

Malnutrition Week_{ANZ}

Mon 4th - Fri 8th Oct 2021

TOOLKIT

*Malnutrition is
everybody's
business*

Help fight malnutrition
by getting involved
and raising awareness



INSIDE THIS TOOLKIT:

- What is Malnutrition Week ANZ?
- How can I get involved?
- Ideas for events and activities
- List of FREE resources

www.dietitianconnection.com/malnutritionweekanz2021/

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What is Malnutrition Week ANZ?

Up to 40% of hospital patients¹ and up to 50% of nursing home residents² are thought to be malnourished. Part of the challenge is **awareness**, both amongst clinicians and the public.

Malnutrition Week ANZ is a dedicated time to bring attention to the staggering rates of malnutrition in Australian and New Zealand communities and healthcare settings. It is your opportunity to band together with your nutrition colleagues to get involved and raise awareness of the important and necessary work being done in the malnutrition space. Start the conversation with your multidisciplinary health care colleagues and spread the word: **malnutrition impacts lives**. We need to make a difference.

In 2021, Dietitian Connection wants to continue the fight against malnutrition, and we want you to play a part.

Malnutrition is everybody's business

Our theme for 2021 is **Malnutrition is everybody's business**.

The campaign spotlights the shared responsibility of healthcare staff, families and patients to identify, treat and prevent malnutrition.



1. Australian Commission on Safety and Quality in Health Care 2018. Hospital-Acquired Complication: MALNUTRITION. https://www.safetyandquality.gov.au/sites/default/files/migrated/SAQ7730_HAC_Malnutrition_LongV2.pdf

2. Dietitians Australia 2019. Royal Commission into Aged Care Quality and Safety. https://dietitiansaustralia.org.au/wp-content/uploads/2019/03/DAA_Royal-Commission-Aged-Care_Mar-2019_Final.pdf

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How can I get involved?

It's easy! The more people talking about malnutrition, **the louder the message**. Get together with your colleagues and choose something from our list of ideas or come up with your own. We have developed a range of FREE resources for you to use, so all you need is a bit of manpower and some enthusiasm.

As part of Malnutrition Week ANZ, we're giving you the professional development you need and want with a **series of free educational webinars on malnutrition** presented by leading malnutrition experts. Be sure to invite your multidisciplinary team to watch the webinars, too.

Make sure you share what you're doing far and wide – **tag us @dietitianconnection** and use the hashtag **#MalnutritionWeekANZ**.



Look at what we achieved last year...

Malnutrition Week^{ANZ} Highlight Reel

Northwest Health, Wangaratta

Southern District Health Board

Christchurch Hospital

Gabrini Health

Christchurch Hospital

St Andrew's War Memorial Hospital

Gabrini Health

Plena Healthcare

Griffith Rehabilitation Hospital

WA Country Health Service

Midcentral DHB

Southern District Health Board

Gateway Health

Christchurch Hospital

Central Adelaide

98,000 reach
3AW RADIO SEGMENT WITH KAREN INGE AND AGED CARE DIETITIAN EMMA MITTS

382,900 TOTAL reach
MATERIALS AND MESSAGES VIA DIETITIAN CONNECTION AND THE DIETITIAN COMMUNITY

>2,000 DIETITIANS WERE INVOLVED IN MALNUTRITION WEEK ANZ

As dietitians, you play a pivotal role in diagnosing and treating malnutrition – or preventing it all together.

#malnutritionweekANZ

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Ideas for events and activities



Set up a booth in a prominent area – you could take the opportunity to demonstrate or conduct malnutrition screening.



Place a malnutrition flyer on patient/resident meal trays

Follow a patient meal from ordering to plating to delivery to collection, and watch out for any barriers to good nutrition. Take a member of executive along for the ride and talk as you go.



Check out resources from Nutrition and Dietetic colleagues around the world – webinars, factsheets, more ideas for events and activities.

UK

CANADA

USA



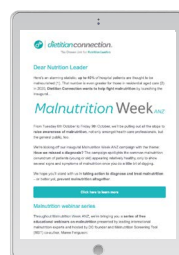
Lunch and learn presentations – Dietitian Connection is pleased to present a series of FREE webinars each day during Malnutrition Week ANZ – make sure you tune in and invite your colleagues and other healthcare workers to join too!

[CLICK HERE TO REGISTER NOW](#)



Use the FREE artwork available from Dietitian Connection to add to your Facility website or display posters on the wall.

[CLICK HERE TO GET STARTED](#)



Publish an article in your Facility newsletter



Malnutrition audit – team up with nursing or other care staff to do a ward audit, or look back at records from a set period of time.



