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| <b>Reference Number:</b> UHB 221<br><b>Version Number:</b> 3.3 | <b>Date of Next Review:</b> 05.01.2026<br><b>Previous Trust Reference Number:</b> T259 |
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## Nutrition and Catering Policy for Inpatients

### Policy Statement

To ensure the Health Board delivers its aims, objectives, responsibilities and legal requirements transparently and consistently, this policy will ensure that the nutrition and hydration standards set out in the procedure are the focus for all staff involved in the provision of food, fluid or nutrition services, ensuring the Health Board meets the diverse nutrition, hydration and dietary needs of all hospital inpatients.

### Policy Commitment

The policy will ensure that the diverse nutrition and hydration needs of its inpatients will be screened, assessed, addressed and met.

**Supporting Procedures and Written Control Documents** This Policy and the supporting documents describe how the Health Board can meet the diverse nutrition and hydration needs of its inpatients.

### Other supporting documents are:

- Cardiff and Vale Nutrition and Catering Procedure for Inpatients (UHB 367 V3.3)
- Insertion of a Nasogastric Tube, Confirmation of Correct Position and Ongoing Care in Adults, Children and Infants and Neonates Procedure (UHB 114)
- Insertion, management and removal of the nasal bridle fixation device for naso-enteral tubes in adults procedure (UHB 067)
- All Wales Nutrition and Catering Standards for Food and Fluid Provision for Hospital Inpatients (2011) <http://www.hospitalcaterers.org/media/1158/wales-food-fluid.pdf>
- Health and Care Standard 2.5 Nutrition and Hydration <http://www.wales.nhs.uk/governance-emanual/standard-2-5-nutrition-and-hydration>
- NICE (2012) Quality standard 24 Nutritional Support in Adults [Overview | Nutrition support in adults | Quality standards | NICE](#) Hydration tool kit [Health in Wales | New toolkit encourages good hydration for hospital patients](#)
- BDA Digest [NutritionHydrationDigest.pdf \(bda.uk.com\)](#)
- English Nutritional standards for healthcare food and drink [NHS England » National standards for healthcare food and drink](#)
- NHS Wales Estates and Facilities Alert Food Allergens January 2020
- BDA Practice Toolkit – Blended diets with enteral feeding tubes November 2021 [Contents \(bda.uk.com\)](#)

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| Document Title: Nutrition and Catering Policy for Inpatients | 2 of 30 | Approval Date: 18 July 2023      |
| Reference Number: UHB 221                                    |         | Next Review Date: 18 July 2026   |
| Version Number: 3.1  |         | Date of Publication: 11 Oct 2023 |
| Approved By: QSE Committee & Director of Therapies           |         |                                  |

### Scope

This policy applies to all of our staff in all locations including those with honorary contracts.

### Equality and Health Impact Assessment

An Equality and Health Impact Assessment (EHIA) has been completed and is found to have a positive impact. Key actions have been identified and these can be found within this supporting EHIA document.

### Policy Approved by

Quality Safety and Experience Committee

### Group with authority to approve procedures written to explain how this policy will be implemented

UHB Nutrition and Catering Steering Committee

### Accountable Executive or Clinical Board Director

Executive Director of Therapies and Health Sciences or Deputy Director of Therapies and Health Sciences

### Disclaimer

**If the review date of this document has passed please ensure that the version you are using is the most up to date either by contacting the document author or the Governance Directorate.**

### Summary of reviews/amendments

| Version Number | Date Review Approved | Date Published | Summary of Amendments  |
|----------------|----------------------|----------------|--|
| 1              | 01/03/2014           | 24/04/2014     | New document to replace policy of Health Board. Policy revised in line with new Welsh Government Policy Guidance 2011 and National and Professional documents  |
| 2              | 01/09/2016           |                | Updated and reviewed policy in line with University Health Board changes, Welsh Government and Professional standards  |
| 3              | 12/09/2017           | 3/11/17        | Updated to reflect new practice and to split the existing policy and procedure into two separate documents   |
| 3.1            | 15/5/2018            | 15/5/18        | Governance Department administrative update. No changes following update of NG Tube procedure (UHB 114) other than a change in the title of that supporting procedure and electronic links inserted into associated documents. |

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|     |            |            | Action agreed by Director of Therapies and Health Sciences.                |
| 3.2 |            |            | Review date. No changes following the update of bridal procedure (UHB 067) |
| 3.3 | 18/07/2023 | 11/10/2023 | Update of policy and procedure   |

