

Nutrition and Hydration Programme Newsletter May 2019



1 year in

We are now over 1 year into the 2-year pilot programme. We are delighted with everything that has been achieved so far and want to share some highlights with you.

Let's start with some numbers

With your help, we have already raised awareness with over 6,000 people and almost 4,500 people have been assessed for risk of undernutrition. Over 1,000 people working with older people have been trained which gives us confidence that we will reach our ambitious target of assessing 40,000 people by April 2020.

Nutrition and Hydration week was a huge success with over 70 tea party events taking place around Greater Manchester. **Thanks to everyone involved.**



What difference is it making for people?

This month we have heard from Lucy Bird who works for Age UK Bolton. You can read her full case study here: <https://www.ageuk.org.uk/salford/about-us/improving-nutrition-and-hydration/case-studies2/>



During Nutrition and Hydration Week this year, the Befriending Afternoon Tea focussed on awareness raising of eating and drinking well. The older people who attended had some great discussions and shared tips on easy meals to make. One lady was incredibly grateful for the snack ideas in the booklet:

*“Sometimes you just **can't be bothered** to make something when you are on your own. Having a chat around the table today has **given me ideas** of things I can cook for myself, or things I can snack on; when I go home, I am going to sit down with my son and **circle all the things in the weekly planner which I like to eat.**”*



Can you help us?

Over the next 3 months the University of Manchester is leading a research study to evaluate the impact of the intervention.

We would be really grateful if you could help us by doing the following:

1. If you have attended Nutrition and Hydration training please complete this survey to make sure we haven't missed any data. **It should not take longer than 1 minute to complete** <https://www.surveymonkey.com/r/7QLNJGM>
2. If you can spare 10 minutes please also complete this survey about how you have used the resources <https://www.surveymonkey.com/r/Q9Y3MJ3>
3. Can you help us to recruit 1-2 people to join the study? They need to be 65 or over and have been identified at risk of undernutrition using the Paperweight Armband. Read more on the next page.



Nutrition and hydration research programme: an introduction from Steven, the programme's Research Associate

People often say why do you do research? Well the answer is simple; to find out things we didn't know before and in the case of the Paperweight Armband it's to discover if it makes a difference in identifying those older adults at risk of malnutrition.

So that's why we are asking for your help in finding people aged 65 or older to tell us how their appetite and eating habits have changed, since they were identified to be at risk by the Paperweight Armband.



This is a simple test to check whether anyone aged over 65 is underweight. If the Paperweight Armband fits loosely around your upper arm then it is an almost certain sign that you are undernourished.

In Greater Manchester alone there are thousands of unreported cases of malnutrition among the elderly and the consequences for their health and wellbeing could be devastating. The costs to the NHS alone run into hundreds of thousands of pounds.

So, this simple test to flag up the dangers and a programme of support to encourage more nutritious eating and drinking could deliver substantial benefits to both individuals and the wider healthcare economy across Greater Manchester.

Age UK Salford are leading the way with this nutrition and hydration programme and alongside this Manchester University has been asked to evaluate the health benefits for people across the five participating boroughs – Rochdale, Oldham, Stockport, Bury and Bolton.

The research programme will involve:

- Talking to 80 older adults, who have been found at risk of undernutrition using the Paperweight Armband, about what they have been eating and drinking
- Recording their weight when they first use the Paperweight Armband and 12 weeks later after they have been on programme
- Having a more in-depth chat with some of the older adults about how they have been feeling since they have been on the programme

We now need volunteers who are prepared to help us with the research. We are looking for people aged 65 or older who have been found at risk of undernutrition using the Paperweight Armband and are happy to tell us about what they have been eating and how their weight has changed.

If you think you could help us to recruit people to take part in this or would like to find out more contact Steven Edwards from the Nutrition Team at steven.edwards@manchester.ac.uk or 07795306602 – to see more about the Paperweight Armband or to access the e-learning tool go to www.paperweightarmband.org.uk.

