NSW Hospitals.' This was the agreed standard at the time the FSA was signed.

In response to your more specific question:

Question 1

The tables below represent the daily nutritional analysis for maternity patients on the 'low risk/standard' diet code (large portion size) at Middlemore Hospital for the two-week menu cycle. The low risk diet code is automatically assigned for prepartum patients.

Additional diet modifications or changes in diet code may be assigned to a maternity patient at the discretion of an approved healthcare professional based on individual patients' dietary requirements.

This analysis is based on a generic meal pattern and represents the items that would be provided to a patient if they did not have the ability to self-select from our menu. The generic meal pattern encompasses three meal periods and snacks per day. Analysis for medium serves is not provided as all maternity patients are provided a large portion size by default for both diet codes.

The values for Iron and Fibre are likely to be underreported as these nutrients are not required to be reported on food labels under the current Australia and New Zealand Food Standards Code.

The Nutritional Analysis for 'low risk/standard – large portion size' presented below was determined using Foodworks Professional 10.

WEEK 1

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Daily Average
Energy (kJ)	11177.7	11006.8	11584.0	10617.4	10494.4	9373.7	11248.7	10786.1
Protein (g)	125.9	106.4	112.6	107.4	119.7	104.1	119.2	113.6
Iron (mg)	>13.8	>13.9	>14.7	>12.8	>15.1	>11.6	>10.5	>13.2
Fibre (g)	>29.8	>27.8	>38.8	>27.1	>30.0	>32.4	>28.5	>30.6

*Iron and fibre daily averages presented are underreported as manufacturers are not required to provide this information on Nutrition Information Panels.

WEEK 2

	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Daily Average
Energy (kJ)	11595.3	10784.6	10081.0	9782.3	10990.3	10917.6	10667.7	10688.4
Protein (g)	139.3	116.9	105.9	112.1	130.9	119.7	120.2	120.7
Iron (mg)	>15.2	>14.0	>14.5	>13.2	>13.4	>16.3	>16.2	>14.7
Fibre (g)	>29.8	>20.1	>24.8	>29.3	>29.8	>26.1	>27.8	>26.8

*Iron and fibre daily averages presented are underreported as manufacturers are not required to provide this information on Nutrition Information Panels.

Question 2

A maternity patient's nutritional requirements is very individualised and based on many factors including: pre-pregnancy weight, any pregnancy weight loss, stage of pregnancy and age. For the purposes of providing some information for this question we have calculated energy requirements based on a reference person as per the information below:

Reference person: 30yr old women, 70kg, 3rd trimester, bed rest.

Daily Nutritional Requirement Calculations

Energy

25-30kcal/kg/d + 452kcal/d (additional 3rd trimester energy requirements)

= Daily energy requirement range: **9213.3kJ/d - 10677.6kJ/d**

A Dietitian does not routinely see patients on the perinatal wards. Patients are seen on a referral-based system from the ward or at the patient's request. An individual nutritional assessment of the referred patient's would determine if the current diet code meets their requirements and if not then changes would be made through the addition of snacks/meal subs or change to diet code.

Conclusion

The low risk/standard 'antenatal' diet code nutritional analysis meets the daily energy requirements of the reference patient for both week 1 & 2.

Question 3

As above patients on the perinatal wards are provided with the 'low risk/standard diet code as per the national food service contract. The national menu is based on the 'New South Wales ACI Nutritional Standards for Adult inpatients in NSW hospitals.' This was the agreed standard at the time the FSA was signed.

How to get in contact

If you have any questions, you can contact us at hnzOIA@health.govt.nz.

If you are not happy with this response, you have the right to make a complaint to the Ombudsman. Information about how to do this is available at www.ombudsman.parliament.nz or by phoning 0800 802 602.

As this information may be of interest to other members of the public, Te Whatu Ora may proactively release a copy of this response on our website. All requester data, including your name and contact details, will be removed prior to release. The released response will be made available on our website.

Naaku iti noa, naa



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New Zealand Government