## Equality & Health Impact Assessment for

### Cardiff and Vale UHB Nutrition and Catering Policy and Procedure for Inpatients

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| <b>1.</b> | For service change, provide the title of the Project Outline Document or Business Case and Reference Number   | Cardiff and Vale UHB Nutrition and Catering Policy for Inpatients UHB 221 and Supporting Procedure UHB 367   |
| <b>2.</b> | Name of Clinical Board / Corporate Directorate and title of lead member of staff, including contact details   | Nutrition and Catering Steering Group chaired by the Executive Director of Therapies and Health Sciences or Deputy Director of Therapies and Health Sciences   |
| <b>3.</b> | Objectives of strategy/ policy/ plan/ procedure/ service  | Implementation of this policy will ensure that the nutrition and hydration standards are the focus of all staff involved in the provision of food, fluid or nutritional services, and the diverse needs of all hospital patients are met.  |
| <b>4.</b> | <p>Evidence and background information considered. For example</p> <ul style="list-style-type: none"> <li>• population data</li> <li>• staff and service users data, as applicable</li> <li>• needs assessment</li> <li>• engagement and involvement findings</li> <li>• research</li> <li>• good practice guidelines</li> <li>• participant knowledge</li> <li>• list of stakeholders and how stakeholders have engaged in the development stages</li> <li>• comments from those involved in the designing and development stages</li> </ul> | <p>The WHO asserts that the global food price crisis threatens public health and jeopardizes the health of the most disadvantaged groups such as women, children, the elderly and low-income families. Economic factors play a crucial role and could affect personal nutrition status and health. Economic decision factors such as food price and income do influence people's food choices. Moreover, food costs are a barrier for low income-families to healthier food choices. Several studies indicate that diet costs are associated with dietary quality and also food safety. Food prices have surged over the past couple of years and raised serious concerns about food security around the world. Rising food prices are having severe impacts on population health and nutritional status. Therefore, people who change their diet pattern for economic reasons may develop a range of nutritionally-related disorders and diseases, from so-called over-nutrition to or with under-nutrition even within the one household. This is likely to increase with growing food insecurity.UK</p> |

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| <p>Population pyramids are available from Public Health Wales Observatory<sup>1</sup> and the UHB's 'Shaping Our Future Wellbeing' Strategy provides an overview of health need<sup>2</sup>.</p> | <p>adults say that the cost of living crisis is having a negative impact on their mental health, such as leaving them feeling anxious, depressed or hopeless. 1 in 5 UK adults (21%) say they have felt “unable to cope” due to the rising cost of living further negatively compounding physical and nutritional health. The population of Cardiff and Vale is growing and diversifying rapidly, higher than the average seen across Wales, with a consequence of higher demand for health and wellbeing services.</p> <p>Climate change can directly impact our economy, livelihoods and health. Supply and disruptions caused by extreme weather events can cascade across regions and sectors, resulting in job and income losses and impacts on food availability and nutritional health. Climate change will impact on food availability and nutrient availability affecting the health of the Cardiff and Vale population. Supply chain issues and food prices are likely to have a knock on effect to the pricing and availability of patient and visitor food options.</p> <p>People are living longer, with the over 65 years forming approximately 25% of the inpatient population. Over half of these will have one or more chronic conditions.</p> <p>The population of Cardiff and Vale is predicted to increase rapidly over the next 10 years, with the 85 years and over growing faster than any other part of the population. These over 85's are likely to become increasingly frailer with multiple co morbidities, cognition issues (inc dementia), with complex physical and social care needs, and subsequent increasing LOS (lengths of hospital stay)</p> <p>The ethnic diversity of Cardiff and Vale is also growing, with over 94 different languages spoken, inc English, Welsh, Arabic, Polish, Chinese and Bengali, all with diverse religious and cultural dietary needs and preferences.</p> <p>1 in 10 people in Wales report long term health problems or disabilities, and with life expectancies increasing due to ongoing advances in medical science, it poses a greater challenge for the Health Board to meet patient's nutritional and dietary needs.</p> <p>In Wales the prevalence of malnutrition in hospitals in 1 in 4 adults (26%) Wales having the greater prevalence than England. The Risk of malnutrition</p> |
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<sup>1</sup> <http://nww2.nphs.wales.nhs.uk:8080/PubHObservatoryProjDocs.nsf>

