

Nutrition and Hydration Week 2023

Nutrition and Hydration Week 2023 is running from **Monday 13 to Sunday 19 March**. The aims of the week are to highlight, promote, and celebrate improvements in the provision of nutrition and hydration locally, nationally, and globally.

In the LCOs, we want to raise awareness of the importance of nutrition and hydration, which is everyone's business.

Did you know?

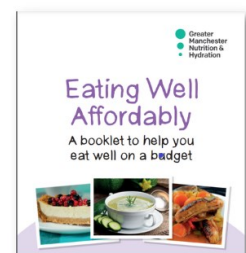
- Nine million older adults are unable to afford nutritious food.
- Consequently, children can be at risk of malnutrition due to neglect.
- One in four adults aged 65 and older either reduces meal sizes or skips meals.
- 16% of independent older adults are at high risk for malnutrition.
- Malnutrition in the UK costs £19.6 billion per year.
- In primary care, malnutrition results in increased GP visits, prescription costs, referrals to hospitals, and admissions to care homes.

For Nutrition and Hydration Week, we are asking all colleagues to **Ask, Look and Listen** to support our patients or those we care for who may not be meeting their needs for nutrition and hydration. To help you with this, we have put together our practical [Ask, Look and Listen prompts into this handy poster](#) [PDF, 635KB].



In addition, you may also find the below resources useful:

- [Malnutrition Awareness Training](#) - available to those who work across MLCO supporting adult patients. We have training available for MUST screening and first-line management of malnutrition; please book via the [MFT Learning Hub](#).
- [Malnutrition Pathway](#) - the pathway outlines how to treat individuals who have been identified as being at risk of malnutrition following MUST screening.
- [Eating Well Affordably](#) - we know that money can be tight for a lot of people at the moment. This leaflet from Age UK outlines great ideas to support your nutrition in an affordable way. There are also a number of useful leaflets around nutrition and hydration created by Age UK that may be of benefit to your patients.



- [Support for the Cost of Living Crisis](#) - our LCO page with information about local services for the cost of living crisis. These pages are specific to Manchester. However, some of the content is still helpful to Trafford residents as well.



Please also get in touch with us if you have any questions or concerns about a person's nutrition and hydration. We will be happy to help, and our contact numbers are:

- **Community Nutrition Service, Manchester** - 0161 470 6716
- **Community Nutrition Service, Trafford** - 0161 549 6880

And finally, we will be posting to our Twitter accounts - [@CNSmcr](#) and [@LCO_AHPs](#) throughout Nutrition and Hydration Week, so please feel free to get involved as well and share your great work.

We will be using the hashtags **#NHWeek2023**, **#TeamLCO** and **#WeAreCommunity**.