



Raising the Issue of Malnutrition - Data Collection Sheet

Introduction

Arm circumference is one indicator that an individual may be malnourished. As part of our project, we want to encourage organisations/carers/volunteers and everyone who has routine contact with older adults over the age of 65 to use the armband tool to identify older people in the community who may be at risk of malnutrition. This will help us gather more information around malnutrition rates in the community across Scotland.

What we need you do to

If in the position to do so, we would really appreciate if you could gather and record the interactions you have with older adults you are working with.

We want a **snapshot** from your organisation **at a point in time** to provide insights into the older people you are working with. **You only need to complete one sheet for your organisation.**

We want to know what age groups you are working with and which age groups are more at risk of malnutrition. Please complete the table overleaf which will take you 2 minutes to complete.

We are looking for information on-

- a) how many people you have **raised awareness** with, add in the tally and total number
- b) how many people you have **identified at risk** of malnutrition (use the 'Key Questions' card and the armbands), now add in the tally and total number.
- c) how many people you have **identified not at risk** of malnutrition (use the 'Key Questions' card and the armbands), now add in the tally and total number.

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Data for You to Record

Month	Activity	Description	Tally of older adults (number)				Total
			e.g. IIII				4
	Leaflet provided and awareness raised with older adult	Shared information about importance of good nutrition and hydration using the leaflet <i>'Understanding Malnutrition and what you can do'</i>					
	Assessed – risk identified	'Key Questions' asked and armband used - person is at risk	Age 65-74	Age 75-84	Age 85+	Age unknown	
			Total:	Total:	Total:	Total:	
	Assessed – no risk	'Key Questions' asked and armband used - person is not at risk	Age 65-74	Age 75-84	Age 85+	Age unknown	
			Total:	Total:	Total:	Total:	

Your feedback

Comments/Feedback (please share any feedback on how you have found using the armband tool with the older adults you work with)

Please send completed forms to: hello@eatwellagewell.org.uk

Alternatively you post your completed form to :

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