<sup>2</sup> <http://www.cardiffandvaleuhb.wales.nhs.uk/the-challenges-we-face>

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|    |  | <p>increases significantly with age and patients have a 3-fold greater risk of complications following surgery, require more medications and a higher risk of mortality compared to the well-nourished.</p> <p>Challenges are also faced by unhealthy life styles such as respiratory disorders from smoking, obesity and diabetes, alongside alcohol and drug, and social and economic deprivation.</p> <p>The public have been made aware that the care of older patients within care settings, have been suboptimal, through the Francis and Andrews reports, where the most basic elements of care was neglected such as nutrition and hydration, the Health Board has a duty of care to ensure the needs of all patients within Cardiff and Vale receive the best nutrition and hydration care that meets their specific needs.</p> <p>The policy document is an overarching document which must be considered in meeting the standards specified in the 'All Wales Nutrition and Catering Standards for Food and Fluid provision for Hospital Inpatients', the All Wales Nutritional Care Pathway and Health and Care standards 2.5 Nutrition and Hydration.</p> <p>The policy has been written with assistance and involvement from the above staff groups via the Nutrition and Catering Steering Group and/or work streams as appropriate.</p> <p>Patient feedback is sought via, regular All Wales Patient Mealtime surveys, annual Health and Care monitoring, meal time service audits, HIW inspections Community Health Council surveys and patient stories.</p> <p>Patient representatives from the Community Health Council form part of the nutrition and catering working groups.</p> |
| 5. | Who will be affected by the strategy/ policy/ plan/ procedure/ service | <p>To ensure the effective delivery of good nutrition and hydration in a hospital setting a team approach is absolutely essential. Procurement, Catering management, Production staff, Ward based catering staff, Dietitians, Medical and Nursing staff and Therapies such as Speech and Language therapy, Occupational Therapy and Physiotherapy all have an important role to play in achieving this policy.</p>   |

**6. EQIA / How will the strategy, policy, plan, procedure and/or service impact on people?**

Questions in this section relate to the impact on people on the basis of their 'protected characteristics'. Specific alignment with the 7 goals of the Well-being of Future Generations (Wales) Act 2015 is included against the relevant sections.

| <b>How will the strategy, policy, plan, procedure and/or service impact on:-</b>  | <b>Potential positive and/or negative impacts</b>  | <b>Recommendations for improvement/ mitigation</b>   | <b>Action taken by Clinical Board / Corporate Directorate.</b><br>Make reference to where the mitigation is included in the document, as appropriate  |
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| <p><b>6.1 Age</b></p> <p>For most purposes, the main categories are:</p> <ul style="list-style-type: none"> <li>• under 18;</li> <li>• between 18 and 65; and</li> <li>• over 65</li> </ul> | <p>All patients will be nutritional risk screened on admission to hospital, and their needs addressed.</p> <p>Suitable menu items are provided for all client groups from babies to the elderly. Specific or targeted menus include Texture modified menus, Children’s menus, Maternity menus, Adult Mental Health, Mental Health for the Older Person menus and longer stay Neuro rehabilitation.</p> <p>As best as possible menus have been reviewed and amended to meet the needs of different patient groups and lengths of stay</p> | <p>Ongoing patient feedback is sought to support menu development.</p> <p>Bespoke children’s menu that caters for their specific nutritional needs</p> | <p>The catering IT system will enable us to identify popular and slow-moving dishes in real time and help support timely changes to the menus when required.</p> <p>Currently developing a business case children’s specific meal</p> |
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| How will the strategy, policy, plan, procedure and/or service impact on:-  | Potential positive and/or negative impacts  | Recommendations for improvement/ mitigation   | Action taken by Clinical Board / Corporate Directorate.<br>Make reference to where the mitigation is included in the document, as appropriate  |
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| <p><b>6.2 Persons with a disability as defined in the Equality Act 2010</b></p> <p>Those with physical impairments, learning disability, sensory loss or impairment, mental health conditions, long-term medical conditions such as diabetes</p> | <p>Menus are designed to meet the needs of patients with specific disabilities such as swallowing problems, diabetes, dexterity issues, and self-feeding issues.</p> <p>Targeted menus are available e.g. texture modified menus and finger food menus.</p> <p>There are areas where social dining is encouraged to support the communication and nutritional needs of vulnerable patients. All patients have access to coloured crockery with a unique design which creates greater opportunity for independence in eating and drinking.</p> <p>The Nutrition &amp; Hydration bed plan is available to assist the identification of patient's physical needs in relation to eating and drinking.</p> <p>Certain patients, such as patients with mental health issues, patients with swallowing</p> | <p>Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for these groups of patients.</p> <p>There needs to be increased access to adapted cutlery for patients with self-feeding and dexterity issues across the Health Board</p> | <p>The Health Board dietitians are actively involved in the procurement of food items that can be used to increase the range and variety of foods/meals that meet patient's specific needs and meet the food and fluid standards.</p> <p>Patients with communication difficulties will need to have their menus in appropriate forms e.g. pictorial menus may be used so that they will be accessible to more people. The electronic point of choice system will enable patients to see what they are choosing. Work is ongoing to develop a portfolio of images to upload to the system.</p> <p>Ongoing patient feedback is used to provide information to make any relevant menu changes</p> |



