# Nutrition Status of People Experiencing Homelessness in temporary accommodation in London

## BACKGROUND

Rationale: there is poor evidence base to demonstrate that People Experiencing Homelessness (PEH) experience dietary health inequalities in the UK.

Aim: examine prevalence of malnutrition and implicated factors.
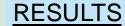
## METHODS

Population: n=200, 18 hostels

Intervention: ~40minute standard surveys

Outcomes:

Primary: Malnutrition (MUST)

Secondary:
- Prevalence of obesity (BIA, HGS)
- Prevalence of mental illness (PHQ4)
- Prevalence of food insecurity (USDA)
- Nutrient intake (SFFFQ, 24hr recall)

## RESULTS

Population: 85% male, 61% white, mean age 45.7years

### Malnutrition

Median MUST score: 2 (60% scored >2)

10% underweight (BMI), 17% (HGS)

Predicted by poor mental health, food insecurity and age

### Food Insecurity

Median low score: 4.5 (17.5% low score), 44% very low

### Low Dietary Quality

Median score 8 (IQR 6-9)

Low energy intake, high proportion from sugars

Low fibre, protein, oily fish, vitamins & mineral intakes

### Moderate Anxiety/Depression

Median moderate score: 6 (12.5%), 34.5% severe score

## CONCLUSIONS

CONCLUSIONS: Nutritional screening practices are insensitive to nutrition risks for PEH, and should be improved to promote prompt referrals for nutrition support. There is urgent need to develop targeted nutrition standards.

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