

# NUTRITION AND HYDRATION WEEK

12TH - 18TH MARCH 2018

A Global Challenge

## Website

You can find a myriad of information on the website at

[www.nutritionandhydrationweek.co.uk](http://www.nutritionandhydrationweek.co.uk)

## Social Media

Information - just a tap away

Twitter : @NHWeek

Facebook : NHWeek

LinkedIn : Nutrition and Hydration Week Supporter

## Tasty Suppers Focus Day



**28th November is the date for the first**

### **Tasty Suppers Focus Day**

Have you made your plans yet?

If not, don't worry download our posters so you can promote the importance of the final meal and hydration opportunity of the day.

Don't forget to share your activities with us, no matter how great or small - every positive action makes a difference.

Use the #TastySuppers hashtag on all your posts.

## The Week's Sponsors



## Focus Days aim to build awareness

**Tasty Suppers**  
 28th November  
 A reminder for hearty nutrition in the winter months including warm cosy hot milky drinks

**Big Breakfast**  
 22nd January 2018  
 A reminder to start the day as the New Year with a hearty breakfast.

**Thirsty Thursday**  
 14th June 2018  
 Leading up to the warmer days and the requirement for a reminder on the need to properly hydrate

**Fruity Friday**  
 21st September 2018  
 All things bright and beautiful, its harvest time for a lot of British produce apples, pears berries etc.

## Newsletter Circulation

Email - 2 150  
 Twitter - 2 995  
 Facebook - 789  
 LinkedIn - 151

Countries reached regularly at least 40.

## Come and say hello to us -

November 23rd Food Matters Live - Tackling Malnutrition in the Community seminar - Derek Johnson

Ask us about the week or just say hello.

Full details about the three of us can be found on the website.

**Why Tasty Suppers?**

The main meal of the day in health and social care settings is often the last one

Some hospital patients may have missed lunch or breakfast due to surgery and may not have fulfilled their daily nutritional requirements

Other patients or care home residents may need careful monitoring of individualised diets e.g. diabetics and people with dysphagia or dementia

The focus of Tasty Suppers is to raise awareness of the importance of providing a healthy, hearty and nutritious meal at the end of the day to those in care

Please support us on 28 November

## Webinars

The interest in the webinars is growing and despite the time difference many of you are logging in to this free vital continued professional development opportunity.

This month's topics are -

- |                              |         |             |
|------------------------------|---------|-------------|
| 16 November                  | 1:00 PM | HFS Brad    |
| McKay Leadership             | 1       |             |
| 20 November                  | 6:00 PM | Peter Lam - |
| IDDSI IDDSI                  | 4       |             |
| 30 November                  | 1:00 PM | Dale        |
| Mayerson Skin and wound care | 4       |             |

It is quite timely for our supporters in the UK that Peter Lam from the International Dysphagia Diet Standards Initiative (IDDSI) is presenting on the initiative and standards as these will be adopted in the UK from 2019. This will be a great opportunity to hear from the organisation themselves into what the new standards will be and get your self a head of the game in this vital area.

A question we have been asked is - "What are the numbers after the session titles? "

These refer to the Core Competencies our Canadian colleagues have to achieve to maintain their own continued education (CPD) annually through the CSNM. The Core Competencies cover eight areas and represent the categories of skills, knowledge and behaviour common to all nutrition\* managers.

Professionalism

Quality Management

Nutrition and Healthy Living

Clinical Nutrition

Food Service Systems Management

Human Resources Management

Financial/Business Management

Marketing and Promotion

The points are not all webinar based and may be acquired through: Attendance at CSNM pre-approved seminars, workshops, conferences, webinar, webcasts, exhibits and food shows.

We do have on our website a framework that you can use to record and log your Continued Professional Development, so you can demonstrate you are maintaining and developing your knowledge and behaviours in nutrition and hydration.

<https://nutritionandhydrationweek.co.uk/campaign-resources/continual-professional-development/>

\*catering manager in UK & Australian, dietary manager in USA terminology

## **New Campaign to promote Good Nutrition**

Sian O'Shea the chair of the British Dietetic Association (BDA) has shared their latest campaign - 'Go 2 dietitians 4 prevention' with us. It also demonstrates the strategy behind the campaign.

"Since 2011, the British Dietetic Association (BDA) has developed a range of successful campaigns to improve nutrition, hydration and health.

"Go 2 Dietitians 4 prevention" is the title of the campaign, which will run for the next 3 years, focusing on public health i.e. the prevention of ill health and the optimisation of health and well-being <https://www.bda.uk.com/professional/influencing/chairmans-theme>."

All dietitians irrespective of their specialty or place of work have a public health role, however, at first sight those who work in highly specialist clinical areas such as Intensive Care or Oncology may not see themselves as contributing to the public health agenda. Thus the aim of the first year of the campaign will be to raise awareness amongst the profession itself so that dietitians recognise themselves as experts in prevention – both in primary prevention and secondary prevention for those living with one or more one clinical conditions.

The second year of the campaign will concentrate of promoting dietitians as the 'Go 2 Dietitians 4 prevention' to commissioners / purchasers (including commercial and non-commercial organisations outside the NHS), governments and leaders of dietetic services. We hope to enable dietetic leaders/managers to create new services or promote existing services that encompass public health i.e. prevention and the optimisation of health and wellbeing. Year 3 will see us actively promoting the public facing arm of the campaign.

It's all about the POW!! factor - Proving Our Worth to commissioners, governments, employers and members of the public. This of course applies to many (if not all) of us working within the nutrition field and it is incumbent on us all to keep on pushing home the key nutrition and hydration messages. As we work to raise the profile of the profession we also raise the profile of nutrition and hydration and the need to have access to credible and pragmatic advice from evidence-base professionals.



*Planning for 2018*

