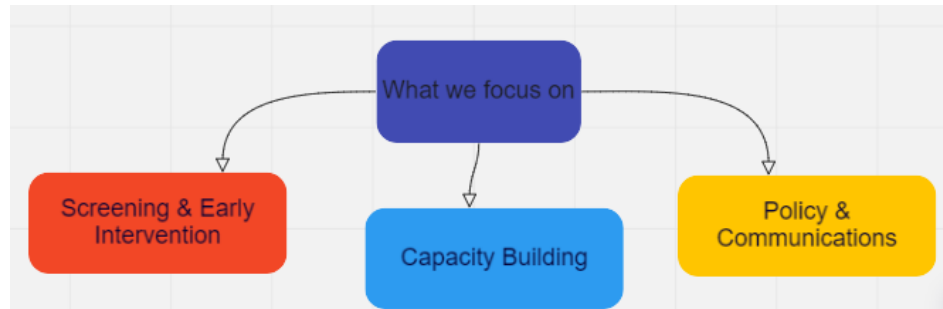


EAT WELL AGE WELL – PROGRESS UPDATE NOVEMBER 2021

Our work strands are illustrated below and these are the core focus of our activities in 2021/2022. We work across public, private and community and voluntary sector focusing on the prevention, detection and treatment of malnutrition (as under-nutrition) among older people over the age of 65 years living at home. This report provides a update of some recent activities.



Screening and Early Intervention

- Internal work with Food Train to embed the [Patients Association Nutrition Checklist](#) across practice and wider processes and systems;
- Collaborative work with Borders Health & Social Care Partnership and partners on the strategic roll out and implementation of the Patient Association Nutrition Checklist across social care, housing and third sector and joint work with other partners on embedding these tools into routine business;
- Malnutrition Advice Line – telephone support providing practical tips and advice about how to stay well-nourished for older people and their carers. The number to call is 0900 13 88 220.

Capacity Building

- Ongoing delivery of [REHIS Eating Well for Older People](#) (next training date 16th Dec) and [Raising the Issue of Malnutrition](#) (7th Dec) training in the community focusing on building capacity in individuals and organisations on early identification of malnutrition and utilising community-based screening tools.
- Bespoke training with a range of community and voluntary and home care organisations supporting them with staff training and collaborative work to embed prevention and early identification of malnutrition into routine care provision;
- Joint work with the Care Inspectorate including a webinar for carers on the launch of our [Care at Home: Malnutrition Screening Pack](#) emphasising the important role carers have in early identification.

Policy & Communications

- We launched our #LetsBuildThePicture campaign for UK Malnutrition Awareness Week 2021 including
 - Hosting a panel event [Where are we now?](#) with Food Train & 42 stakeholders discussing what needs to change to support older people to eat well and eat well. See <https://tinyurl.com/2nsbtz2f>
 - MSP Clare Adamson led a debate in the Scottish Parliament on malnutrition and older people on 25/10. An outcome of the debate was the announcement of a short life working group to be established to develop a framework for the prevention of malnutrition and dehydration. See the debate <https://tinyurl.com/u357a2d3>
 - We raised public awareness via new podcasts, videos, social media, radio, [tv](#) and [press](#)
- We submitted a response to the [National Care Service Consultation](#) & fed in views on the development of the Scottish Government Health & Social Care Strategy
- We presented at a Sustain event on hospital discharge and food.

Eat Well Age Well

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