

The Scottish
Government
Riaghaltas na h-Alba

An appetite for life: encouraging eating well as we age

Michelle McCrindle, CEO, Food Train

Richard Lyall, Reshaping Care for
Older People, Scottish Government



community
food and health
(scotland)



Older People's Food Task Force



Older People's Food Task Force

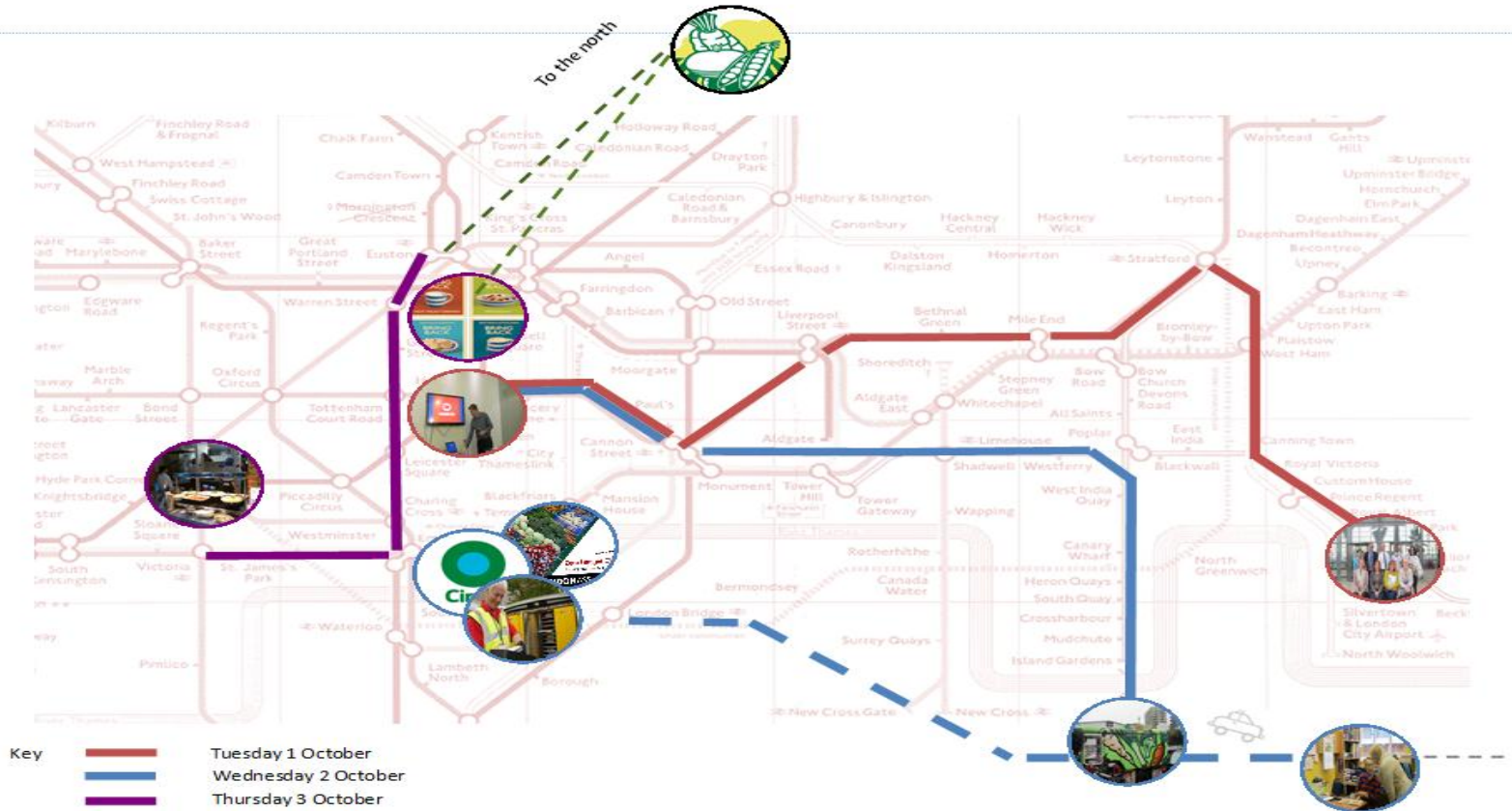
- Emerged from a study trip to London in October 2013
- Official level group – no remit or authority but with plenty of expertise and passion!
- Already many achievements:
 - Meal Makers – launched August 2014
 - Education – ensuring consistent approaches to community food training
 - Logic models – to ensure research and evidence home and for joint strategic commissioning

Why we went to London.....

