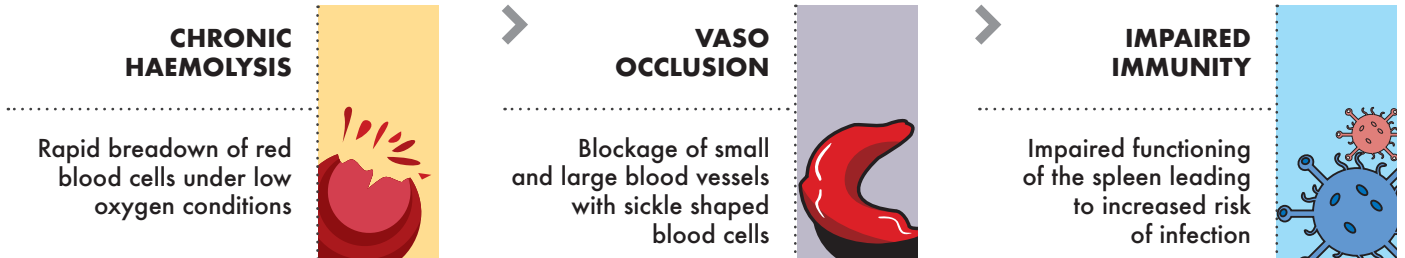


Sickle Cell Disease (SCD) is a genetically inherited red blood cell disorder affecting nearly 17,500 people in the UK. SCD has both medical and nutritional features; the nutritional features are directly linked to the main clinical features of the disorder.



However, nutrition is only recently emerging as a management option in SCD care provision requiring a greater need to tailor diet and nutrition knowledge and information to the specific needs of the sickle cell patients. This leaflet will highlight the multi-level socio-ecological factors affecting nutrition in Sickle Cell Disease.

MULTIPLE SOCIO-ECOLOGICAL FACTORS AFFECTING NUTRITION:



Micro –level Factors	1. Personal Factors	Socio-economic, cultural, physical, time, religion, motivation, mood, pain, appetite, lack of nutrition knowledge
	2. Interpersonal	Stigma, lack of family support, peer pressure, nutrition not a priority for patients/clinicians, poor nutrition knowledge of the family
Meso-level Factors	3. Institutional Factors	Poor quality of hospital food, patients not referred to the dietitian, healthcare professionals with a poor knowledge of nutrition in SCD
Macro-level Factors	4. Community Factors	Access to cultural foods, distance to shops, lack of support for families, lack of good nutrition within the community and environments, social deprivation, poverty
	5. Policy Factors	Lack of trusted evidence based nutritional resources to support nutrition policy development, lack of nutrition service provision and poor recognition for nutrition education and training in SCD

SUMMARY:

To better understand and support the nutritional needs of sickle cell patients it is imperative to consider the socio-ecological factors, considering both internal and external factors influencing the patient’s food security; their ability to buy, prepare and store, distance to stores, quality of food and additional support they may need to for effective decision making to make good nutritional choices.