

Malnutrition Week_{ANZ}

October 10-14, 2022

Your complete guide to Malnutrition Week ANZ 2022



Be a nutrition
CHAMPION!

Inside this guide:

- What is Malnutrition Week ANZ?
- How to be a nutrition champion
- Malnutrition Week ANZ activity calendar
- Free symposium and food service webinar

Anyone can be a
nutrition champion

Every voice counts in raising
awareness and tackling malnutrition



<https://malnutritionweekanz.com/>

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What is Malnutrition Week ANZ (MWANZ)?

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



MWANZ 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 unite with your nutrition colleagues to raise awareness of the important and necessary work being done in the malnutrition space. Start the conversation with your multidisciplinary healthcare colleagues and spread the word: **malnutrition impacts lives. We need to make a difference.**



In 2022, Dietitian Connection is calling *all* health professionals to put on their metaphorical superhero cape and be a **nutrition champion**. We can *all* support those within our communities to reduce malnutrition risk.

To assist you on your MWANZ journey, Dietitian Connection have created a step-by-step guide. Inside, you'll find helpful tips and hints on planning and executing your MWANZ activities with your team of nutrition champions in tow. [Check it out here.](#)



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How to be a nutrition champion

Malnutrition can have a significant burden on patients, carers, families and the entire healthcare system. While dietitians live and breathe nutrition, they can't be the only healthcare professionals to 'champion' nutrition in hospitals and community settings. That's why the theme of this year's MWANZ campaign is: **Be a nutrition champion!**

Non-dietetic healthcare professionals, including nurses and allied health professionals, play a key role in championing nutrition and improving the quality of life of the patients they care for. Helping them upskill in identifying malnutrition risk is invaluable.



How to support your nursing and allied health care professionals

- ★ Create a MWANZ 'Spot the red flags' challenge – set a challenge for each ward to "spot" as many indicators of malnutrition as possible and implement strategies to combat them
- ★ Oral nutrition supplement (ONS) taste testing – set up a tasting stand with a range of different ONS for sampling
- ★ Promote and attend the MWANZ symposium webinar with them and encourage discussion about the topics



How to support food service staff in becoming nutrition champions

- ★ Share MWANZ food service resources
- ★ Run a workshop!
- ★ Showcase high protein high energy mid meal snacks on offer at your facility
- ★ Role play offering high protein high energy mid meal snacks
- ★ Promote MWANZ food service webinar and attend together



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How can I get involved?

It's easy! The more people talking about malnutrition, the louder the message. You can be the nutrition champion at your organisation by getting your colleagues involved – **check out page 6** for a list of ideas to get your creative juices flowing. **Plus, we've 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 MWANZ, we're giving you the professional development you need and want with a **FREE educational symposium** on malnutrition topics, presented by leading malnutrition experts. Be sure to invite your multidisciplinary team to watch the symposium, too.

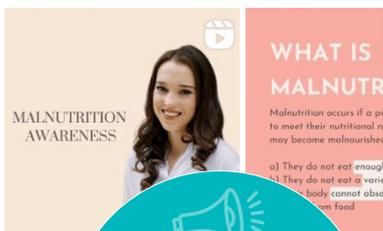
Make sure you share what you're doing far and wide – use the hashtag **#malnutritionweekanz** and tag us **@dietitianconnection**

Check out the **Dietitian Connection Facebook Group** and brainstorm ideas for this year's activities!



Dietitian Connection Facebook Group

Look at what we achieved last year...



Community involvement



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More ideas for events and activities



ONS taste testing – set up a tasting stand at your workplace with a range of different ONS for sampling



Place a malnutrition flyer on patient/resident meal trays

Staff trivia – test your team's malnutrition knowledge and use the opportunity to learn together and discuss the results. The person or team who gets the most answers correct wins an exciting prize.



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.



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 the executive team along for the ride and talk as you go.

Create a MWANZ 'Spot the red flags' challenge – set a challenge for each ward to "spot" as many indicators of malnutrition as possible and implement strategies to combat them. The ward with the most spots and corresponding strategies in place wins!



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.



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

UK

CANADA

USA



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](#)

Individualised resource pack – create a malnutrition resource pack tailored to the patients in your hospital or community.



Publish an article in your Facility newsletter



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



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Your MWANZ 2022 activity calendar

Inspiration for a successful **#malnutritionweekanz** campaign at your workplace.

