



## Raising the issue of Malnutrition Training

### Overview:

Malnutrition is a key public health problem. In Scotland, 103,000 older people over the age of 65 are estimated to be at risk of or suffering from malnutrition. People who are malnourished are twice as likely to visit their GP, more likely to require hospital admissions and have a greater number of health issues. The problem of malnutrition, and associated health costs, are predicted to worsen with an ageing population.

The causes of malnutrition are complex, however many of the risk factors such as social isolation and loneliness are preventable. As part of our project, we want to encourage voluntary organisations, community groups, carers and individuals working with older people to make every contact count and start raising the issue of malnutrition.

*\*This training has been adapted from Age UK Salford, Nutrition and Hydration programme*

### Aim:

The aim of this training is to increase practitioners' knowledge and confidence around identifying and supporting older people at home in the community who are at risk, or are suffering from malnutrition. This training incorporates information on common signs and symptoms and guidance around supporting individuals using Food First advice. Practitioners will also gain knowledge around utilising simple tools such as armbands to identify at risk individuals.

### Who is this training for?

Small Ideas, Big Impact grant holders and applicants, NHS, Local Authority, Carers, Volunteers, Voluntary Sector staff and other interested individuals who work to support older people.

### Learning Outcomes:

- Gain awareness of the barriers affecting individuals' food intake
- Gain awareness of the benefits of early intervention and recognise signs and symptoms of malnutrition in older people
- Increase knowledge and confidence in providing food first advice to individuals
- Increase confidence in using the paperweight armband tool to identify malnutrition
- Gain awareness of national services to support older people
- Gain awareness of own contribution and role in promoting good nutrition and hydration in older adults.
- Gain support in evaluating work/projects around older people and food

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