Update N&H

# The Bury Nutrition and Hydration Newsletter

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| **Welcome from Lesley Jones, DPH**  Welcome to the first Bury Nutrition and Hydration Newsletter!  Bury Council is delighted to commission the Nutrition and Hydration Programme for another year because there is clear evidence that simple conversations and gentle encouragement can reduce preventable malnutrition and dehydration in older people.  Thank you to those who have already embedded the intervention over the last three years for the huge difference you have made to improve the health and wellbeing of older residents.  It is encouraging to see a range of organisations and council departments who are keen to get involved by raising awareness, signing up for the free training and making use of all the great materials. I am looking forward to hearing about all your good work.  Let’s continue to show that we are all doing our bit to care for the older people in Bury!  |

***Message from Marie Price, Programme Manager***

My role, as Programme Manager is to offer free training to organisations who would routinely meet older people in their everyday work to identify those at risk of malnutrition and dehydration and support self-care using our free materials to help them to gain weight with a food first approach.

The virtual training is only 90 minutes long and works best if managers attend. After the training, all we ask is that you share with me the number of conversations with older people about eating and drinking and how many of them needed our food first materials.

You may even have some great case studies to share!

**Training Update:** We are busy arranging training with many of you and those that have confirmed dates are: PCN Pharmacy Team Medicines Optimisation, Provider Services: Supported Living, Residential Homes and Care at Home. Occupational Therapy Team.

**Nutrition & Hydration week starts on Monday 14**

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**June!**

**This case study is a great example of how the programme has been embedded with the Staying Well team. Thanks to Sam Carragher for sharing.**

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| **Name of** **Co-ordinator:**  | D B  |
| **Age(s) of customer**  | 83years Male/ 82 years Female  |
| **Area**  | Bury  |
| **Referred by:**  | Daughter- in -law  |
| **Reasons for referral:**  | Daughter in law referred both Mr & Mrs due to decline in mobility and both feeling lethargic, sleeping later and no motivation.  |
| **What I did:**  | Had a holistic conversation using **staying well conversational tool**.  Discussed **weight** and both Mr & Mrs stated they had lost weight. Mrs was happy she had lost weight stating *‘I could do with losing some any way’* Mr stated he had just lost his appetite and put this down to new medications (diagnosed with Parkinson’s).  Both Mr and Mrs reported to be sleeping more and lacked motivation but stated it was all due to the pandemic.  We discussed in more detail their **weight loss** and explained that any unintentional weight loss should be addressed and could be an indication of other health conditions and/or at risk of being malnourished.  **Paperweight armband** used but did not indicate being at risk however both Mr & Mrs reported to have lost over a stone each and had clearly noticed a difference in clothing, sleep patterns and motivation.  Discussed the **‘Eat, Live, Drink Well’** l booklet and advised how to fortify own foods and drinks. Mr reported that he had bought some supplement drinks but did not like them so was very happy when he realised how easy it was to make his own.  Discussed food choices and meal choices they were making and again used the ‘**Eat, Drink Live Well’** booklet to talk about eating little but often, increasing their protein & calcium intake and provided them with the ‘Food First’ recipe ideas.  Advised I would notify their GP and if they did not see a change in their weight after using the guide for around 12 weeks to discuss this further with their GP.  Referred both Mr & Mrs to Bury Live Well service for Beats Balance and Bone strengthening programme.  Referral made to community Pharmacist to complete a medication review for Mr.   |
| **Outcome/ongoing work:**  | Contact made after 2 weeks of my initial visit and both Mr and Mrs had noticed a change in their sleep pattern and increased energy levels. They have both engaged with the exercise programmes  GP has also been in contact and has asked to see Mr at the surgery to monitor weight loss.  |

## Nutrition and Hydration Week June 14th-20th

There has never been a more important time to raise awareness of the importance of eating and drinking well in later life.