October

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
10  Malnutrition Week Monday	11  Taste Testing Tuesday	12  Workshop Wednesday	 Thinking Thursday	14  Friday Finale <i>Cherish a champion</i>
17	18	19	20	21



Malnutrition Week Monday

Announce Malnutrition Week ANZ (MWANZ) to your organisation / Share facts and figures about malnutrition / Set up **MWANZ posters** and **screen savers** at your workplace



Taste Testing Tuesday

Invite your multidisciplinary team and food service staff to morning or afternoon tea to sample oral nutritional supplements (ONS) and high protein high energy menu items / ONS tasting



Workshop Wednesday

Attend the **MWANZ symposium** / Run your own education session for the multidisciplinary team



Thinking Thursday

Conduct a **MWANZ quiz** with all staff and offer a prize for the person who gets the most correct answers / Do a **'Guess your calf circumference'** competition and offer a prize for the person who has the closest guess



Friday Finale

Wrap things up with a table display in a prominent place to share fact sheets, resources and ONS samples / Cherish a champion. **Nominate a non-dietitian going above and beyond to fight malnutrition - see page 10 for details**

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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'll find everything you need to promote MWANZ in your organisation – **all FREE and downloadable.**

[CLICK HERE TO GET STARTED](#)

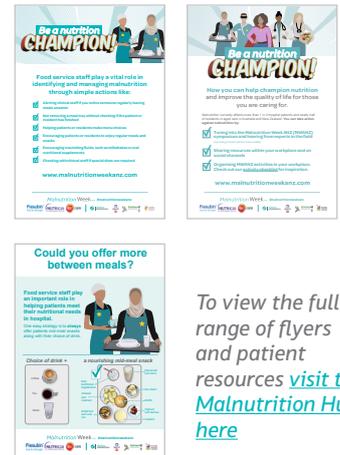
• Patient Resources



• MWANZ flyers



• Food service flyers



• A1 Poster



• Social media tiles (For you to use across Facebook, Instagram, Twitter and LinkedIn)



For more social tile resources [visit the Malnutrition Hub here](#)

• Powerpoint template



• Desktop Wallpapers (1680x1050, 1920x1080)



• Sticker template



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FREE SYMPOSIUM

Malnutrition under the microscope

This year's Malnutrition Week ANZ Symposium deep dives into all aspects of malnutrition, from nutrition assessment and auditing to managing disease-specific malnutrition and barriers to accessing good nutrition within the community. Join us with an expert panel of malnutrition speakers.

Wednesday 12 October,
8.30am – 11.30am (Syd/Melb time)

REGISTER TODAY

Topics include:

- Using the GLIM criteria
- Measuring malnutrition in your setting
- Malnutrition and chronic kidney disease
- Malnutrition in the ICU setting
- Barriers to good nutrition in the community and residential aged care

Speakers:



Professor Charlene Compher



Sally McCray



Dr Kelly Lambert



Emma Ridley



Susan Bloomfield-Stone



Emma Rippon

For more information visit: <https://dietitianconnection.com/product/malnutrition-under-the-microscope/>

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FREE WEBINAR

Collaboration in the kitchen:

Dietitians and chefs working together to improve nutrition in aged care

Friday 14 October,
10am – 10.45am (Syd/Melb time)

REGISTER TODAY

Partnered with IHHC



A Q&A session between a chef and dietitian to uncover tips on working together to get the best outcomes for their residents

Guest speakers:



Morgan Pankhurst



Amy White



Angela Hicks

For more information and to register visit:

<https://dietitianconnection.com/product/collaboration-in-the-kitchen/>

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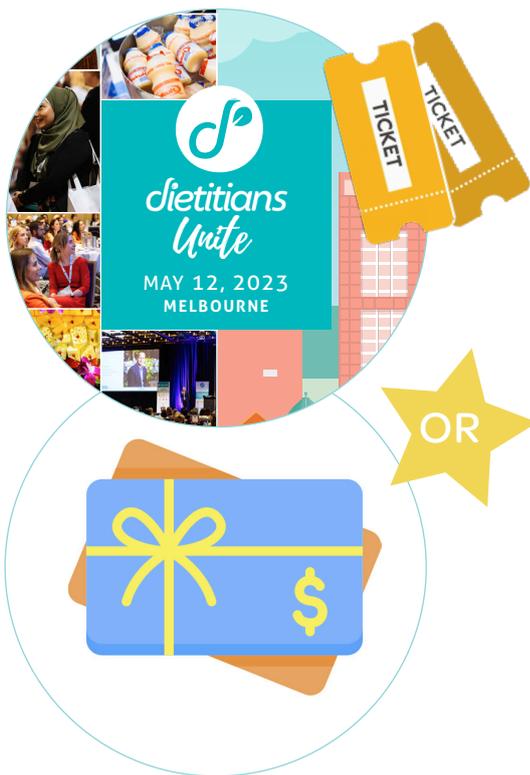
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Your chance to WIN!

Being a true nutrition champion comes from taking action to create change and generate awareness. Share with us your innovative MWANZ activities and you'll have the opportunity to WIN one of four \$50 gift cards* or a ticket to Dietitians Unite 2023.

To enter, simply share your MWANZ activities on social media with the hashtag **#malnutritionweekanz** and tag **dietitianconnection****. If you're not on social media, email us some photos with permission to share them on our social media channels (info@dietitianconnection.com).



We also want you to nominate a non-dietetic colleague as an outstanding Nutrition Champion!

They will go in the running to win a \$100 gift card. To submit your nomination, simply post their photo on social media (with their permission) or email us at info@dietitianconnection.com highlighting their outstanding efforts in the malnutrition space.



So, how will you be a nutrition champion in your workplace this year?

*To WIN one of the four \$50 gift cards simply align your activity with our daily activity calendar (on page 6).
**Competition closes 11.59pm 14th October 2022. 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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