

OLDER PEOPLE SPECIALIST GROUP

April 2022



IN THIS EDITION:

Welcome to April - 1

Outcome measures - 2
Food fact sheet -
refreshed - 2

Food4years - 3
National Falls
Prevention resources -3

INDI - 4
Public feedback - 4
Welcoming new
members - 4

Hello and welcome to April's Newsletter. Our biggest focus at the moment is on Outcomes. We had a fantastic turnout for our first two webinar workshops. Please sign up for the remaining slots, we need to hear from you to help shape appropriate outcome indicators for our specialism. See below for more information.

We have the exciting news that our resource for older adults has now gone through a public involvement process and we have the view of older adults to support us to create the first draft of the resource. We are VERY excited.

Finally, dietitians week is on the horizon and we would love to hear from our members on what we can share to show off our profession and in particular working with older people. Do drop us an email if you would like to get involved and in the meantime ... we may make a few memes!

Your OPSG team!



Would you like to learn about the importance of outcome measures in dietetics and be involved in developing outcome indicators?

The British Dietetic Association Older People Specialist Group and Optimising Nutrition Prescribing Specialist Group have identified a need to support the development of a set of outcome indicators relevant to the variety of work undertaken by members in each of the specialist groups. As part of this work the British Dietetic Association Older People Specialist Group and Optimising Nutrition Prescribing Specialist Group are hosting a series of three webinars to support and involve group members in this work. These webinars will be led by June Davis, Director, Allied Health Solutions.

Two dates are provided for each webinar

Webinar 2 – How fit for purpose is your service? How do you and could you demonstrate this through outcomes?



The difference between 'what you think is going on' versus 'what you know is going on'
Case studies focussed on outcomes from specialist interest group members

**20th April 2022
1- 2.30pm**

**28th April 2022
1- 2.30pm**

Webinar 3 – Coproduction and engagement in development of an outcome indicator list



Proposed principles for the development of an outcome indicator list
What should an outcome indicator list look like/include?

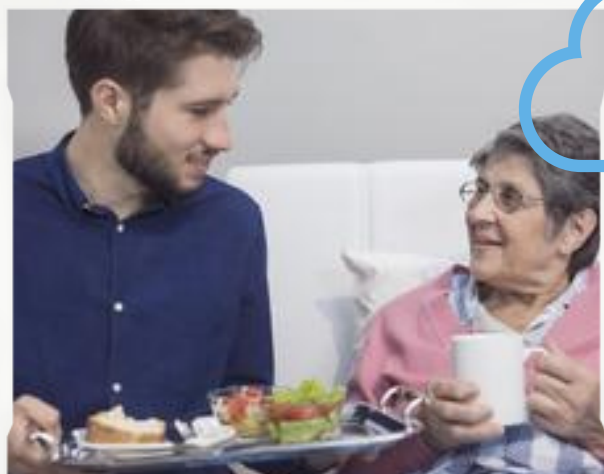
**19th May 2022
9.30-11am**

**20th May 2022
9.30-11am**

Follow this [LINK](#) and use the code: **BDAEvents2022**



Prevention and management of pressure injuries: Food Fact Sheet



This food fact sheet has recently been through review and the new version is available on the BDA website.

LINK



Food4Years

Ageing Network

Please find details below of a newly funded BBSRC Ageing Network launched on March 7th – called Food for-added-life-years: putting research into action (Food4Years Ageing Network)

The rationale for the Network:

Ensuring a healthy diet in older adults is one important strategy for supporting health, wellbeing, independence, and quality of life in older adults. One in ten people over the age of 65 are malnourished or at risk of malnutrition in the UK. There are many barriers for older people to consuming a nutrient-dense diet. In recent years a large body of research has explored factors that can enhance the quality of the diet in older adults, however, this knowledge has yet to translate into food products and policy changes. For example, there are a plethora of products on the market targeting infants, children and adolescents, and a consistent acknowledgement that their needs are different. Yet there remains a lack of products supporting healthy ageing, despite the food industry recognising the need to address the challenges of designing and marketing high-quality foods and meals for the older adult consumer.

Much more needs to be done to increase the intake of specific foods, diets and nutrients by older adults, that can help them to improve their quality of life as they age. This can be achieved through a variety of methods which may include improving the nutritional information available to older adults, their carers and health care professionals, development and marketing of food products that meet older adult's specific needs, behaviour change strategies such as "nudging" and changes in policy that promote the development of healthier diets for older adults.

Network aim:

The overall aim of our Network is to build a community of consumers, businesses, charities, clinicians, and academic researchers that are thoroughly committed to the development, integration and communication of healthy, affordable foods and diets for older adults, to promote the quality of life and improved health in the ageing UK population. We plan to achieve this through the use of satellite workshops, academic meetings, the distribution of feasibility funding, communication campaigns and policy guidance.

If you would like to join the Food4Years Network and be updated on it's activities, please register your details below by clicking the link and providing information about yourself and your interests:

<https://forms.office.com/r/xB7FhHCdbJ>

You can also follow the Network on twitter at @Food4Years

NATIONAL FALLS PREVENTION RESOURCES



Agile has shared with us a suite of resources, developed by the National Falls Prevention Coordination Group (NFPCG), intended to support individuals, health and care professionals and commissioners to take action to overcome the reduction in physical activity participation and resultant deconditioning effect of the COVID-19 pandemic. There are 5 resources in total available from the British Geriatric Society website [here](#)

The Frailty Journey

[LINK](#)

COMMENTS FROM OUR READERS



'I'd like to express my thanks for your excellent information sheet on malnutrition which I discovered about 18 months ago. A few years ago I lost a lot of weight, 4 kgs, fairly quickly & without intending to. I was only an average build. Blood test results were normal. After starting to slowly put weight on I found your fact sheet & realised I'd experienced all the symptoms described in the section 'Spotting malnutrition', particularly loss of muscle strength, tiredness, and other health problems.

Following the fact sheet guidance particularly adding cheese, skimmed milk powder, & nuts to dishes & generally eating larger quantities has been a great help. I feel much better. Over the last few years, it seems nearly all weight-related advice from the NHS & in the media is targeted at losing weight, and there's very little acknowledgement of inappropriate weight loss & its consequences, nor information on gaining weight sensibly. I also like the advice to eat chocolate!

One food fact sheet reader sent in these comments for the OPSG! It is great to see these resources making a real difference in a practical way!



OLDERPEOPLE@BDA.UK.COM



[@BDA_OLDERPEOPLE](https://twitter.com/BDA_OLDERPEOPLE)

WELCOMING NEW MEMBERS TO OUR COMMITTEE



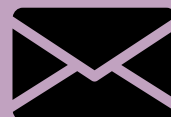
This month we welcome new treasurer David Gray and Events Officer Jen Grant. Both have extensive experience working in the field of dietetics and we look forward to working alongside them over the coming years!

A huge welcome to the team!

If you have resources to share or suggestions for future events please get in touch. Contact us via our email address or following us on social media @bda_olderpeople.

[@BDA_olderpeople](https://twitter.com/BDA_olderpeople)

olderpeople@bda.com



Editor: Simone Roberts