

What is the value of high quality nutrition to the NHS, patients and staff?

"The food and drink that is available in hospitals should complement the public health message from the NHS"

Susan Jebb,
 Professor of diet and population health, University of Oxford



"Adults (not just children) need to be consulted on their meal preferences. Food is also wasted because it is served at the wrong time."

Tanya Hughes (CTG)



"Has there been any creative solution for food during the current emergency that we would want to continue after? (e.g. Leon, Feed NHS)"

Gianluca Fontana (CTG)

"Healthy food eateries (not just chain cafés) should be available on site, around the clock."

Tanya Hughes (CTG)

CHANGING HABITS

NHS should act as standard bearer for healthier food options. Educate and help change population relationships with food, including dietary preferences, through our practices in NHS hospitals.



RECOVERY & READMISSION

In Europe, malnutrition prior to admission leads to an increased LOS ranging from 2.4 to 7.2 days.¹ Malnourished patients are 54% more likely to be readmitted to hospital within 30 days.



"Cutting on budgets on patient nutrition is often a quick budget saviour but in the long term does affect outcomes, length of stay, re-admission - and if we get it right in the community, admission avoidance."

Chris Flatt (CTG)

"We also have opportunities to work with our local councils on this (...) alongside our developments (the data on chicken shops, schools and obese children springs to mind."

Bob Klaber (CTG)



"Feeding the night shift should be something we consider continuing."

Ruth Dixon Del Tufo (CTG)

"I would also love to have a widely available drinking water supply across every part of our redevelopment."

Bob Klaber (CTG)

"Staff go home with headaches every day not only due to job stress but because we are dehydrated."

Chris Flatt (CTG)

COSTS

Measured energy intake of <70% of energy needs is associated with an increased risk of healthcare acquired infections. About 2% of the cost of an inpatient stay in the NHS is food service related.



STAFF

A 2019 NHS staff survey found many had no access to free drinking water; about a third had no access to acceptable food for their diet or religion, and at night healthy options were difficult to find. And, they had no suitable area to prepare food or to sit for a meal.



FOOD SERVICES

Benefits of centralisation include quality control and system oversight as well as potential to use lower cost production space. Benefits of decentralisation include lower food miles, potential better quality and tailoring to individuals' needs and preferences.



WATER

Drinking enough water is important for health and wellbeing. Good nutrition and hydration reduces the risk of developing pressure ulcers in hospital.



Its value is far higher than its cost.