

"You must have
a cup of tea!"

International Nutrition and Hydration Week 13-19 March 2023

You can make a difference- Get involved in this years nutrition and hydration week to promote the importance of good nutrition and hydration for those in your care.



Plan	Communicate	Do	Share
Think about what you can do, prepare be as creative as you like	Let us know what you are going to do, we can plan a visit to join in the fun h.degnan1@nhs.net	Do it, make it enjoyable, involve everyone! Have fun and take lots of pictures.	Share with others what you have done, we can help with this by sharing your pictures and activities with all our partners in care





Monday 13 - Sunday 19 March marks this year's **International Nutrition and Hydration Week**, which gives us the opportunity highlight, celebrate provision excellence and innovation in how our care providers across North Yorkshire and York are supporting the nutrition and hydration of those in their care.

We all know malnutrition and dehydration can severely impact our residents and service users, including through an increased risk of falls, pressure ulcers, decreased cognition and risk of infection. This ultimately impacts the quality of life of those in our care settings and leads to increased morbidity and mortality. Did you know the estimated annual cost of malnutrition to the NHS in the UK is £13 billion, and that over 83,000 bed days are taken from patients who have become unwell due to poor fluid intake? This can be avoided by ensuring those we care for have the adequate dietary and fluid intake daily.

We have pulled together this bulletin which has some great ideas on how providers can raise awareness of the dangers of malnutrition and dehydration in their services, as well as resources and training you access to enhance the support

your teams already provide. We would love to hear from providers across North Yorkshire and York about how your teams are working to support those in your care. This week is a great opportunity for providers to get creative and organise activities with your staff and residents to promote good nutrition and hydration, or take part in national events such as The Global Tea Party (see below for further details).



Improving Hydration in Care Home Residents- Quality Improvement Programme for Care Providers

The Quality and Nursing Team are currently working across North Yorkshire and York to offer providers the chance to take part in a quality improvement programme in response to a higher incidence of e coli bacteraemia's in our local area. The project supports providers to access hydration training and to implement learning, practices and tools which have been shown to aid improvement in outcomes for those in our care. Using baseline and monthly data on key factors such as UTI's, chest infections and falls, and using days between boards we will track and celebrate your progress. Further information on the programme can be found through this [link](#). If you would be interested in taking part please contact sam.varo@nhs.net



Lets Share and Celebrate- Excellence in Nutrition and Hydration

We know our providers and care staff have a wealth of fantastic ideas to support the nutrition and hydration of those in their care. We would love to hear more about what your service are doing, so we can share ideas with fellow providers and celebrate the creativity of our North Yorkshire and York teams. This could be:

- Sharing activities and initiatives for how you keep those in your care hydrated and in access the nutrition they need. From hot chocolate and mocktail evenings to amazing hydration stations- we want to hear about them.
- Celebrating our chefs and catering teams and the vital role they play
- Don't forget your staff- how are you keeping them hydrated?

For those of you that are feeling extra creative, why not hold an event or activity in your to raise awareness of the importance of fluid and nutritional intake- or create a display board? To share what you get up to or are doing in your setting please contact: sam.varo@nhs.net



Global Tea Party- Join us for a Cuppa

As part of the International Nutrition and Hydration Week Campaign, organisations across the world are being encourage to take part in the Global Tea Party to their your helping improve nutritional and fluid intake for those in your care .This is a great opportunity to hold a tea party within your service and have a bit of fun. Large or small- All we ask is that you take some photos this with us. There's some great ideas and recipes for those taking part through the [Global Tea Party website](#). Why not produce some refreshing and hydrating mocktails, or stay classic and stick with tea and a slice of cake?



React to Malnutrition and Dehydration

Did you know there are some great resources and training designed for care staff available through the national "React To..." programme? To find out more please follow this [link](#).

This bulletin is produced by York Health and Care Partnership

For further information please contact sam.varo@nhs.net