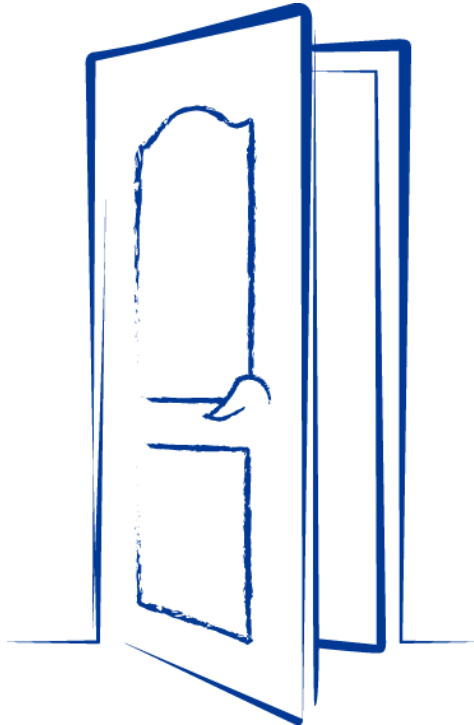


# Nutrition in care homes

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Registered Nutritionist



# The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



At any one time, more than 3 million people in the UK are affected by under-nutrition. More vulnerable groups include:

- those with chronic diseases,
- the elderly,
- those recently discharged from hospitals and
- those who are poor or socially isolated.

93% of under-nutrition exists in the community.



# Malnutrition and Public Health

- Studies have surprised health workers by revealing that about 2/3 patients with malnutrition were unrecognised

(Kelly et al. 2000)

- Cost to public funds estimated at more than £13 billion per year

Elia & Russell (2009)

# Why?

- Reduction/Loss of appetite
- Early satiety
- Mechanical e.g. dysphagia
- Shortness of breath
- Dry mouth
- Increased nutritional requirements
- Impaired ability to absorb nutrients
- Anxiety and depression

# Why does it matter?

# Effects of under-nutrition

- Immune system
- Infections
- Muscle strength
- Heart and lungs
- Depression
- More complications
- Slower recovery
- Hospital stays
- Death





# What do we do?

# Therapeutic and special diets

- Malnutrition

[http://malnutritionpathway.co.uk/files/uploads/Your Guide to Making the Most of your Food final 2014.pdf](http://malnutritionpathway.co.uk/files/uploads/Your_Guide_to_Making_the_Most_of_your_Food_final_2014.pdf)

Caroline Walker Trust Supporting Older People and Older People with Dementia 2011

- Modified consistency

<http://www.excelcareholdings.com/wp-content/uploads/2014/09/2013-Dysphagia-Updated-Brochure.pdf>

- Diabetes

- Gluten free

- Allergens

- Intolerances

- Cultural

- Religious

National Association of Care Caterers