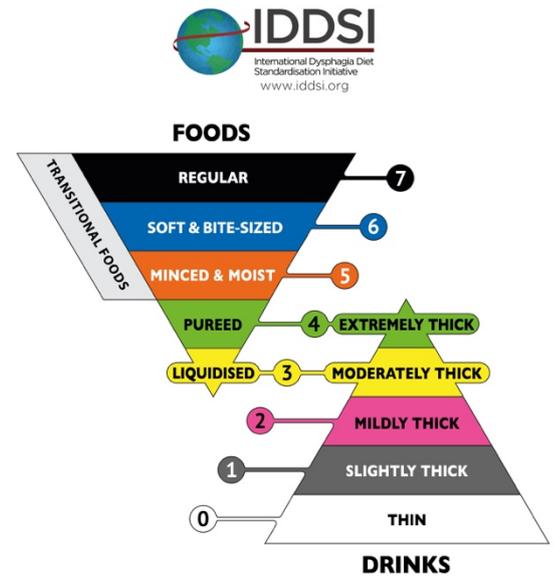


## How do we keep babies and young children with feeding, chewing or swallowing problems safe from choking?

For a range of medical reasons, some babies and young children have trouble with feeding, chewing or swallowing. These problems are different to the ordinary transition to solids and can mean that food or drink get into the lungs and can cause chest infections like pneumonia. Sometimes the problems are very severe and regular foods and drinks can become a life-threatening choking risk. To keep babies and young children with feeding, chewing or swallowing problems safe, food and drinks may be changed so that they are easier, or safer to swallow. Based on clinical assessment, food might be chopped, minced or pureed and drinks might be thickened. The names we give to the foods and drinks are really important, to make sure that the food texture and drink thickness is safe.

### What is IDDSI?

- The International Dysphagia Diet Standardisation Initiative (IDDSI) Framework was developed to provide safety, through a global standardised way of naming and describing food texture and drink thickness for people with swallowing difficulties across the lifespan
- It is a person-centred rather than profession-centred approach
- IDDSI provides practical and validated measurement techniques to make sure that foods and drinks prepared in hospital, at home or bought as pre-packaged products, can safely be used for people with swallowing problems.
- IDDSI uses simple, quick, portable, reliable measures rather than relying on descriptions like 'soft', to make sure that foods and drinks are safe. Babies and young children have choked and died on food textures that were not appropriate for their swallowing needs.
- You can read more about the IDDSI framework, at [www.IDDSI.org](http://www.IDDSI.org)



? How thick is “thick”?  
How soft is “soft”?  
How small is “small”?

! IDDSI includes specific measurements that aim to minimise the need for personal subjective judgement



### Why are we changing from the Australian terminology to IDDSI?

We are changing from the Australian National Standards for texture modified food and thick drinks that were published in 2007 and no longer reflect current evidence. The IDDSI Framework represents global, evidence-based best practice. We have adopted an AWARE-PREPARE-ADOPT strategy to assist with implementation. Australia is currently in the PREPARE phase and is set to ADOPT on 1 May 2019.

### For more information

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