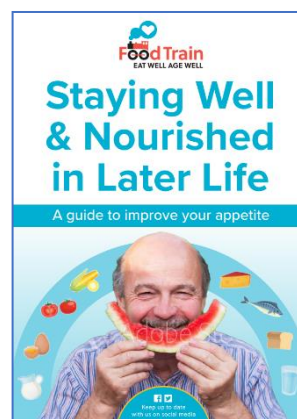
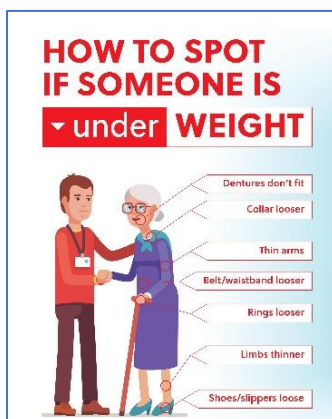




# RAISING THE ISSUE OF MALNUTRITION TOOLKIT



Eat Well Age Well is part of Scottish Charity Food Train  
and funded by the Scottish Government.

Scottish Charity No. 24843



Scottish Government  
Riaghaltas na h-Alba  
gov.scot

## ABOUT MALNUTRITION

Malnutrition occurs when a persons diet doesn't meet their nutritional needs

At Eat Well Age Well, we concerned with older people who are undernourished and not eating enough. Malnutrition is a key public health problem that has a significant impact on individuals' health and well-being, costing the NHS billions per year. It is often a silent and hidden issue, with low awareness amongst the public and health professionals.

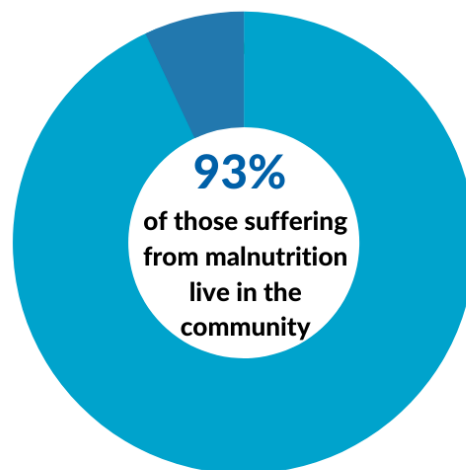
## DID YOU KNOW...?



It's estimated **1 in 10** older people in the UK are either at risk or suffering from malnutrition.



That equates to  
**103,000**  
older people in  
Scotland



Those who are  
malnourished are:

Twice as likely to visit their GP

More likely to require hospital admissions

Have a greater number of health issues



Older people are at higher risk of malnutrition than younger people. Older people living at home are at risk of becoming malnourished for a variety of reasons such as:

### Restricted Mobility

- Arthritis
- Unable to stand for long periods of time



### Loneliness

- Low mood affecting appetite
- Reduced interest in cooking



### Dementia

- Forgetting to eat
- Safety issues in kitchen



### Isolation

- Poor transport links
- Unable to access local shops



### Difficulties With

- Eating
- Drinking
- Swallowing



# HOW TO SPOT IF SOMEONE IS

▼ under **WEIGHT**

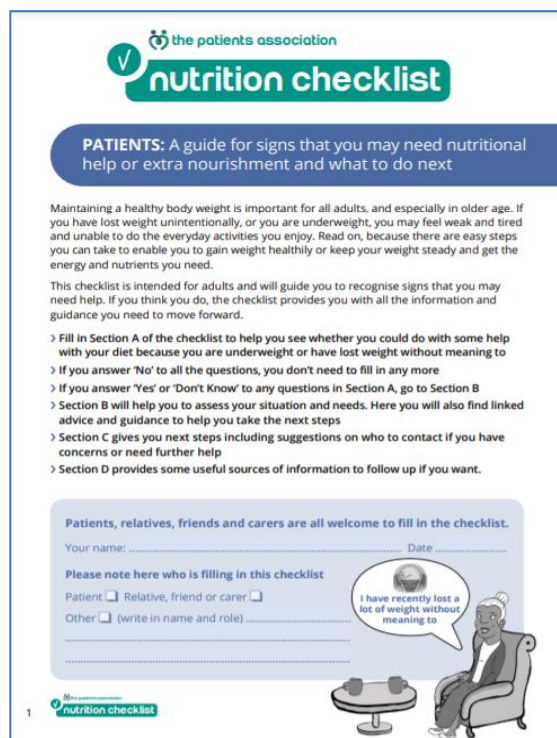




## Community Malnutrition Tools

The scale of malnutrition in the community in Scotland is largely unknown. We are promoting and making freely available tools that can be used as 'signposting' conversation starters about malnutrition and that help with general awareness raising for those who have routine contact with older people. These tools and other resources are available on our website or can be ordered from Eat Well Age Well ([www.eatwellagewell.org.uk](http://www.eatwellagewell.org.uk)) / [hello@eatwellagewell.org.uk](mailto:hello@eatwellagewell.org.uk))

