



21<sup>st</sup> October 2010

**NACC URGE LOCAL AUTHORITIES TO INVEST IN GOOD NUTRITION FOR OLDER PEOPLE**  
**Following the government's spending review announcement**

The National Association of Care Catering is urging Local Authorities to invest in good nutrition for older people, following the government's commitment to a £2.5bn increase for social care budgets. The NACC believe that good nutrition and hydration are a vital aspect of social care, and investment in ensuring this provision is met in residential and community care will save money in the long term.

A report launched earlier this month by the NACC identified one in 10 older people in the UK at risk from malnutrition. This is likely to increase further with figures showing by 2033 an estimated 23% of the UK population will be aged over 65 and a further 3.2m (4.5%) aged over 80. Investing in good nutritional care will help save money in the long term as malnutrition among older people can lead to increased hospital stay, increased readmission rates and increased transfer and admission to care homes, all of which costs the government money.

Derek Johnson, Chair of the NACC, said: "We welcome the government's investment in social care, but we still need them to back a standard approach to nutrition which is firmly embedded as part of a care package. The government also needs to recognise and adopt a single Nutrition Standard. Adopting these two initiatives will ensure Local Authorities are investing in the right services for older people."

Good nutritional care is a vital service for the elderly as it is an investment in independence. Poor nutrition and hydration leads to poor health and a greater need for care. As our population ages and we face the challenges raised by the current public finances, it has never been more important to keep older people fit and well, therefore, preventing costly packages of care.

**Ends**

For more information and a copy of the report, please contact: Lucy Jones, **jag press & publicity** on: 07912567063/ 01403 793836 [info@jagpresspublicity.co.uk](mailto:info@jagpresspublicity.co.uk)

**Notes to editors:**



The National Association of Care Catering (NACC) is a progressive organisation representing professionals providing catering to the care industry. They are recognised by Local Authorities, independent providers, the charitable sector and Government departments as a prime source of information and opinion on all aspects of catering within the care sector and whose primary aim is to improve standards.

The NACC works with a number of partners to:

- To promote and enrich the standard of catering within the care sector, whether that catering be provided by Social Care Departments or other Caring Agencies
- To provide a forum for debate among individuals, companies and organisations of all kinds involved in catering for the care sector
- To facilitate the exchange of information, experience and expertise
- To promote the development of professional standards among those involved in catering for the care sector
- To commission research into matters relating to catering for the care sector
- To publish guidelines, policy papers and authoritative statements on all aspects of catering for the care sector