| How will the strategy, policy, plan, procedure and/or service impact on:-   | Potential positive and/or negative impacts   | Recommendations for improvement/ mitigation  | Action taken by Clinical Board / Corporate Directorate.<br>Make reference to where the mitigation is included in the document, as appropriate |
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|   | <p>disabilities or dementia may be negatively affected due to their extended length of stay, and the limited number of menu choices can result in menu fatigue.</p> <p>Snack items are also limited for this category of patients. Availability of adapted cutlery is limited.</p>   | <p>Work is ongoing at an All Wales level to source an increased range of snacks to meet the differing needs of our patients.</p>               |   |
| <p><b>6.3 People of different genders:</b><br/>Consider men, women, people undergoing gender reassignment</p> <p><b>NB</b> Gender-reassignment is anyone who proposes to, starts, is going through or who has completed a process to change his or her gender with or without going through any medical procedures. Sometimes referred to as Trans or Transgender</p> | <p>There is no evidence to suggest that the policy impacts adversely on patients who have or are undergoing gender reassignment.</p> <p>Cardiff and Vale has a legal duty of care to all its patients as does each professional employed by them. Implicit in this duty of care is the necessity to comply with all relevant legislation and consider the nutritional well-being of each</p> | <p>Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients.</p> | <p>Ongoing patient feedback is used to provide information to make any relevant menu changes</p>  |

| How will the strategy, policy, plan, procedure and/or service impact on:-  | Potential positive and/or negative impacts  | Recommendations for improvement/ mitigation   | Action taken by Clinical Board / Corporate Directorate.<br>Make reference to where the mitigation is included in the document, as appropriate |
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|  | patient regardless of background.   |   |   |
| <b>6.4 People who are married or who have a civil partner.</b>   | <p>There is no evidence to suggest that the policy impacts adversely on patients who are married or in a civil partnership.</p> <p>Cardiff and Vale has a legal duty of care to all its patients as does each professional employed by them. Implicit in this duty of care is the necessity to comply with all relevant legislation and consider the nutritional well-being of each patient regardless of background.</p> | Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients. | Ongoing patient feedback is used to provide information to make any relevant menu changes   |
| <b>6.5 Women who are expecting a baby, who are on a break from work after having a baby, or who are breastfeeding.</b> They are protected for 26 weeks after having a baby whether or not they are on maternity leave. | There is a maternity specific menu for patients who have very different needs compared to the main hospital population. The menu reflects the high  | Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients. | Ongoing patient feedback is used to provide information to make any relevant menu changes   |

| How will the strategy, policy, plan, procedure and/or service impact on:-   | Potential positive and/or negative impacts   | Recommendations for improvement/ mitigation   | Action taken by Clinical Board / Corporate Directorate.<br>Make reference to where the mitigation is included in the document, as appropriate  |
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|   | ethnic diversity of the Cardiff and Vale population.   |   |  |
| <p><b>6.6 People of a different race, nationality, colour, culture or ethnic origin including non-English speakers, gypsies/travellers, migrant workers</b></p> | <p>The menu reflects the high ethnic diversity of the Cardiff and Vale population.</p> <p>An increased range of Halal, Kosher, vegetarian and vegan choices are now available.</p> <p>We are aware that the needs of some smaller ethnic groups in Cardiff are not fully met within the UHB menus.</p> <p>We currently do not have menus available in the other languages of our diverse population.</p> <p>The Nutrition &amp; Hydration bed plan is available to assist the identification of patient’s cultural or religious needs in relation to eating and drinking.</p> <p>Cardiff and Vale has a legal duty of care to all its patients as does each professional</p> | <p>There needs to be a long-term plan to translate menus into different languages for those patients that require it.</p> <p>There is ongoing work to expand the range of vegetarian and vegan dishes.</p> <p>Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients.</p> <p>There is a portfolio of meal images that are uploaded to the Catering IT system, which will enable informed meals choices for patients with communication difficulties</p> | <p>Pictorial menus will support patients to make informed meals choices.</p> <p>The UHB are currently unable to source Kosher suitable meals in the texture modified diet range. Vegan modified texture meals are available but are very limited and costly. NWSSP as All Wales partners are looking at alternative sources of these products.</p> <p>Ongoing patient feedback is used to provide information to support any relevant menu changes.</p> <p>Work is still required to enable patients to access menus in Welsh, and other languages</p> |

| How will the strategy, policy, plan, procedure and/or service impact on:-  | Potential positive and/or negative impacts   | Recommendations for improvement/ mitigation   | Action taken by Clinical Board / Corporate Directorate.<br>Make reference to where the mitigation is included in the document, as appropriate  |
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|  | employed by them. Implicit in this duty of care is the necessity to comply with all relevant legislation and consider the nutritional well-being of each patient regardless of background.   |   |  |
| <p><b>6.7 People with a religion or belief or with no religion or belief.</b><br/>The term 'religion' includes a religious or philosophical belief</p> | <p>The menu reflects the high ethnic diversity of the Cardiff and Vale population. Increased Halal and Kosher, Vegetarian and Vegan choices are available.</p> <p>The Nutrition &amp; Hydration bed plan is available to assist the identification of patient's specific religious needs in relation to eating and drinking.</p> | Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients. | Ongoing patient feedback is used to provide information to support any relevant menu changes. The UHB are currently unable to source Kosher suitable meals in the texture modified diet range. Vegan modified texture meals are available but are very limited and costly. NWSSP as All Wales partners are looking at alternative sources of these products. |
| <p><b>6.8 People who are attracted to other people of:</b></p> <ul style="list-style-type: none"> <li>the opposite sex (heterosexual);</li> </ul>      | There is no evidence to suggest that the policy impacts adversely on patients who are  | Ongoing patient feedback must be used to provide information to support any   | Ongoing patient feedback is used to provide information to support any relevant menu changes.  |

