



PRESS INFORMATION

HCA & NACC ANNOUNCE JOINT INITIATIVE TO RAISE AWARENESS OF NUTRITION AND HYDRATION IN SOCIAL & HEALTHCARE SETTINGS

The **Hospital Caterers Association (HCA)** and the **National Association of Care Catering (NACC)** have today announced the launch of a Nutrition Day to be held on Wednesday 20th March 2013. The associations have joined forces to help raise awareness of the importance of good nutritional care, which includes hydration, in all social and healthcare settings throughout the UK. The Day will focus on providing vital advice and guidance to health and social professionals on the action that can be taken to help prevent undernutrition and dehydration.

The Office of National Statistics has indicated that both malnutrition and dehydration are factors that are cited in the cause of death of over 420 people in social and health care settings every year. The HCA and NACC will provide information and supporting materials which can be used to promote good practice for all those working in these settings. These can also be used to highlight to patients and customers the dangers of becoming malnourished or dehydrated and how to avoid suffering from these conditions.

The overall aim of the day is to illustrate how, by making positive changes to eating and drinking habits, people can improve their quality of life. The benefit of the campaign to professionals and staff within social and healthcare settings will be the preventative role they can play in catalysing a reduction in malnutrition related illnesses that often require complex treatments, prolong recovery periods, delay hospital discharges and increase NHS costs.

Karen Oliver, NACC Chairman, said: "We are proud to launch the first combined Nutrition Day. It's important to understand how much food and fluid is required on a daily basis, how this can be increased and what good practices to follow are. I call upon all involved in social and health care to play their part in helping us to promote this vital element of good nutritional care up and down the country. Many social and health care staff are in a position to help monitor the health of older people and it is vital we ensure they have the awareness and tools to provide the care our vulnerable patients and service users deserve."



Janice Gillan, HCA Chair, commented: “With more integrated partnership working between health and social care, it was a logical move to work with the NACC on promoting this vital core activity for health and social care. There is also a strong economic argument for supporting people with good nutrition and hydration. Evidence suggests that dehydration can lead to increased hospital stay, and increased readmission rates.”

The Nutrition Day will be keenly promoting the following:

- The 10 Key Characteristics for Good Nutritional Care
- Utilising Nutrition Advocates for each health or social care setting
- The minimum standards for good nutrition in the respective settings
- Highlighting Good Nutrition Practices
- Highlighting Good Hydration Practices

Ends

For more information and a copy of the 10 Key Characteristics for Good Nutritional Care please contact:

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NOTES TO EDITORS:

• **About the National Association of Care Catering (NACC)**

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

- **About the Hospital Caterers Association (HCA)**

Founded over 60 years ago, the **Hospital Caterers Association (HCA)** was one of the first professional associations to be formed within the National Health Service. It represents almost 400 senior health care catering managers and dietitians who provide a wide range of food services for patients, visitors and staff in NHS hospitals and health care facilities nationwide. With over 250 NHS hospitals represented in its membership and 17 HCA branches throughout the UK, the HCA network is the single largest group of health care catering providers within the NHS.

With over 300 million meals served every year and around £500 million spent on food annually by around 300 NHS Trust across approximately 1200 hospitals, the NHS is the UK catering industry's largest provider of meals. The HCA's network of members is responsible for the jobs of 35,000 people, 80% of which are hospital chefs and kitchen based staff. Amongst its Associate membership are over 100 suppliers who are responsible for the provision of millions of pounds worth of food, beverages, services and equipment to the hospital catering sector.