To look at different approaches to

- improving food access
- addressing food poverty with older people

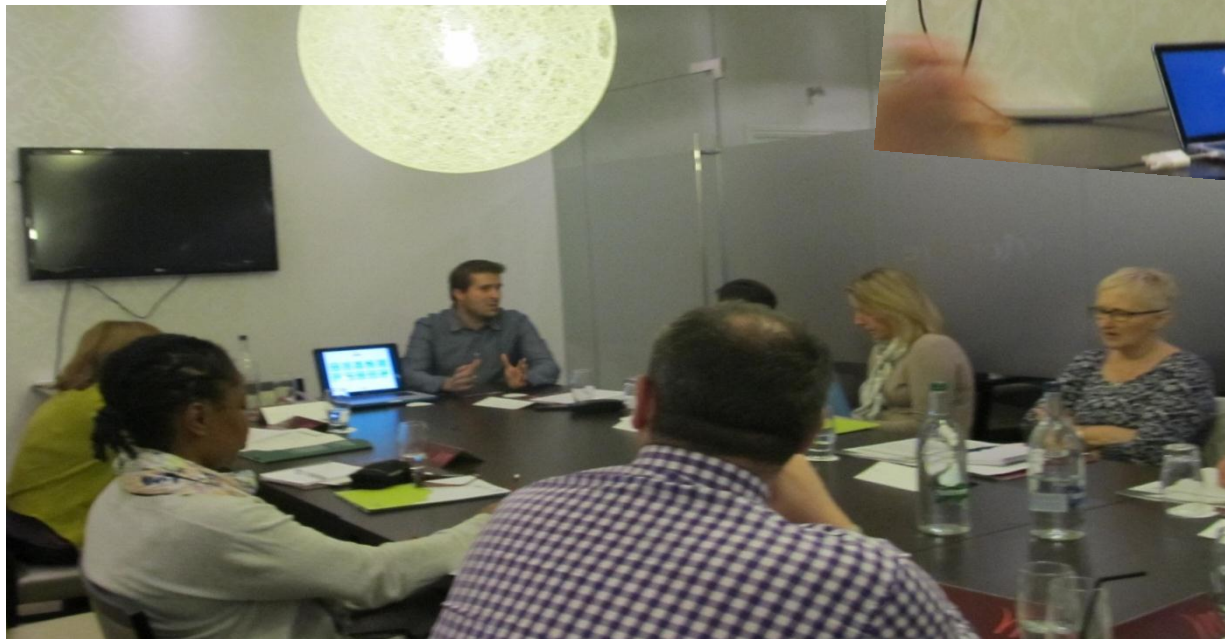
London...

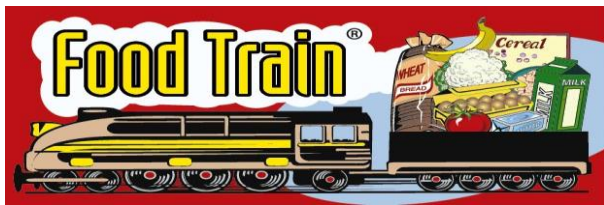


Initial thoughts from London visit

- Basis for some good ideas and practice that could be shared more widely
- Nothing we saw was completely new but was being used in new and different ways – more entrepreneurial
- Surprised to be seen as experts – there was a lot of interest in some of our Scottish solutions
- Raised questions about size and scale of issues in Scotland
- Social importance of food shone through

Practice Development - The Casserole Club... to Meal Makers





What do we do?