| How will the strategy, policy, plan, procedure and/or service impact on:-   | Potential positive and/or negative impacts  | Recommendations for improvement/ mitigation  | Action taken by Clinical Board / Corporate Directorate.<br>Make reference to where the mitigation is included in the document, as appropriate  |
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| <ul style="list-style-type: none"> <li>the same sex (lesbian or gay);</li> <li>both sexes (bisexual)</li> </ul>   | <p>attracted to people of the opposite or same sex.</p> <p>Cardiff and Vale has a legal duty of care to all its patients as does each professional employed by them. Implicit in this duty of care is the necessity to comply with all relevant legislation and consider the nutritional well-being of each patient regardless of background.</p> | <p>relevant menu changes if needed for this group of patients.</p>   |  |
| <p><b>6.9 People who communicate using the Welsh language in terms of correspondence, information leaflets, or service plans and design</b></p> <p>Well-being Goal – A Wales of vibrant culture and thriving Welsh language</p> | <p>There is no evidence to suggest that the policy impacts adversely on patients who speak Welsh.</p> <p>The written menu is not available in Welsh</p>   | <p>The written menu should be available in Welsh.</p> <p>Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients.</p> | <p>There is a long-term plan to translate the UHB menus into Welsh for those patients that request it.</p> <p>Ongoing patient feedback is used to provide information to make any relevant menu changes.</p> |
| <p><b>6.10 People according to their income related group:</b></p>  |   |  |  |

| How will the strategy, policy, plan, procedure and/or service impact on:-   | Potential positive and/or negative impacts   | Recommendations for improvement/ mitigation   | Action taken by Clinical Board / Corporate Directorate.<br>Make reference to where the mitigation is included in the document, as appropriate |
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| Consider people on low income, economically inactive, unemployed/workless, people who are unable to work due to ill-health  | <p>There is no evidence to suggest that the policy impacts adversely on patients of differing incomes.</p> <p>Cardiff and Vale has a legal duty of care to all its patients as does each professional employed by them. Implicit in this duty of care is the necessity to comply with all relevant legislation and consider the nutritional well-being of each patient regardless of background.</p> | Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients. | Ongoing patient feedback is used to provide information to support any relevant menu changes.   |
| <b>6.11 People according to where they live:</b> Consider people living in areas known to exhibit poor economic and/or health indicators, people unable to access services and facilities | <p>There is no evidence to suggest that the policy impacts adversely on patients depending on where they live.</p> <p>Cardiff and Vale has a legal duty of care to all its patients as does each professional employed by them. Implicit in this duty of care is the necessity</p>   | Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients. | Ongoing patient feedback is used to provide information to support any relevant menu changes.   |

| How will the strategy, policy, plan, procedure and/or service impact on:-   | Potential positive and/or negative impacts  | Recommendations for improvement/ mitigation  | Action taken by Clinical Board / Corporate Directorate.<br>Make reference to where the mitigation is included in the document, as appropriate  |
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|   | to comply with all relevant legislation and consider the nutritional well-being of each patient regardless of background.   |  |  |
| <p><b>6.12 Consider any other groups and risk factors relevant to this strategy, policy, plan, procedure and/or service</b></p> | <p>The menu does promote healthy choices where appropriate. A range of menu items including fruit, salads, jacket potatoes, desserts and other lower fat and salt items are included in the menu.</p> <p>We currently comply with the Food and Fluid Healthy eating guidance.</p> <p>The Nutrition &amp; Hydration bed plan is available to assist the identification of patients with particular requirements in relation to eating and drinking.</p> <p>The Catering IT system provides electronic meal ordering devices that provide</p> | <p>Consideration needs to be given to developing specific menus to meet the health and nutritional needs of client groups on these sites.</p> <p>Completion and accuracy of the Nutrition and Hydration Bed plan needs to be tightened up in some clinical areas</p> | <p>Ward based Caterer training includes healthy lifestyle, and how best to meet the needs of patients who are nutritionally well.</p> <p>Ongoing patient feedback is used to provide information to support any relevant menu changes.</p> <p>Ongoing training and education of nursing staff regarding the use of the nutrition and hydration bed plan is required. Raising the awareness of the importance for patient safety in terms of food allergies and intolerances.</p> |

| How will the strategy, policy, plan, procedure and/or service impact on:- | Potential positive and/or negative impacts  | Recommendations for improvement/ mitigation | Action taken by Clinical Board / Corporate Directorate.<br>Make reference to where the mitigation is included in the document, as appropriate |
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|   | patients with “at the point of choice” information regarding food allergens and diet suitability. This alongside the Nutrition and Hydration bed plan will ensure the right meal gets to the right patient. |   |   |

