

EAT WELL AGE WELL – PROGRESS REPORT JANUARY 2020 (this report covers 4 month period Aug – Dec 19)

Strand area	Update
1. Test of Change	<ul style="list-style-type: none"> a. Small Ideas Big Impact Grants: 92k invested in 24 grants around Scotland to progress the prevention, detection and treatment of malnutrition. A film and image gallery is in progress. Case studies to showcase good practice are planned (round 1 grants). b. Welcome Visit & Nutrition Checklist: pilot welcome visit using the nutrition checklist has been extended to generate more data and learning about the journeys people take. c. Eat Well 2 Go: a video has been made to showcase this project. d. Malnutrition & Dietetics Trailblazer 1 & 2: NHS Lothian pilot has been tested and shows prevention efforts are best targeted at primary care services. NHS FV pilot – further scoping to be carried out regarding viability of pilot. e. Boost box: 2 month pilot within 2 sheltered housing complexes across East Renfrewshire has been completed. 22 older people screened using the Nutrition Checklist, 2 were at risk & given follow up advice including a boost box with high protein, high calorie snacks. f. Patients Association Nutrition Checklist with Independent Age: partnership agreed to trial this tool with befrienders in Stirling, Glasgow & Edinburgh starting January 2020. g. Healthy Food Booklet: nutrition resource for family carers in development. h. Meals & Messages: service in Borders has been extended with funding from Scottish Borders Council to end March 2020. i. Eat Well Buddy Service West Lothian: service has been funded by the West Lothian Development Trust for a further 12 months. j. Healthy Eating Choices for South Asian Older People: project continues to screen older people with the paperweight armband, 45 screened and 2 at risk identified and given further guidance.
2. Research & evaluation	<ul style="list-style-type: none"> a. Glasgow University Research study: interim findings released in October. Two knowledge exchange events held, including Healthy Ageing in Place with 49 delegates coming together to talk about healthy ageing. Visual minutes will be shared with a range of stakeholders. b. Evaluation of Eat Well Age Well: continued work with Community Enterprise to evaluate Eat Well Age Well.
3. Policy into Practice	<ul style="list-style-type: none"> a. We have supported partners including Age Scotland, CFHS, Carers Scotland, SOPA, QMU with presentations and workshops sharing learning and updates on EAW/Food Train. b. Joint statement with Malnutrition Task Force (MTF) developed to strengthen our commitment to working collaboratively. We continue to link with the UK Malnutrition Awareness & Prevention Network to raise awareness, scope and enable relevant policy and practice opportunities and to identify future actions. c. We raised a question in Parliament on Scottish Government progress on tackling malnutrition which was committed to in the April 2019 Older Peoples Framework d. We inputted into the SG Falls & Fractures Prevention Strategy & SNAP 2 – Scotland’s National Action Plan for Human Rights Consultations.
4. Collaborative Relationships	<ul style="list-style-type: none"> a. In October we launched our UK Malnutrition Awareness Week campaign b. Our EAW network has grown to over 500 members
5. Capacity building	<ul style="list-style-type: none"> a. We launched our EAW training schedule for Jan – May 2020 promoting training across Scotland for key groups including carers, volunteers, community members and others. b. Our partnership project with Age Scotland spoke to 50 older people raising awareness of eating well and ageing well. A review and learning report are being prepared.