

EAT WELL AGE WELL – PROGRESS REPORT DECEMBER 2020 (4 month period Aug-Nov 2020)

Strand area	Updates
Test of Change	<p>a. Case studies from Healthy Valleys & Edinburgh Community Food have been produced on how they adapted and responded to the needs of older people as a result of Covid.</p> <p>b. Small Ideas Big Impact (SIBI) - round 1 learning report is in preparation and will be available by the end of 2020.</p> <p>c. Malnutrition Advice Line – providing practical tips and advice about how to stay well-nourished for older people aged 65 years or over living at home. 8 week trial across Edinburgh & Lothians using the Patient Association Nutrition Checklist (PANC) & promoted across primary/secondary care & third sector organisations.</p> <p>d. Age Scotland and Eat Well Age Well Nutrition Checks – pilot with the Age Scotland Helpline making nutrition checks available to helpline customers using the PANC and Food First advice along with relevant signposting data.</p> <p>e. A survey issued to our SIBI grant holders and other stakeholders to determine the viability of and function of a Network for those with an interest or role in supporting older people around food.</p> <p>f. Screen and Intervene with NHS Lanarkshire, PaperWeight Armband has been embedded into rehabilitation teams to allow for malnutrition screening and provision of advice.</p>
Research & evaluation	<p>a. Our 1 year research project final report Exploring Household Food Security and Malnutrition Risk with Psychosocial Indicators of Healthy Ageing in Place: The Food Train -Eat Well Age Well Partnership Project led by Glasgow University and with Food Train on malnutrition risk and food insecurity was launched in October 2020.</p> <p>b. Evaluation of Eat Well Age Well: continued work with Community Enterprise to evaluate Eat Well Age Well.</p>
Policy into Practice	<p>a. We held a successful Malnutrition Awareness Week 2020 (5th – 12th October). We:</p> <ul style="list-style-type: none"> - hosted a webinar with MSP Clare Adamson and with 51 stakeholders In the wake of Covid-19: Supporting Older People to Eat Well, Age Well and Live Well webinar - we launched our #TimeforChangeScot campaign on social media which focused on Eat Well Age Well 4 Calls to Action for policy and practice change - we launched our report called The Hidden Problem which provides details of our progress and impact over the last 2+ years - we launched 4 podcasts which are focused on sharing and discussing how we can support older people to eat well and age well. <p>b. We submitted a consultation response to the Proposed Right to Food (Scotland) Bill and presented at the Alliance’s Annual Conference discussing ‘Why is nutrition a ‘must’ for your wellbeing’.</p> <p>c. We have met with Scottish Government and Public Health Scotland to progress work on malnutrition which was committed to in the Older Peoples Framework</p>
Collaborative Relationships	<p>a. We have signed a partnership agreement with the British Dietetic Association to strengthen our commitment to working collaboratively.</p> <p>d. We met with the UK Malnutrition Awareness & Prevention Network (MAPN) in September. We discussed our new logo, UK Malnutrition Awareness Week and the joint letter that was sent to all 4 home nations on concerns regarding increased rates of malnutrition as a result of Covid-19.</p>
Capacity building	<p>a. We continue to offer free training including REHIS Eating Well for Older People and Raising the Issue of Malnutrition focusing on the wider use of the community-based screening tools. We also offer bespoke training – please get in touch hello@eatwellagewell.org.uk</p>