



Malnutrition Task Force
Eating and drinking well in later life



Eat Well Age Well



The Malnutrition Task Force (MTF) is an independent group of experts across health, social care and local government. Established in 2012, the group was formed to address avoidable and preventable malnutrition in older people across the UK. The MTF aims to share expertise and joint projects with partners in hospitals, care homes, local authorities and private and voluntary organisations. In Scotland, the Food Train has been active since 1995 providing vital services to support older people at home. Food Train has been at the forefront of meetings and events focused on malnutrition and has been involved in nutrition and hydration advocacy alongside the larger national associations and charities. Food Train launched the Eat Well Age Well project in 2017 through funding from the National Lottery Community Fund. This project has been developed and informed by research and evidence, and experience and learning from both the Food Train and from the Malnutrition Task Force. The Malnutrition Task Force and Eat Well Age Well want to take this opportunity to state our shared commitment in tackling malnutrition among older people across the UK and we will continue to share best practice and learnings to address malnutrition in later life.

‘The Malnutrition Task Force is committed to make a difference to prevent malnutrition in later life, and we are proud to work closely with colleagues in Scotland to be a stronger collective voice to make this happen. Sharing our experiences of the Malnutrition Task Force’s pilot prevention projects and how this work has become embedded in some of those areas is really important, but it is only possible to drive if we all work together and share best practice along the way.’ Dianne Jeffrey CBE DL, Chair of the Malnutrition Task Force

CEO of Food Train Michelle Carruthers MBE said “*we are delighted to be working with the UK Malnutrition Task Force and other partners to raise awareness of malnutrition. Too many older people’s lives and wellbeing are blighted by avoidable malnutrition and by working together we can make positive changes happen.*”