**HIA / How will the strategy, policy, plan, procedure and/or service impact on the health and well-being of our population and help address inequalities in health?**

Questions in this section relate to the impact on the overall health of individual people and on the impact on our population. Specific alignment with the 7 goals of the Well-being of Future Generations (Wales) Act 2015 is included against the relevant sections.

| How will the strategy, policy, plan, procedure and/or service impact on:-   | Potential positive and/or negative impacts and any particular groups affected  | Recommendations for improvement/ mitigation  | Action taken by Clinical Board / Corporate Directorate<br>Make reference to where the mitigation is included in the document, as appropriate |
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| <p><b>7.1 People being able to access the service offered:</b><br/>Consider access for those living in areas of deprivation and/or those experiencing health inequalities</p> <p>Well-being Goal - A more equal Wales</p> | <p>There is no evidence to suggest that the policy impacts adversely on patients living in areas of deprivation and/or experiencing health inequalities.</p> <p>Cardiff and Vale has a legal duty of care to all its patients as</p> | <p>Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients.</p> | <p>Ongoing patient feedback is used to provide information to support any relevant menu changes.</p>   |



| How will the strategy, policy, plan, procedure and/or service impact on:-  | Potential positive and/or negative impacts and any particular groups affected  | Recommendations for improvement/ mitigation   | Action taken by Clinical Board / Corporate Directorate<br>Make reference to where the mitigation is included in the document, as appropriate   |
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|  | <p>does each professional employed by them. Implicit in this duty of care is the necessity to comply with all relevant legislation and consider the nutritional well-being of each patient regardless of background.</p>   |   |  |
| <p><b>7.2 People being able to improve /maintain healthy lifestyles:</b><br/>Consider the impact on healthy lifestyles, including healthy eating, being active, no smoking /smoking cessation, reducing the harm caused by alcohol and /or non-prescribed drugs plus access to services that support disease prevention (eg immunisation and vaccination, falls prevention). Also consider impact on access to supportive services including smoking cessation services, weight management services etc</p> <p>Well-being Goal – A healthier Wales</p> | <p>The menu does promote healthy choices where appropriate. A range of menu items including fruit, salads, jacket potatoes, desserts and other lower fat and salt items are included in the menu.</p> <p>We currently comply with the Food and Fluid Healthy eating guidance.</p> <p>The Nutrition &amp; Hydration bed plan is available to assist the identification of patients with particular requirements in relation to eating and drinking.</p> | <p>An increased range of healthier meal options have been incorporated into menus for specific areas eg longer stay neuro rehabilitation and adult mental health.</p> | <p>Ward based Caterer training includes healthy lifestyle, and how best to meet the needs of patients who are nutritionally well.</p> <p>Ongoing patient feedback is used to provide information to support any relevant menu changes.</p> |

| How will the strategy, policy, plan, procedure and/or service impact on:-  | Potential positive and/or negative impacts and any particular groups affected  | Recommendations for improvement/ mitigation  | Action taken by Clinical Board / Corporate Directorate<br>Make reference to where the mitigation is included in the document, as appropriate |
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|  | <p>The main focus of the menus is to improve patient's nutrition and nutritional health in illness and therefore healthier options can appear to be limited.</p> <p>For those patients wanting additional lifestyle advice and support, the ward teams can refer the patient on to appropriate community advice and support groups.</p>                              |  |  |
| <p><b>7.3 People in terms of their income and employment status:</b><br/>Consider the impact on the availability and accessibility of work, paid/ unpaid employment, wage levels, job security, working conditions</p> <p>Well-being Goal – A prosperous Wales</p> | <p>There is no evidence to suggest that the policy impacts adversely on patients with differing levels of income or employment status.</p> <p>Cardiff and Vale has a legal duty of care to all its patients, as does each professional employed by them. Implicit in this duty of care is the necessity to comply with all relevant legislation and consider the</p> | <p>Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients.</p> | <p>Ongoing patient feedback is used to provide information to support any relevant menu changes.</p>   |

| How will the strategy, policy, plan, procedure and/or service impact on:-   | Potential positive and/or negative impacts and any particular groups affected   | Recommendations for improvement/ mitigation  | Action taken by Clinical Board / Corporate Directorate<br>Make reference to where the mitigation is included in the document, as appropriate |
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|   | nutritional well-being of each patient, regardless of background.   |  |  |
| <p><b>7.4 People in terms of their use of the physical environment:</b><br/>Consider the impact on the availability and accessibility of transport, healthy food, leisure activities, green spaces; of the design of the built environment on the physical and mental health of patients, staff and visitors; on air quality, exposure to pollutants; safety of neighbourhoods, exposure to crime; road safety and preventing injuries/accidents; quality and safety of play areas and open spaces</p> <p>Well-being Goal – A resilient Wales</p> | <p>There is no evidence to suggest that the policy impacts adversely on patients in terms of their use of the physical environment.</p> <p>Cardiff and Vale has a legal duty of care to all its patients, as does each professional employed by them. Implicit in this duty of care is the necessity to comply with all relevant legislation and consider the nutritional well-being of each patient, regardless of background etc.</p> <p>Cardiff and Vale UHB has a responsibility to improve health and prevent ill health in the local population, as well as providing</p> | <p>Ongoing patient feedback must be used to provide information to support any relevant menu changes if needed for this group of patients.</p> | <p>Ongoing patient feedback is used to provide information to support any relevant menu changes.</p>   |