### The Patients Association Nutrition Checklist



The Patients Association Nutrition Checklist is a guide for signs that you may need nutritional help or extra nourishment and what to do next. It includes sections for patients, relatives, friends, and carers to fill in. The form includes a section for 'Patients, relatives, friends and carers are all welcome to fill in the checklist.' and a section for 'Please note here who is filling in this checklist' with checkboxes for Patient, Relative, friend or carer, and Other (write in name and role). There is also a section for 'I have recently lost a lot of weight without meaning to' with a cartoon illustration of an elderly person sitting in a chair.

[The Patients Association Nutrition Checklist](#) was first published in December 2018, it aims to address the rising problems of undernutrition in older people by helping them and those working in health and social care identify the potential risk of undernutrition in adults.

The checklist has been tested and refined over a period of two years receiving positive feedback from patients and staff working in the health and social care sector.

It is easy to use:

- ❑ Fill in Section A, if the answer to all 4 questions was NO then you don't need to continue.
- ❑ If the answer was YES or DON'T KNOW to any questions, go to Section B to help you to assess the situation and any needs. Here you will also find linked advice and guidance.
- ❑ Section C gives next steps around monitoring weight including suggestions on who to contact if there are other concerns or further help is needed
- ❑ Section D provides some useful sources of information.
- ❑ Eat Well Age Well also have free hard copy or downloadable resources that can be given out when appropriate to support and reinforce verbal advice.

### Available Resources and Malnutrition Advice Line Information



Food Train Malnutrition Advice Line poster. It includes the Food Train logo, the text 'Malnutrition Advice Line 0800 13 88 220 For those aged 65+ in Scotland', and a table of opening hours: Mondays 09:00 - 16:00, Wednesdays 09:00 - 16:00, Thursdays 09:00 - 16:00. It also lists topics: Difficulties eating and drinking?, Lost motivation to cook?, Unplanned weight loss?, and Loss of appetite?.

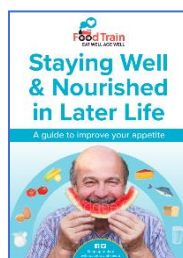
#### Malnutrition Advice Line

Freephone line managed by trained staff and volunteers

Provides over 65s and those that care for them with support and advice around malnutrition

Open Mondays, Wednesdays and Thursdays

Call 0800 13 88 220



[Staying Well and Nourished in Later Life](#) has been designed for older people who have concerns around poor appetite, cooking and eating well at home or have noticed unplanned weight loss.



[Eat Well](#) includes general ideas and practical suggestions for maintaining a healthy diet and information about who can support older people to enjoy healthy, tasty, and satisfying food.

## Raising the Issue of Malnutrition - Screening Data Collection

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### What we need you to do

As part of our project, we want to encourage organisations/carers/volunteers and everyone who has routine contact with older adults aged 65 years or over to use the checklist to identify older people in the community who may be at risk of malnutrition. This will help us gather more information around the prevalence of malnutrition in the community across Scotland. We are interested in **BOTH** individuals who **ARE** at risk and who are **NOT** at risk.

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 and there are several options to send your screening data back to us.

### Please record information on:

- a) how many people you have raised awareness of malnutrition with?
- b) how many people you have identified at risk?
- c) how many people you have identified not at risk?
- d) What **action** did you take?

### How to send Eat Well Age Well your screening data or any feedback you may have:



Use our online Google Form: <https://forms.gle/4RqNbe2wCkbGJmyd7>



Email your data to us: [hello@eatwellagewell.org.uk](mailto:hello@eatwellagewell.org.uk)



Phone us on 0131 447 8151



Go to our website <https://eatwellagewell.org.uk/contactus>

Or we can email you or your organisation a monthly Data Collection Sheet to be completed and emailed back.

