**Nutrition and Hydration Week, March 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 <https://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/nutrition-and-hydration-week-2022/>

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**

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.

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