- Charitable social enterprise delivering support services to older people living at home to enable them to eat well and live well
- **Food Train** - weekly grocery shopping delivery service
- **Food Train EXTRA** - practical home support service
- **Food Train Friends** - befriending and contact service
- **Food Train Library** - outreach service for housebound elderly



New National Pilot Project Meal Makers

MEAL
MAKERS



- Innovative neighbourhood meal sharing web platform launched August 2014
- Volunteer 'cooks' sign up and are matched with older 'diners'
- Cooks share extra home cooked food with local older diners finding cooking difficult and not eating well, diners referred locally
- Small project team promoting service, recruit cooks and diners, enabling matches and follow up meal shares

t: @MealMakersScot
www.mealmakers.org.uk

FB: Meal Makers



[How It Works](#)

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MEAL
MAKERS

MM

Home cooked food, made by neighbours
for neighbours

[sign up now to get cooking](#)

[refer a diner](#)

HOW IT WORKS

Meal Makers helps people share extra portions of home cooked food with others in their area who are not always able to cook for themselves

Help people find great places. [Write Review](#)

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Meal Makers October 2

First Meal Share (3 photos)

Meal Makers are delighted to announce that the first Meal Share in Dundee took place on Saturday 28th September, our volunteer cook delivered a sumptuous meal to our diner who was delighted. Great job keep cooking!!



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Recent 2014

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PrimeLocation suggests primelocation.com Shore Close, Hampton TW - 4 bedrooms, £429999



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Sharing Good Practice

Developing consistent training resource for:

- sheltered housing workers
- volunteers in older people group
- staff and volunteers running lunch clubs
- community centre workers
- food workers
- anyone working with older people

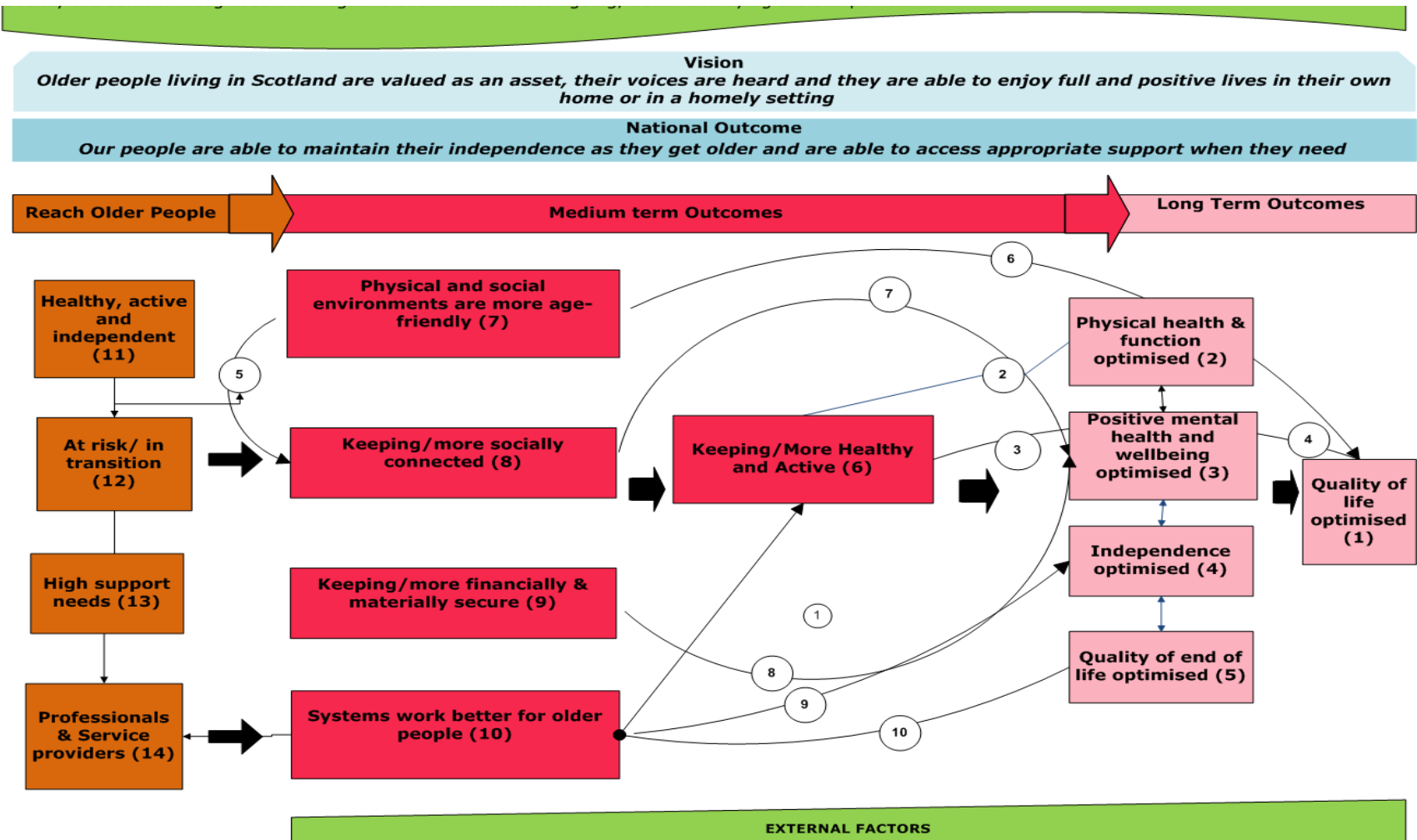
Aim:

