



# Older People and Malnutrition

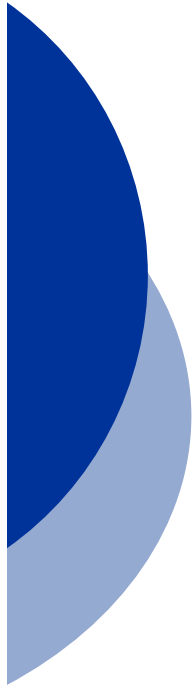
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Lisa Wilson

International Longevity Centre - UK



The European  
Nutrition for Health Alliance



# Who are we?

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## ILC-UK

- established in 2000
- An independent, non-partisan think-tank dedicated to addressing issues of longevity, ageing and demographic change.

## European Nutrition for Health Alliance (ENHA)

- Established 2005
- Raise awareness of malnutrition as a significant problem of public health that is at once widespread, under-recognised and under-treated



## Malnutrition: the problem

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- Studies have shown that up to 40% of patients are malnourished upon admission to hospital.
- BAPEN - Malnutrition Screening Week (2007) in the UK
- 28% of people in hospitals and 30% in care homes are malnourished
- Estimated 1 in 10 older people living in the community are malnourished
- Estimated cost of malnutrition in the UK ~£7.4 billion.



## What causes malnutrition?

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- Depression
- Anxiety
- Social Exclusion
- Ill health/disease
- Medication
- Dentition
- Mobility
- Transport
- Poverty
- Access



## Key issues

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- General awareness of the issue malnutrition is poor
- The issue has not yet risen to the political agenda.
- Professional training is poor - a recent UK survey found that 40% of GPs did not think malnutrition was a problem.
- Malnutrition is under-recognised and under-treated.
- Treatment guidelines exist, but they are rarely applied in practice.
- Nutrition therapy has no 'place' within health and
- social care budgets.



## What can we do?

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- Estimating cost of burden of illness in Europe
- Screening across care and in community
- Address food poverty issues
- Transport
- Community support
- Social inclusion through community projects such as shopping clubs, food co-ops etc
- Influence policy



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## Contact Details

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