

# Clinical Research exploring Nutrition Status in homeless people: What is the Nutrition Status of homeless people residing in temporary accommodation in London?

## HEADLINE FINDINGS MARCH 24

**Partnership:** FEAST and UCL, GET BDA funded

**Primary objectives:** prevalence of malnutrition

**Secondary objectives:** nutrient intake, prevalence of food insecurity, obesity and mental illness

**Population:** homeless people in temporary residence

**Sampling:** n=200 (n=169 male)(n=122 white)(age 20-72), 18 hostels across London. Data collection Jul-Dec'23.

**Methods:** ~40mins facilitated questionnaires, MUST, BIA, HGS (hand grip strength), 24HR recall, SFFFQ, PHQ4, 10-point USDA Food Security Survey.

## Key Findings

### MENTAL HEALTH (PHQ4 Score):

25% Normal  
20% Mild  
20.5% Moderate  
34.5% Severe

Median: 6, skewed towards low and high

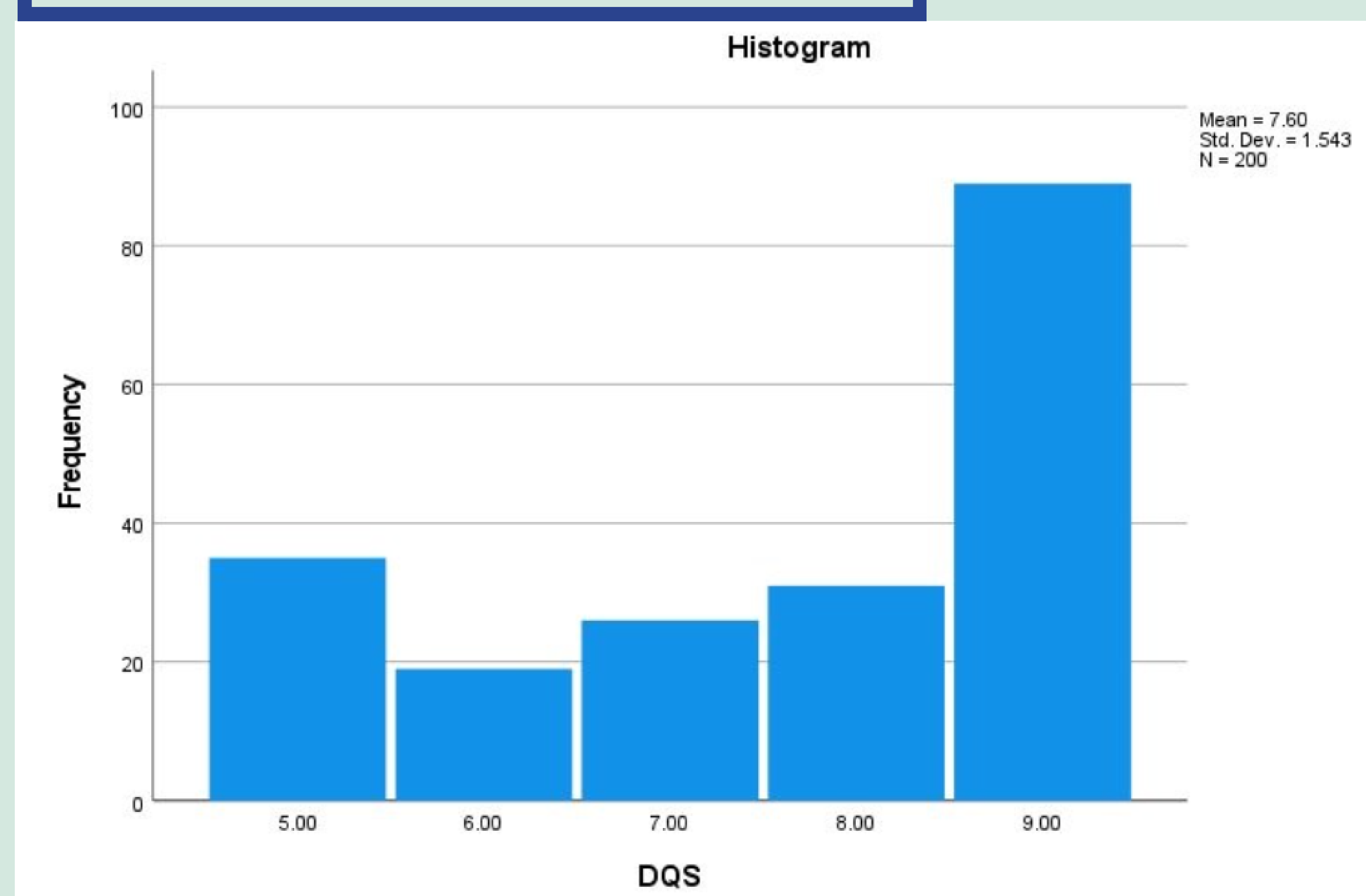
### FOOD SECURITY (USDA 10-Point Q)

