

# **SOCIAL CARE & HEALTH SCRUTINY COMMITTEE**

## **16<sup>th</sup> SEPTEMBER 2015**

### **Community Nutritional Strategy for Carmarthenshire Integrated Services**

#### **To consider and comment on the following issues:**

- To note the decline in the uptake of meals on wheels by 33% since 2012.
- To agree and implement a community nutritional strategy for Older People in Carmarthenshire to replace the limited impact of the meals on wheels service.
- The current service of meals on wheels should continue as long as it is practicable to do so and people wish to receive the service.
- For Integrated Services to develop an action plan and operationally roll out recommendations based on 5 priority areas:
  1. Review current provision
  2. Community Development to meet community needs
  3. Closer integration with health and other stakeholders
  4. Develop Information, Assistance and Advice Services
  5. Education

#### **Reasons:**

- Carmarthenshire does not currently have a Community Nutritional Strategy and this document is a response to recommendations made by Welsh Government in the Health Promotion Action Plan for Older People. Lack of nutrition and hydration is a significant risk factor for vulnerable adults living in the community. It is estimated that 1 in 10 older people are malnourished or at risk of malnutrition. Meals on wheels have always had a limited impact on this and the model of support needs to improve and be replaced by a comprehensive community strategy to support older people.
- To formulate views for consideration by the Executive Board/Council.

**To be referred to the Executive Board for decision: YES**

**Executive Board  
County Council**

**28th September 2015  
To be confirmed**

**Executive Board Member Portfolio Holder: Cllr. Jane Tremlett (Social Care & Health)**

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## EXECUTIVE SUMMARY

# SOCIAL CARE & HEALTH SCRUTINY COMMITTEE 16<sup>th</sup> SEPTEMBER 2015

## Community Nutritional Strategy for Carmarthenshire Integrated Services

### Brief summary of purpose of report

The Welsh Government's Health Promotion Action Plan for Older People in Wales highlights the importance of prioritising good nutrition for health and well-being and informs the Food and Well Being Nutritional Strategy for Wales. Vulnerable older people are considered by this strategy as a priority group acknowledging that many of them are living with limiting, long term illness and are on a low income.

The report outlines the main barriers to good nutrition for this group in the community and proposes Carmarthenshire implements a holistic community nutritional strategy which focuses on five priority areas and considers available options to support good nutrition for older people. Such a strategy will provide Carmarthenshire with overarching principles for developing services that promote nutritional wellbeing for older people living within our communities.

### Other options available and their pros and cons

Option	Pros	Cons
To not adopt an integrated community strategy and meet nutritional needs through current provision i.e. to continue to rely on an outdated model of meals on wheels to meet this need.	Embed current provision, which would not need additional resources or targeted change process.	Would not address Welsh Government recommendations or best practice. Would leave older people vulnerable.

DETAILED REPORT ATTACHED?

YES

## IMPLICATIONS

I confirm that other than those implications which have been agreed with the appropriate Directors / Heads of Service and are referred to in detail below, there are no other implications associated with this report.

Signed: Rhian Dawson Interim Head of Integrated Services

Policy, Crime & Disorder and Equalities	Legal	Finance	ICT	Risk Management Issues	Staffing Implications	Physical Assets
NONE	NONE	NONE	NONE	YES	NONE	NONE

### 5. Risk Management Issues

Poor nutrition and hydration is a significant risk factor for vulnerable adults living in the community. It is estimated that 1 in 10 older people are malnourished or at risk of malnutrition. The availability of a nutritional strategy for older people in Carmarthenshire would support risk mitigation in this area.

## CONSULTATIONS

I confirm that the appropriate consultations have taken in place and the outcomes are as detailed below:

Signed: Rhian Dawson Interim Head of Integrated Services

**1. Local Member(s)** – Cllr. Jane Tremlett (Executive Board Member for Social Care & Health) has been consulted during production of this document.

**2. Community / Town Council** – N/A

**3. Relevant Partners** – The Hywel Dda University Health Board Dietetics department

**4. Staff Side Representatives and other Organisations** – N/A

**Section 100D Local Government Act, 1972 – Access to Information**  
List of Background Papers used in the preparation of this report:

**THERE ARE NONE**

Title of Document	File Ref No. / Locations that the papers are available for public inspection