

Ageing well in
Hampshire
Older People's Well-Being



Community Nutrition Strategy and the Community Meals service

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Good nutrition is not just about food and meals, but about people, warmth and social inclusion.”

The International Longevity Centre UK (ILC) report
Personalisation, Nutrition and Community, Meals, March 2010

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The purpose of the review

- To establish how to provide a more coherent and consistent service across the county
- Recognising the important role a regular hot meal was to both the health and social interaction of an older person



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Eating well- living well Community nutritional strategy:-

- Promoting healthy eating messages for those who are physically active
- Raising awareness of the concerns of malnutrition



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The principles of the Community Nutrition Strategy are:-

- Good nutrition for older people is an integral part of the prevention and early intervention work stream of Adult Services.
- Recognition of the social and economic value of supporting older people to remain independent in their own homes with a good nutritional status.
- Raise awareness of the need for good nutrition amongst older people and those working with older people to prevent decline in their health and well-being.
- 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.



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Eating well-living well Community Nutritional Strategy for Hampshire- 2011-2014

- 1 in 10 older people living in the community in the UK at risk of malnutrition
- It is estimated that 40% of older people admitted to hospital are either malnourished or are at risk of it.
- Food and meal times bring structure and a sense of purpose to a day and social interaction
- If spend 70% -90% of your time alone incentive to produce nutritional balance meals declines



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Community Meals Service

- Meals on wheels
- Meals Support Service



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1. Meals on wheels

- Over 55 years of age as prevention early intervention service
- Support those who meet Adult Social Care eligibility criteria
- Meal 365 days of the year
- Health and wellbeing check each visit



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2. Meals Support Service

- Enhanced part of the service
- Opportunity for social contact, information, link into local community – “befriending” model
- Provided through local volunteer organisations
- Supported by participating district/borough councils
- Coordinated at county level to provide link to meals on wheels provider(s) and manage the flow of referrals



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Establishment of Community Meals Service

Provide an opportunity to:-

- Implement the priorities of the community nutrition strategy
- Become an integral part of the prevention and early intervention agenda of the department



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