44% Very Low  
17.5% Low  
12% Marginal  
26.5% High

Median 4.5, ie low

### DIETARY QUALITY SCORE (SFFFQ)

Median 8, range 5-9



*Hannah Style, founder of FEAST With Us,  
research lead, with research equipment*



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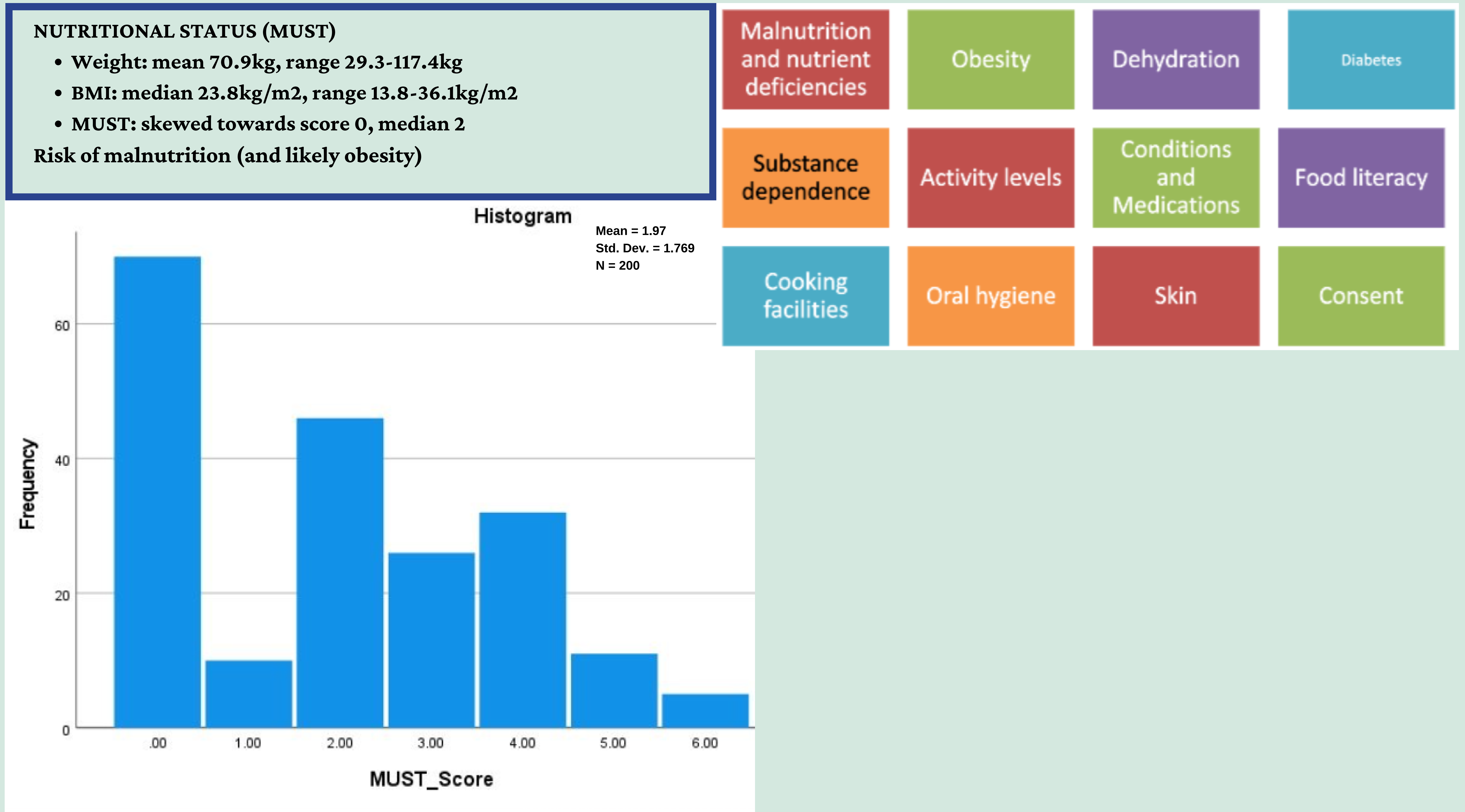
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England and Wales.  
Charity number 1172884



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## What the data doesn't tell us, but the 1:1 interface does...

- People are very sad, upset and angry about their nutrition not being as they would like
- Almost everyone interviewed had opinions about their diet and understood that it was not attainable to have a healthy diet in their current circumstances
- Those with more clinically pressing issues were very concerned about their diet but also were not able to prioritise it
- Over-reporting of food security in hostels where there was food service/provision
- Under-reporting of poor mental health
- Everyone wanted food provision (improved quality and quantity), and better use of the kitchens; all complained that kitchens were filthy (pests, drugs, unappealing and unsafe)

## Next steps

We are currently doing a full data analysis of the results. Whether you work in temporary homeless accommodation, as a healthcare professional or the wider charity network, please let us know if you would like to be kept up to date as we develop tailored recommendations for different stakeholder groups.



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