



Abstract

Holistic Approach to Celiac Patient Support: Nutritional Education of the Social Environment of People with Celiac Disease [†]

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Abstract: Celiac disease (CD) is a chronic, multifactorial and autoimmune-based disease. Genetically predisposed individuals respond to gluten by triggering an immune response resulting in various gastrointestinal and extra intestinal symptoms. The only treatment for the disease is a strict, lifelong gluten-free diet (GFD). The GFD aims at physical health, but at the same time, it has an enormous influence on the quality of life of people with CD, especially on a social level. People with CD have problems eating out and attending events and celebrations. Therefore, it is believed that generalized knowledge and awareness of the disease in the general population could improve their situation. To this end, various nutritional education programs have been designed and are being implemented in order to raise awareness of celiac condition among the general population. Interventions have been designed to be carried out in: (a) schools, with primary school children learning about celiac disease through games and experiments, (b) workshops in catering schools, (c) workshops in the context of science fairs for secondary school children. Early results show that participants are increasing their knowledge of GFD, and the interventions are effective in bringing the diseases closer to the general population. It is necessary to treat the disease from a broad approach, beyond physical wellbeing. Social well-being must also be sought, as it is an important and forgotten factor of the quality of life of these people.

Keywords: celiac disease; nutrition education; quality of life; children; catering; school



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Institutional Review Board Statement: The intervention was performed in accordance with the Declaration of Helsinki. The study was approved by the University of the Basque Country, UPV/EHU, Ethics Committee for Human Research (M10/2020/081).

Informed Consent Statement: Informed consent was obtained from all subjects involved in the study prior to the start of the study. Schools, teachers and parents/guardians of the children agreed to participate in the study by signing an informed consent form. Members of the research group physically collected the signed informed consents forms, which were securely stored in the department of the group. The informed consent to be signed included a consent to publish the results of the intervention, in general terms, in an open access journal.

Data Availability Statement: Data are contained within the article.

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