| How will the strategy, policy, plan, procedure and/or service impact on:-  | Potential positive and/or negative impacts and any particular groups affected  | Recommendations for improvement/ mitigation  | Action taken by Clinical Board / Corporate Directorate<br>Make reference to where the mitigation is included in the document, as appropriate |
|--|--|--|--|
|  | <p>patient care. Predominately healthier snack and meal options are available for purchase by visitors and staff at all of the restaurant and retail outlets across the HB.</p> <p>The Health Board works in partnership with Shared Services regarding the procurement of food items/ingredients for use within staff, visitor and patient catering supports and promotes the use of sustainable foods where possible, with minimal local and global environmental impact, with thought given to the amount of energy and water required to transport, and packaging.</p> |  |  |
| <p><b>7.5 People in terms of social and community influences on their health:</b><br/>Consider the impact on family organization and roles; social</p> | <p>There is no evidence to suggest that the policy impacts adversely on patients in terms of</p>   | <p>Ongoing patient feedback must be used to provide information to support any</p> | <p>Ongoing patient feedback is used to provide information to support any relevant menu changes.</p>   |

| <b>How will the strategy, policy, plan, procedure and/or service impact on:-</b>  | <b>Potential positive and/or negative impacts and any particular groups affected</b>  | <b>Recommendations for improvement/ mitigation</b>   | <b>Action taken by Clinical Board / Corporate Directorate</b><br>Make reference to where the mitigation is included in the document, as appropriate |
|---|---|--|---|
| <p>support and social networks; neighbourliness and sense of belonging; social isolation; peer pressure; community identity; cultural and spiritual ethos</p> <p>Well-being Goal – A Wales of cohesive communities</p>  | <p>their social and community influences.</p> <p>Cardiff and Vale has a legal duty of care to all its patients, as does each professional employed by them. Implicit in this duty of care is the necessity to comply with all relevant legislation and consider the nutritional well-being of each patient, regardless of background.</p> | <p>relevant menu changes if needed for this group of patients.</p>   |   |
| <p><b>7.6 People in terms of macro-economic, environmental and sustainability factors:</b><br/>           Consider the impact of government policies; gross domestic product; economic development; biological diversity; climate</p> <p>Well-being Goal – A globally responsible Wales</p> | <p>The Health Board works in partnership with Shared Services regarding the Procurement of food items/ingredients for use within staff, visitor and patient catering supports and promotes the use of sustainable foods where possible, with significant positive local and global environmental impact, with thought given to the</p>    | <p>Where possible consideration will be given to sourcing food products as locally as possible and seasonally.</p> | <p>The health Board will continue to work with Shared Services for the procurement of food products that meet the ‘sustainability policy’</p>       |

| How will the strategy, policy, plan, procedure and/or service impact on:- | Potential positive and/or negative impacts and any particular groups affected  | Recommendations for improvement/ mitigation | Action taken by Clinical Board / Corporate Directorate<br>Make reference to where the mitigation is included in the document, as appropriate |
|---|--|---|--|
|   | <p>amount of energy and water required to transport, and with packaging.</p> <p>The sustainability policy does have financial implications for the Health Board, and it is not always possible to source food items locally, within season, or in sufficient quantities.</p> |   |  |

