



News Release

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For Immediate Release

Food for Thought in Hospital Meals Report

Significant progress has been made in the hospital meals service in the region, but there is still a lot more work to be done.

These are the conclusions of a major report published this week by the county's Health Overview and Scrutiny Committee (HOSC).

The NHS Trusts have been given ten recommendations to put in place covering meals policy, nutrition and hydration to ensure all patients, on all wards, get the best possible mealtime care.

County Councillor Sylvia Tidy, the Chair of HOSC, said:

"This is an extremely detailed and important Report into hospital meals. The NHS Trusts have worked very hard to improve things over the last few years but there is still some way to go. We will work closely with the Trusts and the individual hospitals in the future, by monitoring progress, to ensure the very best policies and practices are put in place for patient food care".

The Report covers various areas including whether there are protected meal times, assisted eating, screening for malnutrition on hospital admittance and whether hospital food fits the bill.

The Hospital Trusts should consider action to raise awareness of the range of meals available, increase uptake of fresh fruit and vegetables and make sure food is hot for the last patient to be served. Patients should be encouraged to make use of hand gels or wipes, before meal times, as part of the infection control strategy

As part of the review, HOSC commissioned Local Involvement Network (LINK) volunteers to visit hospitals to see what is happening and talk to patients and carers about their experiences

Notes for editors

1. The 'Review of nutrition, hydration and feeding in hospitals' is published on the HOSC website at: www.eastsussexhealth.org/news/NutritionFeeding

The LINK reports have also been published.

2. The Report covers the main acute hospitals in the region. These are the Eastbourne District General Hospital and the Conquest Hospital, Hastings in East Sussex. It also includes the Royal Sussex County Hospital in Brighton and Princess Royal Hospital in Haywards Heath, West Sussex.



The Health Overview and Scrutiny Committee is managed by East Sussex County Council and works in partnership with Eastbourne Borough Council, Hastings Borough Council, Lewes District Council, Rother District Council and Wealden District Council.

3. HOSC aims to improve the health of people in East Sussex through scrutiny of NHS health services to ensure quality and equality. There are representatives from the County Council and District and Borough Councils on the Committee. HOSC also works with the NHS and voluntary organisations for continuous health improvement. The HOSC website is at: www.eastsussexhealth.org

For further information please contact:

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