- Increase knowledge and confidence to deliver healthy eating messages to older people living in the community.

Policy and measuring success

- Older People's Outcomes Framework – strategic model for:
 - sharing evidence of successful interventions leading to successful outcomes
 - resource in joint strategic commissioning
- Eating Well logic model developed by Older People's Food Task Force – available at JIT website:
<http://www.jitScotland.org.uk/outcomes-framework-older-people/>
- Ties in with Stitch in Time – important role of third sector in RCOP agenda

Strategic outcomes model



Key population groups



PREVENTION - Keeping people healthy, active and independent for longer



EARLY INTERVENTION - those whose health and independence is at risk /in transition



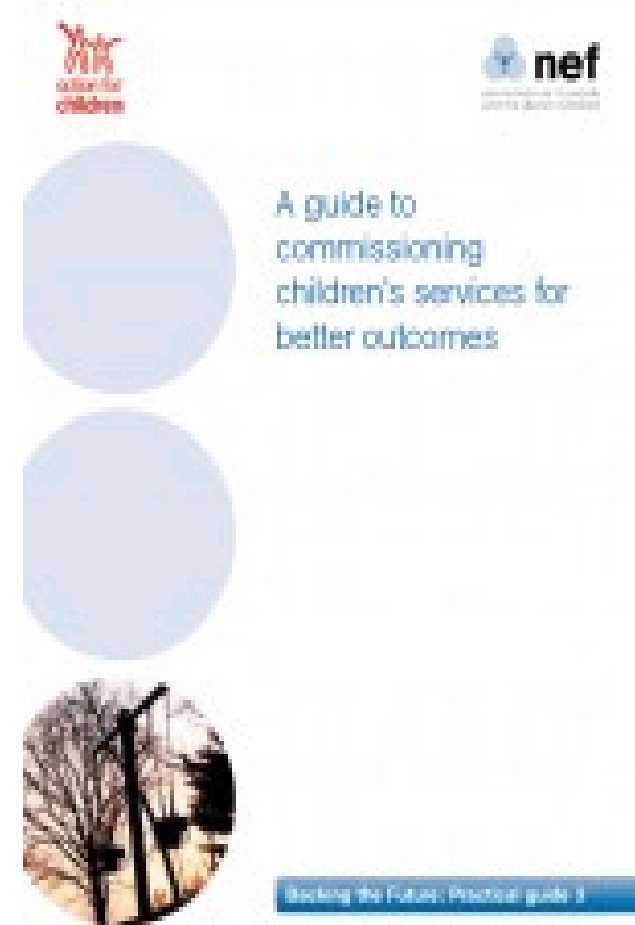
TREATMENT AND CARE - those with high support needs and their carers



