

Case study

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Understanding the views of older people in relation to malnutrition

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Background

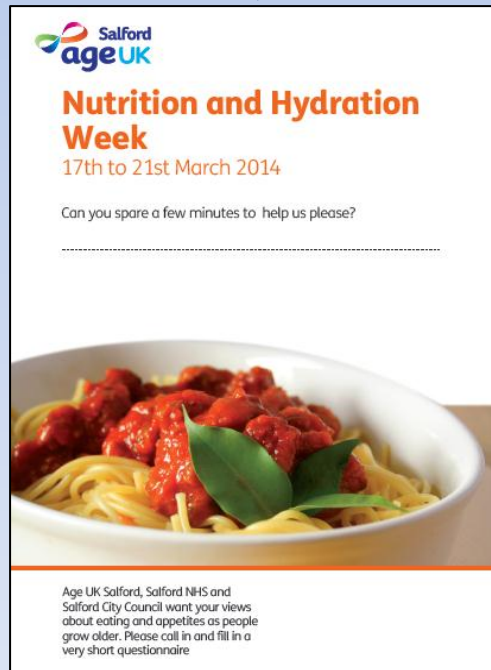
The Salford Malnutrition Task Force Steering Group wanted to understand the views of older people in relation to malnutrition. It was felt this information would support the Steering Group with decision making and prioritisation of workstreams.

Approach

A poster and questionnaire were developed (see below). During Nutrition and Hydration Week (March 2014) posters and questionnaires were displayed and promoted at all AgeUK Salford services and reception points.

Objective

To ask as many older people as possible within the community their views on malnutrition.




Salford ageUK

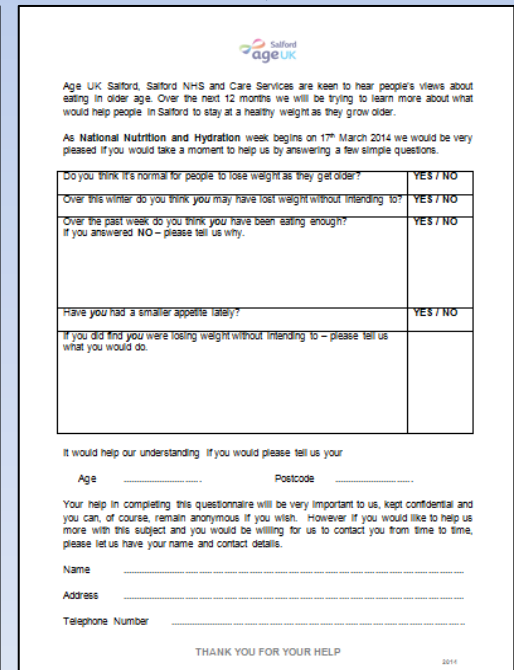
Nutrition and Hydration Week

17th to 21st March 2014

Can you spare a few minutes to help us please?
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Age UK Salford, Salford NHS and Salford City Council want your views about eating and appetites as people grow older. Please call in and fill in a very short questionnaire



Salford ageUK

Age UK Salford, Salford NHS and Care Services are keen to hear people's views about eating in older age. Over the next 12 months we will be trying to learn more about what would help people in Salford to stay at a healthy weight as they grow older.

As National Nutrition and Hydration week begins on 17th March 2014 we would be very pleased if you would take a moment to help us by answering a few simple questions.

Do you think it's normal for people to lose weight as they get older?	YES / NO
Over this winter do you think you may have lost weight without intending to?	YES / NO
Over the past week do you think you have been eating enough? If you answered NO - please tell us why.	YES / NO
Have you had a smaller appetite lately?	YES / NO
If you did find you were losing weight without intending to - please tell us what you would do.	

It would help our understanding if you would please tell us your
Age _____ Postcode _____

Your help in completing this questionnaire will be very important to us, kept confidential and you can, of course, remain anonymous if you wish. However if you would like to help us more with this subject and you would be willing for us to contact you from time to time, please let us have your name and contact details.

Name _____
Address _____
Telephone Number _____

THANK YOU FOR YOUR HELP

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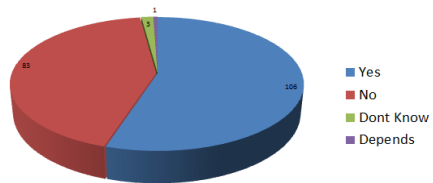
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Outcomes

Over 250 older people responded to the questionnaire. Findings are outlined below.

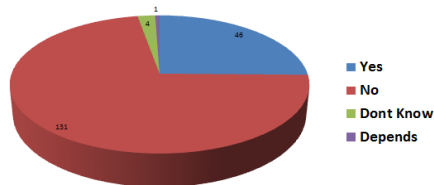
Do you think it's normal for people to lose weight as they get older?

More than half thought losing weight in older age was normal



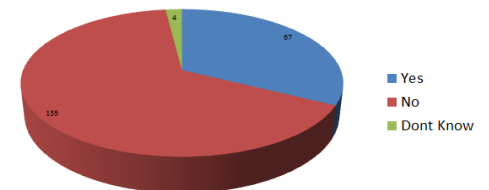
Over the winter do you think you may have lost weight without intending to?

A quarter said they had lost weight over the winter without intending to



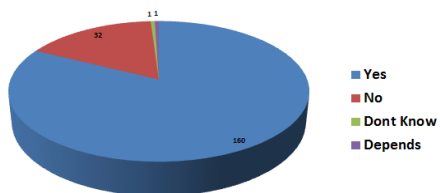
Have you had a smaller appetite lately?

32% said they had a smaller appetite lately

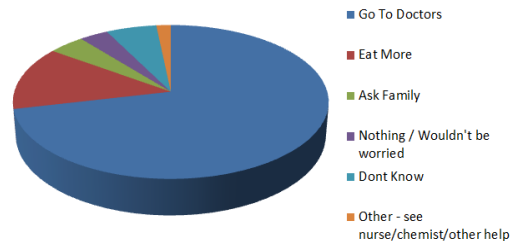


Over the past week do you think you have been eating enough?

16% felt they had not been eating enough over the previous week



What people said they'd do if they found themselves losing weight without intending to



Reasons people gave for not eating enough

