



UK MALNUTRITION  
AWARENESS  
WEEK

#MAW2018

## Understanding the risk of malnutrition as you age

One in 10 people who are aged over 65 are malnourished or at risk of becoming malnourished.<sup>1</sup> Although malnutrition is a problem in hospitals and care homes, in fact over 90% of people who are affected by malnutrition are living at home,<sup>1</sup> and that can make it hard to spot the signs that nutrition is becoming a problem.

Malnutrition is not an inevitable part of ageing, but many of the common causes of malnutrition (such as illness, loneliness, and loss of mobility) can affect older people more frequently.<sup>2</sup>

It is important to be on the lookout for the signs of malnutrition. The most common symptoms are a loss of appetite and weight loss. You should look out for whether your clothes, rings, jewellery and dentures feel loose as these are often small signs of weight loss that might be missed.

If you are worried about weight loss there is a quick self-screening test that you can do online if you have access to the internet or know somebody that can help you access the internet. It takes just five minutes and will help you establish whether you are at risk of becoming malnourished. Find out more at [www.malnutritionselfscreening.org](http://www.malnutritionselfscreening.org).

**Remember, if you are worried about your weight loss you should seek the help of a healthcare professional.**

### References

1. BAPEN. Introduction to Malnutrition. Available at: [www.bapen.org.uk/malnutrition-undernutrition/introduction-to-malnutrition?start=4](http://www.bapen.org.uk/malnutrition-undernutrition/introduction-to-malnutrition?start=4)
2. The Malnutrition Task Force. A review and summary of the impact of malnutrition in older people and the reported costs and benefits of interventions. Available at: [www.malnutritiontaskforce.org.uk/wp-content/uploads/2014/11/A-review-and-summary-of-the-impact-of-malnutrition-in-older-people-and-the-reported-costs-and-benefits-of-interventions.pdf](http://www.malnutritiontaskforce.org.uk/wp-content/uploads/2014/11/A-review-and-summary-of-the-impact-of-malnutrition-in-older-people-and-the-reported-costs-and-benefits-of-interventions.pdf)