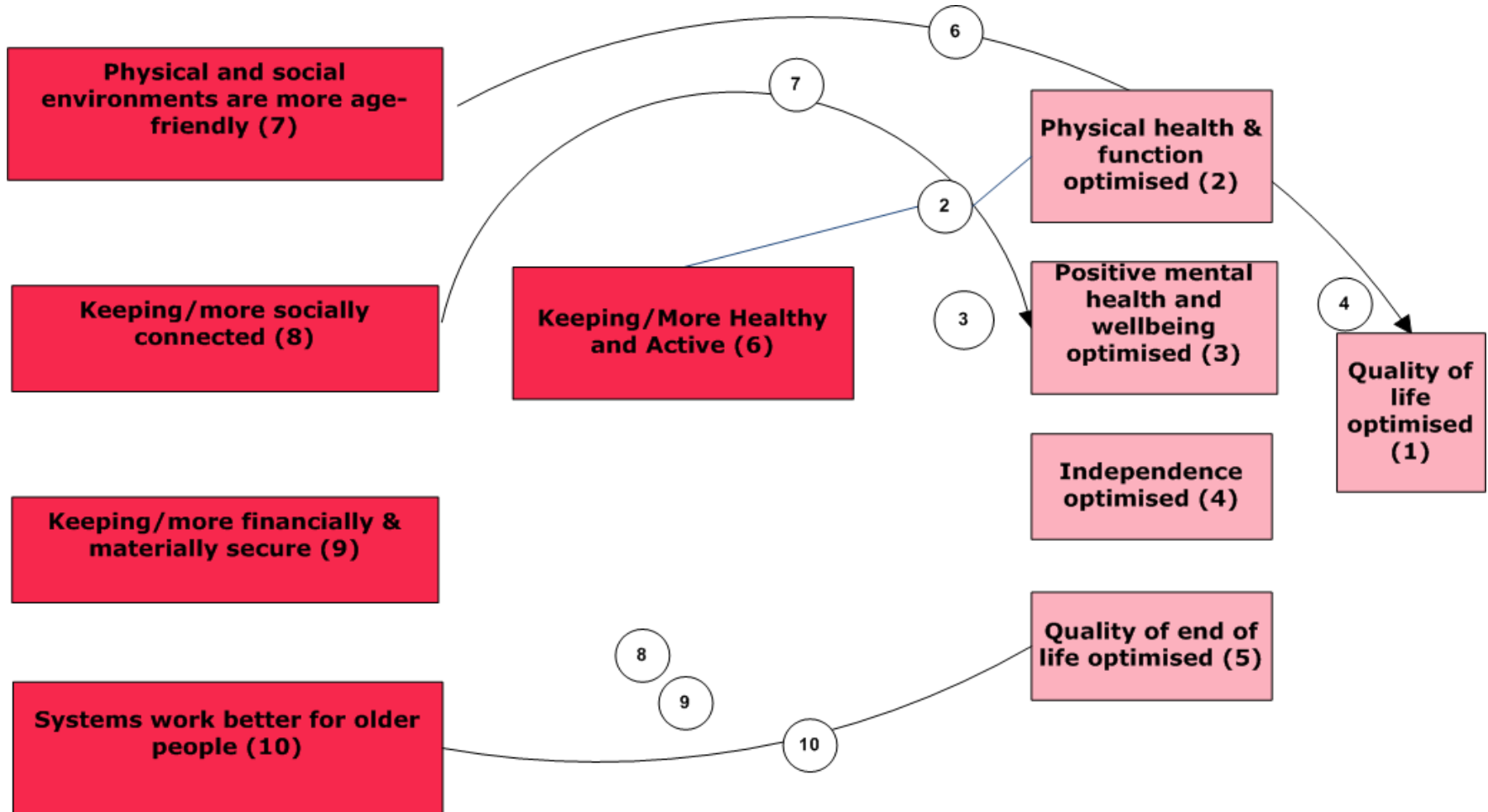
Good practice in outcomes-based JSC

Requires the capacity to –

- Co-produce an outcomes framework with partners
Change/re-design procurement processes so that effective services/actions are commissioned
- build the awareness and capacity of local providers to support and promote this approach.

