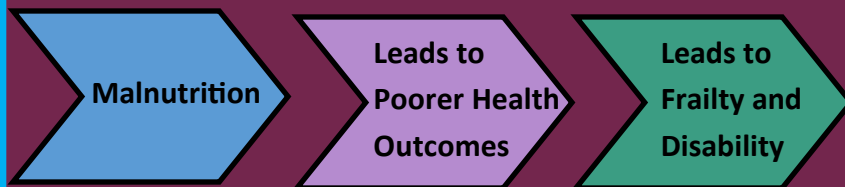




SENIOR MALNUTRITION: A GROWING CRISIS

WHAT IS “MALNUTRITION”?

Malnutrition can be from a state of deficit, excess, or an imbalance of protein or other nutrients. You can not always tell by looking at someone that they are “malnourished”.



Individuals are often not aware of a potential problem with their nutritional status. With effective screening, assessment, diagnosis, and intervention, malnutrition can be properly identified and addressed.

Connecting at risk seniors to the appropriate nutritional resources helps to close the gap– improves healthy aging and supports aging in place.

*“Let food be thy medicine
and medicine thy food.”*

- Hippocrates

Good nutrition has been shown to help support a healthy and active lifestyle, improve health outcomes, and reduce healthcare costs. Alternately, malnutrition is associated with poor health outcomes, frailty and disability, and increased healthcare costs.

- ◆ 1 out of 2 older adults is at risk of becoming malnourished.
- ◆ The cost of disease-associated malnutrition in older adults is estimated to be \$51.3 billion per year.
- ◆ A collaborative effort among the public and private sectors is needed to reduce and prevent malnutrition across the country.

ASK ABOUT YOUR NUTRITION

Are you or your loved one experiencing any of these?



Talk to your healthcare provider.

Go to nutritioncare.org/YourNutrition for more

SIGNS & SYMPTOMS OF MALNUTRITION

Although Malnutrition must be officially diagnosed by a Physician, there are certain signs and symptoms to be aware of. It is entirely possible to be a healthy weight or even overweight and still be malnourished.