

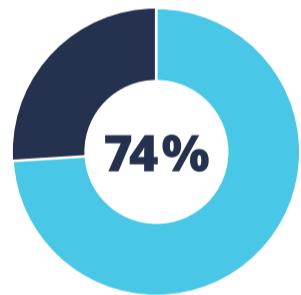
WHO IS MOST VULNERABLE TO EATING, DRINKING AND SWALLOWING DIFFICULTIES?

RCSLT data suggests the top five most common medical reasons why people may receive speech and language therapy support for eating, drinking, and swallowing difficulties are:



- 1 → Stroke
- 2 → Dementia
- 3 → Progressive neurological conditions such as Parkinson's or Motor Neurone Disease
- 4 → Respiratory conditions
- 5 → Head and neck tumours (benign and cancerous)

74% of people who have eating, drinking, and swallowing difficulties in the UK improve with speech and language therapy in one or more of these areas:



- Ability to eat, drink and/or swallow
- Participation in daily activities (social, occupational etc.)
- Wellbeing

*Source: RCSLT Online Outcome Tool, based on September 2025 data extract from 50 providers across the UK.

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**SWALLOWING
AWARENESS
* DAY ***
18 MARCH 2026