

5 Facts about Malnutrition

FACT 1: Malnourished individuals can come in all sizes

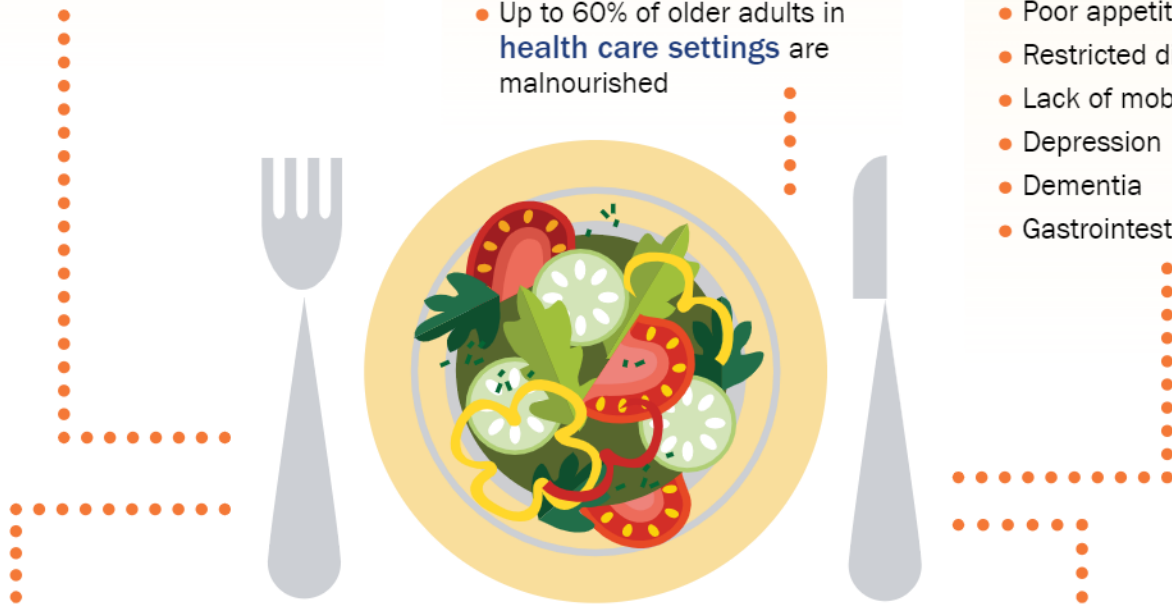
- 715,000 U.S. adults aged 65+ are **underweight**
- 1 in 3 U.S. adults aged 65+ are **overweight**
- You can be underweight or overweight and still malnourished

FACT 2: Malnutrition affects all groups of people

- 9 million older adults **can't afford nutritious food**
- 1 in 4 adults aged 65+ either reduces meal sizes or **skips meals**
- 16% of independent older adults are **at high risk** for malnutrition
- Up to 60% of older adults in **health care settings** are malnourished

FACT 3: Malnutrition can come from a number of factors

- Chronic conditions
- Limited income
- Trouble swallowing/chewing
- Poor dental health
- Changing taste buds
- Living alone
- Medication side effects
- Poor appetite
- Restricted diets
- Lack of mobility
- Depression
- Dementia
- Gastrointestinal disorders



FACT 4: You can't always prevent or treat malnutrition by just eating more

- **Adjust your diet** to get all the nutrients your body needs
- **Exercise** to build muscle and improve strength
- **Consult** a Registered Dietitian Nutritionist
- Consider using an **oral nutritional supplement**

FACT 5: Malnutrition has many warning signs

- Muscle weakness
- Fatigue
- Increased illness or infection
- Feeling irritable or depressed
- Unplanned weight loss
- Decreased appetite