

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
- > Chewing or swallowing problems may develop

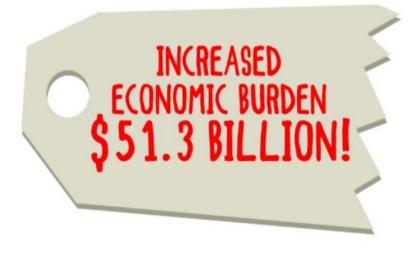
Risk Factors:

- > 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**



hospitalized can lead to:

➤ Longer stays

Higher infection rates

Malnutrition while

- > Higher hospital readmission rates
- Worse outcomes
- > Death



but the two main signs are:

The symptoms of malnutrition are subtle,

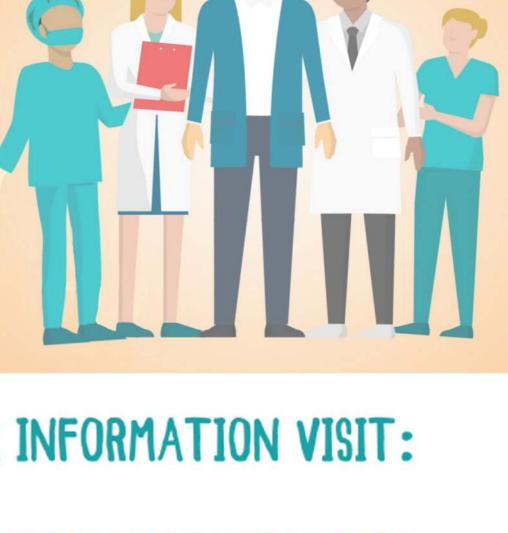
SUDDEN UNINTENDED WEIGHT LOSS AND/OR LOSS OF APPETITE AND DECREASED **FOOD INTAKE**



The good news is

may be malnourished, start a conversation with your health care team.

that malnutrition is



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