**Please answer question 8.1 following the completion of the EHIA and complete the action plan**

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| <p><b>8.1 Please summarise the potential positive and/or negative impacts of the strategy, policy, plan or service</b></p> | <p>Cardiff and Vale University Health Board has a legal duty of care to all its patients, as does each profession employed by them. Implicit in this duty of care is the necessity to comply with all the relevant Welsh Government food and fluids standards and relevant legislation, as well as the Welsh Government Health and Care standards relating to nutrition and hydration. This policy considers that all patients admitted to hospital be treated in a consistent and dignified manner irrespective of their religion, age, gender, disability or beliefs. This policy is an overarching document which must be considered in ensuring the nutritional needs of <b>all</b> our patients regardless of age, race, gender, or illness, are met, and <b>all</b> patients receive the best possible nutritional care to aid recovery. The overall impact of this policy is positive in meeting the equality and diversity needs of all patients admitted to hospital.</p> <p><b>Positive impacts</b></p> <ul style="list-style-type: none"><li>• All patients admitted to the HB are weighed and screened for the risk of malnutrition, with the patient’s therapeutic and dietary needs documented (including cultural, ethnic and religious requirements) and communicated to appropriate staff via the nutrition and hydration bed plan. Nursing staff refer patients on for specific therapy input as appropriate.</li><li>• Menus used within the HB meet the needs of all ages of patients from babies to the very elderly, as best as possible</li><li>• Specific menus exist to meet patients specific therapeutic, dietary, religious and cultural needs of patients</li><li>• The menus used promote healthy choices and comply with food and fluid healthy eating guidelines.</li><li>• Patient feedback is sought and used to drive menu changes as appropriate.</li><li>• All staff involved in delivering nutritional care and meal services have access to appropriate training.</li></ul> <p><b>Areas for improvement</b></p> |
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- |  |   |
|--|---|
|  | <ul style="list-style-type: none"><li>• The current menu for the children's hospital does not meet the specific requirements for the different age groups in terms of nutrition, growth and development</li><li>• The range of texture modified suitable snacks is limited.</li><li>• A range of vegan and kosher texture modified meals need to be sourced</li><li>• The range of vegetarian and, especially vegan meals, incorporated into the main menu needs improving.</li><li>• There needs to be reduced reliance on meat and dairy protein across the menus and more use of plant-based proteins as a health benefit to all patients.</li><li>• Ability to access menus in Welsh and other languages is not available</li><li>• Patients access to a physical menu needs to be addressed</li><li>• The main focus of the menus is to meet the nutritional needs of the nutritionally vulnerable, healthier options can appear limited.</li><li>• There needs to be increased access to adapted cutlery to help patients remain independent where possible.</li><li>• Staff uptake of available training relating to nutrition and hydration can be poor. Catering, Dietetics and Nursing need to explore different options and platforms for learning, education and development.</li></ul> |
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## **Action Plan for Mitigation / Improvement and Implementation**

|  | <b>Action</b> | <b>Lead</b> | <b>Timescale</b> | <b>Action taken by<br/>Clinical Board /<br/>Corporate Directorate</b> |
|--|---------------|-------------|------------------|---|
|--|---------------|-------------|------------------|---|

|   |   |   |                |  |
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| <p><b>8.2 What are the key actions identified as a result of completing the EHIA?</b></p> | <ul style="list-style-type: none"> <li>• To complete a risk assessment of the current provision to the Children’s Hospital and assess viability of procurement of child specific meals</li> <li>• To procure an increased range of snacks suitable for the different texture modified diets.</li> <li>• Source a range of vegan and kosher texture modified meals</li> <li>• Increased incorporation of vegetarian and vegan meals into the main menu</li> <li>• Increased reliance on plant-based proteins, and conversely reduced use of meat and dairy protein</li> <li>• Work with Synbiotix to enable presentation of the menus in other languages inc Welsh</li> <li>• Make physical menus more accessible across the Health Board</li> <li>• Review of access to adapted cutlery across the Health Board</li> <li>• Continued compliance with the Food and Fluid Healthy eating guide lines.</li> <li>• Development and delivery of accredited training for ward-based catering and nursing staff that includes basic nutrition, food hygiene, food safety and customer care.</li> </ul> | <p>ALL BY;-<br/><br/>Dietetic and Catering working group and the HB’s Nutrition and Catering Steering group</p> | <p>ongoing</p> |  |
|---|---|---|----------------|--|

|  | Action  | Lead | Timescale | Action taken by Clinical Board / Corporate Directorate |
|--|---|------|-----------|--|
|  |   |      |           |  |
| <p><b>8.3 Is a more comprehensive Equalities Impact Assessment or Health Impact Assessment required?</b></p> <p>This means thinking about relevance and proportionality to the Equality Act and asking: is the impact significant enough that a more formal and full consultation is required?</p> | <p>No action required, other than the above development work.</p> |      |           |  |

|  | Action   | Lead  | Timescale      | Action taken by Clinical Board / Corporate Directorate |
|--|--|---|----------------|--|
| <p><b>8.4 What are the next steps?</b></p> <p>Some suggestions:-</p> <ul style="list-style-type: none"> <li>• Decide whether the strategy, policy, plan, procedure and/or service proposal: <ul style="list-style-type: none"> <li>○ continues unchanged as there are no significant negative impacts</li> <li>○ adjusts to account for the negative impacts</li> <li>○ continues despite potential for adverse impact or missed opportunities to advance equality (set out the justifications for doing so)</li> <li>○ stops.</li> </ul> </li> <li>• Have your strategy, policy, plan, procedure and/or service proposal approved</li> <li>• Publish your report of this impact assessment</li> <li>• Monitor and review</li> </ul> | <p>The identified actions to be achieved in the next year.</p> | <p>Nutrition and Catering working group</p> | <p>Ongoing</p> |  |

