

# Eat, Drink, Dress, Move



**Staff, patients and visitors all have a** part to play in preventing deconditioning and empowering people to stay as active as possible in hospital

 **EAT**

Around **1 in 3** people are already malnourished when they come to hospital

 **DRINK**

**45%** of people become dehydrated in hospital

 **DRESS**

Up to **60%** of people experience functional decline after a hospital stay

 **MOVE**

Up to **40%** of muscle strength can be lost within the first week of bed-rest

To find out more, email:  
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