

Malnutrition & Older Adults

As many as **1 out of every 2** older adults is malnourished or at risk.

Malnutrition is caused by too much, too little, or an **imbalance of protein, calories, or other nutrients** which lead to adverse effects on a person's body.

Malnutrition has many warning signs, including unexpected weight loss, loss of appetite, inability to eat or only eat small amounts, feeling weak or tired, and swelling or fluid retention.

Sometimes, malnutrition is the result of **elder abuse or neglect**.

Malnutrition is not just a nutrition issue, but also a health and safety concern that impacts an older adult's ability to be independent.

