



Updates and Info

We have made it half way through 2020 and are fast approaching the warmer months! July is Good Care Month and it gives us the opportunity to give a huge (virtual) high five to our colleagues who work in caring roles, particularly with older people. We know outside of hospital settings carers really have been the super star key workers of the past few months. Now more than ever, we can offer our support with improving or maintaining nutrition and hydration as we move into the next phase of the UK's response to the pandemic.

Looking forward to July we will be discussing tips and hints on good hydration, so do share with us any resources that can support your colleagues! We are working hard to represent older people and champion their needs both locally and nationally.



Alison's Updates



As I type this in close to 30 degree heat, I think we can safely say that summer has arrived with a vengeance! Life is starting to return to normal for many people, and as part of our normal we need to continue to focus on the main nutritional concerns faced by our older population. Recent events are likely to have made undernutrition even more prevalent than previously, even if just because of the increased isolation and loneliness faced by many older people for the last few months. We've therefore chosen to focus on this social aspect of older peoples nutrition this month, and already have some more topical content lined up for next months newsletter ... watch this space!



**Eating for Health (ref. 9481) is
available to purchase in print now!**

Developed in partnership with NDR-UK and the BDA Older People Specialist Group, the resource aims to support older adults in meeting their nutritional needs, empowering them to eat and drink for health, and helping to maximize their quality of life. It replaces Do You Have a Small Appetite.

Both Eating for Health and Eating for Health with Diabetes are also available digitally via NDR Prescribe to support remote, online and telephone consultations with patients.



Visit www.ndr-uk.org to register, keep up to date with resource reviews and new developments. You can also follow us on Twitter @NDR_UK.

Loneliness

OPSG Dietitian Dove Yu, explores the effects of loneliness on malnutrition and offers her advice on the support we can provide.

A recent study by Ramic, et al., (2011) showed that people over 65 living alone have a significantly lower body mass index compared with those living with their family. Socially isolated older people often experience reduced appetite, eat fewer meals in a day and have a lower intake of protein, fruits and vegetables in their diet. It could be because they become less motivated to shop, cook and eat. Furthermore, people living alone have fewer social cues to eat.



Loneliness is a significant risk factor of malnutrition

Online technologies could be harnessed to provide social support networks and a sense of belonging. Regular telephone calls, messages, video calls using WhatsApp, Facetime, Facebook, Zoom, or Skype may help older people stay connected by widening their social circle or by increasing the frequency of contact with existing acquaintances. Writing and sending letters, postcards or emails are good ways to connect with significant others.

Being older does not mean technology is unreachable - organisations can offer support!

Older people can receive support via contact with close family and friends, voluntary organisations, or health-care professionals. However, there is currently insufficient evidence to demonstrate the effectiveness of video calls for reducing social isolation and loneliness in older people. To create a social eating environment, arrange video calls so that you can eat regularly with a friend, or family member could be made. Please visit your local Age UK loneliness website for technology support advice and download their "How to Stay Connected in Older Age" guide for more insights. The Silver Line offers telephone friendship service and can connect older people with local support services on 0800 470 8090.

Ramic, E., Pranjic, N., Batic-Mujanovic, O., Karic, E., Alibasic, E., Alic, A. (2011) The effect of loneliness on malnutrition in elderly population. Med Arh. 65(2):92-5.

Loneliness and Malnutrition

Older people living alone often have a lower BMI than those living with their family.

Ramic et al. (2011)
Med Arh.

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Our social media team Stacey and Dove are representing the OPSG on July 27th for the **#malnutritionmonday** takeover!



Malnutrition Monday

**Follow us
@BDA_olderpeople**

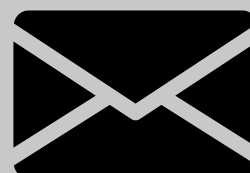
Keeping in Touch

If you have something to share with the OPSG community, we would love to hear from you.

@BDA_olderpeople



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Edited by Simone Roberts