The aim of the global Nutrition and Hydration Week is to reach out to health and social care professionals in clinical, nursing, catering and care situations utilising their expertise to bring

you a great campaign you can get on board within your organisation.

As the public health environment becomes more challenging with even tighter budget constraints coming into place Nutrition and Hydration Week is one of the most cost-effective health interventions possible.

We all have a role to play in helping people to notice if they have started to lose weight without meaning to or if they are not drinking enough. It is everyone’s responsibility to encourage good nutrition and hydration intake and to raise awareness of simple tips to better nutrition and hydration intake.

### What we know

* 1 in 10 older people are at risk of malnutrition.
* Covid -19 has increased the risk
* Long Covid has also had an impact on eating and drinking
* Preventing malnutrition and dehydration improves the health and well-being of the individual and helps to reduce the burden on the health and social care services

### What we can do

* Engage opportunities to raise the awareness of the risks
* Promote the good practices that can help prevent malnutrition and dehydration.

### How we can get involved

You can get involved in lots of ways, there is lots of activities and information on our website. Go to [Nutrition and Hydration Week 2021 (ageuk.org.uk)](https://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/nutrition-and-hydration-week-2021/)

Raising Awareness

Feature good Nutrition and Hydration in messages for older adults at the beginning of your **team meeting** during this week. To do this activity, download our ready prepared short presentation.

Get involved on **social media** (Twitter and Facebook) by posting and sharing our messages. We are on Twitter and Facebook at @GMNandH. To do this activity, we have prepared a ready to post social media pack. We will post thison our website and email it out the week before Nutrition and Hydration Week. Get in touch with us to get the pack directly to your inbox! You can find all our materials on [Greater Manchester Malnutrition and Hydration Programme Resources (ageuk.org.uk)](https://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/our-resources/) **Remember the 3 Cs – Conversations, Check, Care.**

Conversations –

Use this week to have conversations about eating and drinking well, memories about favourite childhood food and drink or play food related games such as ‘food for thought’ that can be downloaded from our website.

Check -

If you can see older people face to face, use this week to check for risk of malnutrition **using the Paperweight Armband©**. You can also give the armband to family members and carers to try out.

Care –

If the armband fits or the person has lost weight without meaning to, they are at risk of malnutrition so offer the **Eat Live Drink Well** booklet and **Food First Recipes**.

Get in touch with us if you would like us to send you armbands or booklets.

.**carmelberke@ageuksalford.org.uk**

**Steering Group**

We have great partners on our steering group, from a range of organisations who are all committed to making a difference. We meet quarterly to plan how we can all take an active role in reducing preventable malnutrition and dehydration. The next meeting is on **6th July 2021, 10am – 11.30am.**

**Nutrition Bags Project**

This is a great example of partnership working! Local Charity Porch Boxes deliver bags of non-perishable food to the discharge lounge at Fairfield Hospital who give them to vulnerable patients who may not otherwise have food in the house when they return home. The Eat, Drink Live Well booklet and Food First recipes are included in the bag. At the end of quarter 1 (Jan-March), the hospital received 105 food bags and 88 were given out to people in need. The following comment is from a nurse at the hospital.

*‘We accessed this today for 2 men going home who lived alone. They had tears of joy in their eyes and were so grateful. The packs are fantastic and such a good idea!’*

**The Final Word…. from Francesca Vale, Public Health Nutritionist**

The Bury Food Strategy vision is for Bury to be at the forefront of promoting and celebrating good food for all, through a knowledgeable, connected, supported and vibrant food culture. Good nutrition is an essential part of good health and well-being across the life course, including older age.

Thank you to the many partners for driving the malnutrition prevention agenda in Bury, especially throughout the challenges presented by the pandemic. Your hard work and support on delivering the Nutrition & Hydration Programme this year has been instrumental.

### Do you have an interesting item to share for our next newsletter? Contact me at: marieprice@ageuksalford.org.uk