

Eating well - living well

Hampshire's Community Nutrition Strategy for older people from 2011 to 2014

Hampshire County Council recognised that a more coordinated approach to nutrition could reduce poor nutrition, malnutrition and dehydration among older people in the community. This would improve the general health and wellbeing of older people and delay their need for more intensive health and social care. This strategy mainly relates to the 84% of older people in Hampshire who are not intensively using health and social services currently.

The Project

The Community Nutrition Strategy aims to:

- Raise awareness of the need for good nutrition amongst older people and those working with older people to prevent decline in their health and wellbeing
- Provide a variety of opportunities for older people to access a nutritionally balanced diet, both in their own homes and in social settings, and to promote the importance of meal times in reducing social isolation and loneliness

We have agreed eight priorities to develop over the next three years to provide more sustainable county wide services and a network of locally based activities that older people can access.

1. Community Meals Service

- A new Meals on Wheels Service model is due to start from April 2013 to develop options for the provision of tea and breakfast meals
- The Community Meals Service has a programme in place of key performance indicators for both quantitative and qualitative outcomes including customer survey stories

- A new volunteer-led Meals Support Service to address the social aspects of good nutrition and to provide more social interaction with older people both in their homes and in the community to create a warm and friendly atmosphere conducive to eating well

2. Health and Adult Services

- The team will explore how signs of malnutrition and dehydration can be more easily identified in older people living at home. This will be through closer joint working between Health and Adult Services

3. Provision of Information

- Develop specially designed information for older people to raise awareness on the value of eating well

4. Shopping

- Promote existing community transport schemes to help older people choose and purchase their own food
- Explore ways in which community computer classes can be used to support house bound older people with internet shopping

5. Cookery classes

- Classes will be provided to teach people how to cook simple nutritious meals, provide an opportunity to make friends and become part of their local community. The classes have a pre and post course questionnaire and outcome stories will be collected

6. Exercise and nutrition

- 'Better Balance for Life' exercise programme will be promoted through the Meals on Wheels Service and community luncheon groups. Nutrition information will be included in the exercise training

7. Community eating

- Expand the range of opportunities for social eating in imaginative ways, e.g. pie and pint clubs, buddying with neighbours

8. Inter-generational activities and skills sharing

- The existing inter-generational schools network will be used to develop "skills swap" projects around cooking skills and gardening
- Explore the potential for inviting older people to share in school meal times

For further information, please contact:

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Or visit:

<http://www3.hants.gov.uk/adult-services/bettertime/publications-strategies/eating-well-living-well.htm>