### Keep in Touch

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#### Follow us:



@EatWellScot



eat\_well\_scot



@EatWellScot

## National Services for Older People

	Telephone	Website
<b>General Enquires</b>		
NHS Inform	0800 22 44 88	<a href="https://www.nhsinform.scot/">https://www.nhsinform.scot/</a>
Age Scotland	0800 12 44 222	<a href="https://www.ageuk.org.uk/scotland/">https://www.ageuk.org.uk/scotland/</a>
<b>Money Worries</b>		
Citizens Advice Bureau (CAB)	0800 028 1456 (General) 0800 085 7145 (Money Talk Team)	<a href="https://www.citizensadvice.org.uk/scotland">https://www.citizensadvice.org.uk/scotland</a>
Age Scotland	0800 12 44 222	<a href="https://www.ageuk.org.uk/scotland/">https://www.ageuk.org.uk/scotland/</a>
<b>Specific Enquiries</b>		
The Royal National Institute for Deaf	0808 808 0123	<a href="https://rnid.org.uk/">https://rnid.org.uk/</a>
Royal Osteoporosis Society	0808 800 0035	<a href="https://theros.org.uk/">https://theros.org.uk/</a>
Royal National Institute of Blind People	0303 123 9999	<a href="https://www.rnib.org.uk/scotland">https://www.rnib.org.uk/scotland</a>
Alzheimer Scotland	0808 808 3000	<a href="https://www.alzscot.org/">https://www.alzscot.org/</a>
Carers Trust	0300 772 7701	<a href="https://carers.org/our-work-in-scotland/our-work-in-scotland">https://carers.org/our-work-in-scotland/our-work-in-scotland</a>
<b>Falls Prevention</b>		
Up and About Booklet Available from Age Scotland	0800 12 44 222	<a href="https://www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/keeping-active-in-later-life/">https://www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/keeping-active-in-later-life/</a>
Up and About Booklet Public Health Scotland	Order by emailing Public Health Scotland	<a href="mailto:nhs.healthscotland-publications@nhs.net">nhs.healthscotland-publications@nhs.net</a>
<b>Food &amp; Nutrition</b>		
Eat Well Age Well Malnutrition Advice Line	0800 13 88 220	<a href="https://www.eatwellagewell.org.uk/">https://www.eatwellagewell.org.uk/</a>
Food Train	01387 270 800	<a href="https://www.thefoodtrain.co.uk/">https://www.thefoodtrain.co.uk/</a>
Meal Makers	0800 783 7770 / 0141 551 8118	<a href="https://www.mealmakers.org.uk/">https://www.mealmakers.org.uk/</a>
Food Train Connects	0800 304 7924	<a href="https://www.foodtrainconnects.org.uk/">https://www.foodtrainconnects.org.uk/</a>
<b>Loneliness / Social Isolation / General Support</b>		
Befriending Networks		<a href="https://www.befriending.co.uk/">https://www.befriending.co.uk/</a>
The Silver Line	0800 4 70 80 90	<a href="https://www.thesilverline.org.uk/">https://www.thesilverline.org.uk/</a>
Reengage	0800 716 543	<a href="https://www.reengage.org.uk/">https://www.reengage.org.uk/</a>
Royal Voluntary Service	0808 196 3646	<a href="https://www.royalvoluntaryservice.org.uk/">https://www.royalvoluntaryservice.org.uk/</a>
Independent Age	0800 319 6789	<a href="https://www.independentage.org/about-us/where-we-work/scotland">https://www.independentage.org/about-us/where-we-work/scotland</a>
<b>Keeping Active</b>		
Paths for All (walking groups)		<a href="https://www.pathsforall.org.uk/">https://www.pathsforall.org.uk/</a>
Age Scotland	0800 12 44 222	<a href="https://www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/keeping-active-in-later-life/">https://www.ageuk.org.uk/scotland/information-advice/health-and-wellbeing/keeping-active-in-later-life/</a>
<b>Oral Health</b>		
Emergency Dental Services In case of emergency contact your usual dental practice	A list of helpline numbers for every Health Board in Scotland is available	<a href="https://www.scottishdental.org/public/emergency-dental-services/">https://www.scottishdental.org/public/emergency-dental-services/</a>
Registering with a dentist		<a href="https://www.nhsinform.scot/scotlands-service-directory/dental-services">https://www.nhsinform.scot/scotlands-service-directory/dental-services</a>
Find a local NHS dental practice	0800 22 44 88	