Host a morning or afternoon tea for staff at your facility – include dishes from your food service menu and take the opportunity to explain how your kitchen can support specialised diets.



Share your activities on social media (be sure to tag us @dietitianconnection and use the hashtag #MalnutritionWeekANZ)

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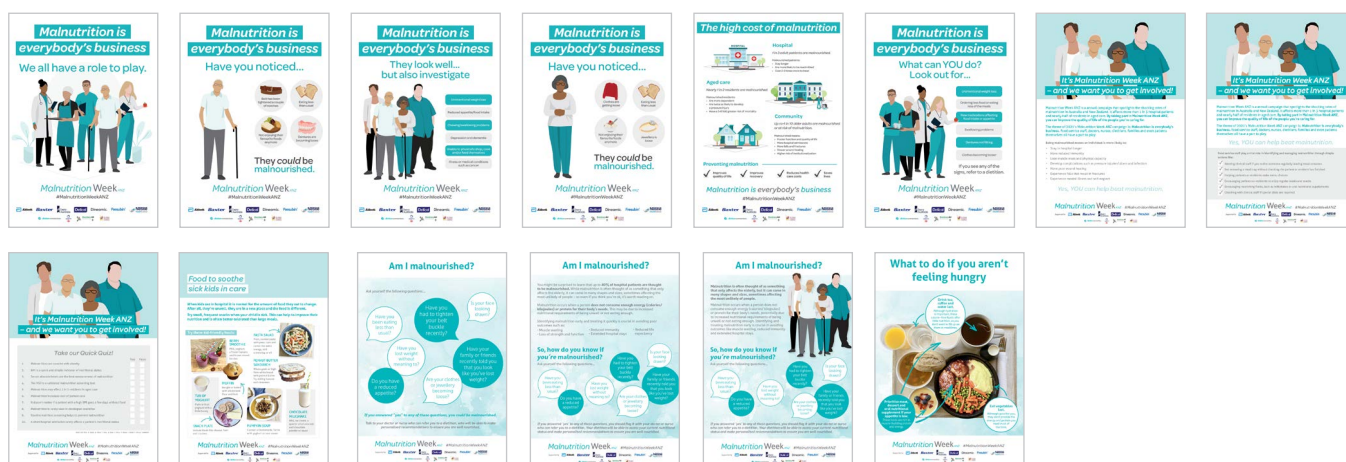


What resources are available *to support* me and my organisation?

We've done the hard yards for you. On our website you will find everything you need to promote Malnutrition Week ANZ in your facility – **all downloadable for free.**

[CLICK HERE TO GET STARTED](#)

• Posters and flyers



• Social media tiles for you to use on Facebook, Instagram, LinkedIn and Twitter



• Powerpoint template



• Desktop Wallpapers (1680x1050, 1920x1080)



Malnutrition Week ANZ **#MalnutritionWeekANZ**

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Free webinar series for multidisciplinary teams



Monday 27th September, 12:30 – 1:30pm (AEST)

Supported by **Nestlé**
HealthScience

[CLICK HERE TO REGISTER](#)



Tuesday 28th September, 12:30 – 1:30pm (AEST)

Supported by **Fresubin®**

[CLICK HERE TO REGISTER](#)



Wednesday 29th September,
12:30 – 1:30pm (AEST)

Supported by **Delical**

[CLICK HERE TO REGISTER](#)



Thursday 30th September,
12:30 – 1:30pm (AEST)

Supported by **Dairy Australia**

[CLICK HERE TO REGISTER](#)



Friday 1st October,
12:30 – 1:30pm (AEST)

Supported by **Abbott**

[CLICK HERE TO REGISTER](#)



Monday 4th October, 7 – 8pm (AEST)

Supported by **Baxter**

[CLICK HERE TO REGISTER](#)



Wednesday 6th October,
12:30 – 1:30pm (AEST)

[CLICK HERE TO REGISTER](#)

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HealthScience

dietitianconnection. **AuSPEN** **Dietitians NZ** **The Institute of Hospitality in HealthCare**

True change and awareness comes when we share all of the great work that we are doing. During Malnutrition Week ANZ, be sure to tag us on social media (@dietitianconnection and use the hashtag #MalnutritionWeekANZ) or email us some photos with permission to share on social media (info@dietitianconnection.com).

The most innovative promotion of Malnutrition Week ANZ will win four tickets to Dietitians Unite 2022.

Your participation in our FREE webinars can also be used for CPD.

So, what are you going to do to make sure malnutrition is on everybody's radar?



Competition closes 11.59pm 11th October 2021. Open to Australian and New Zealand dietitians only. Prize winners will be notified via email or social media and announced on Dietitian Connection channels.

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Dineamic.

