

MALNUTRITION

A Hidden Epidemic in Older Adults

Malnutrition occurs when the body doesn't get the right balance of nutrients and calories it needs to stay healthy. People of ANY body size or type can have malnutrition.

It can happen to anyone, especially older adults.

1 in 2

older adults are at risk for malnutrition.



Why?

- Dietary needs may change
- Sense of taste and smell may weaken
- The digestive system may slow and its ability to absorb nutrients may weaken
- Chewing or swallowing problems may develop

Risk Factors:

- Chronic disease
- Hospitalization
- Social isolation
- Disability
- Dietary restrictions
- Long-term care residency



Consequences:

- Falls and broken bones
- Weight loss and muscle loss
- Loss of independence
- Weakened immune system
- Disability

INCREASED ECONOMIC BURDEN \$51.3 BILLION!

Malnutrition while hospitalized can lead to:

- Longer stays
- Higher infection rates
- Higher hospital readmission rates
- Worse outcomes
- Death



The symptoms of malnutrition are subtle, but the two main signs are:

SUDDEN UNINTENDED WEIGHT LOSS AND/OR LOSS OF APPETITE AND DECREASED FOOD INTAKE

The good news is

that malnutrition is treatable. If you or a loved one may be malnourished, start a conversation with your health care team.



FOR MORE INFORMATION VISIT:

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WWW.APLACEFORMOM.COM

WWW.NIA.NIH.GOV

WWW.NUTRITIONCARE.ORG

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