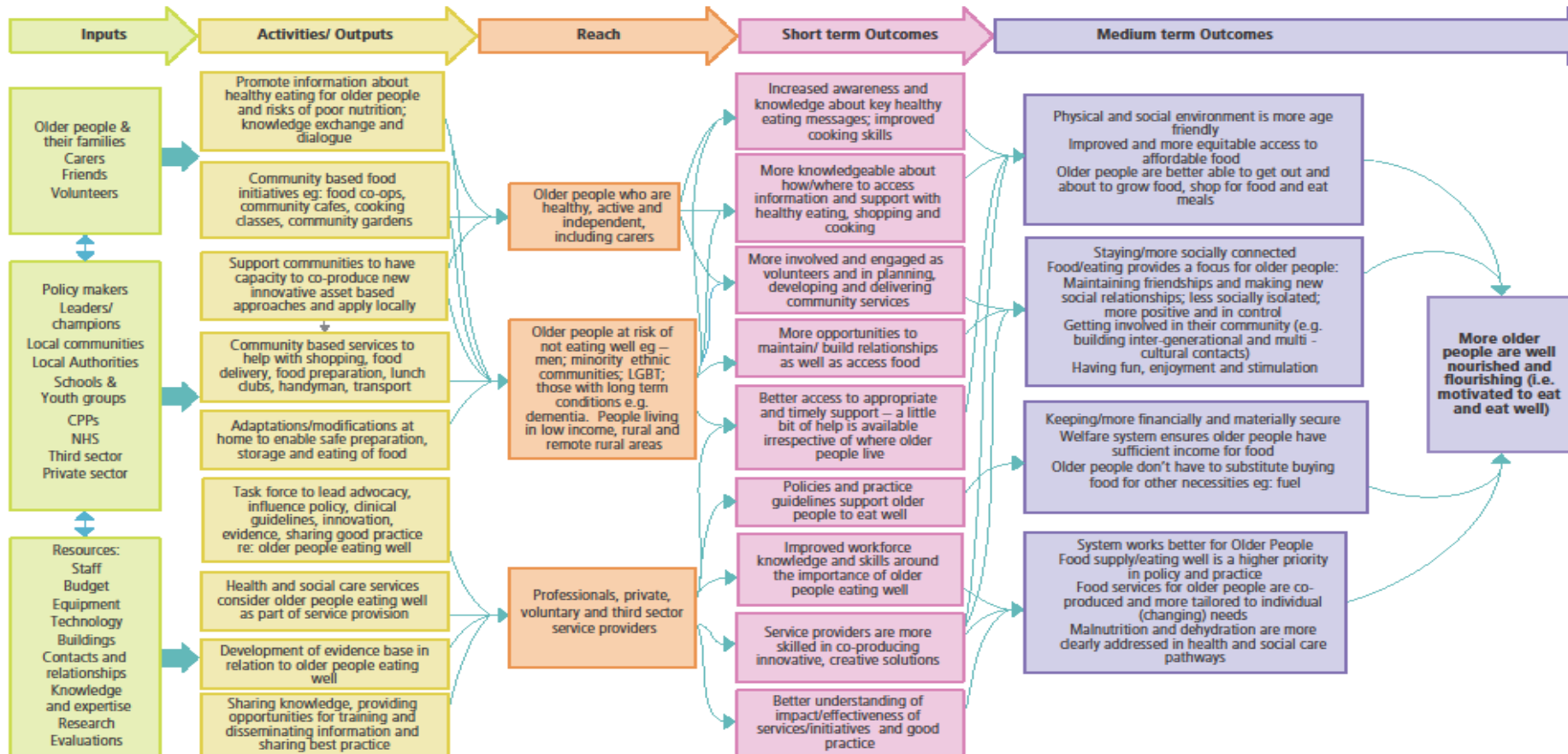


Most effective contributions



Eating Well Nested models

CURRENT SITUATION: Malnutrition and under-nutrition is an important risk factor for older people becoming vulnerable and their independence becoming compromised. Food and eating with others has wider social and cultural significance and eating with others can help stimulate motivation, appetite and reduce social isolation. Preventive interventions build on many positive social aspects of food/eating as well as addressing some of the main barriers to eating well: the affordability and accessibility of food, decreasing mobility, lack of cooking skills and motivation to eat well, and the impact of major transitions (e.g. bereavement, ill-health).





Independent group of experts working on preventable malnutrition and dehydration in older people supported by Age UK

- There are over 3 million people across the UK either malnourished or at risk of malnourishment.
- Over 1 million are over the age of 65 – majority in the community
- The cost of malnutrition is estimated to be in the region of billions of pounds a year. (**Latest estimate - £18bn**)
- NICE identifies better nutritional care as 6th largest potential source of cost savings to NHS

Preventative agenda – what next in policy and practice considerations?

- Scot Gov considering the findings of the Malnutrition Task Force.
- Malnutrition Summit – not just focused on older people. Issue touches on:
 - local government, primary, secondary care, older people, dentistry, mental health, social inclusion, finance, diet policy, inequalities, rural policy, third sector and other areas.
- Joined up response across all sectors and interests to tackle the issue as part of the wider preventative agenda – understanding the problem followed by a co-ordinated response.
- Will keep you informed!