



Be weight loss aware!

- One in ten older people is currently malnourished or at risk of malnutrition.
- Many people believe it is normal to lose weight as you get older, but in fact, unexplained weight loss in later life may be a sign that you are malnourished or at risk of malnutrition.
- Significant, unintended weight loss can make you more likely to get ill or have a fall. It may also slow down recovery time from any illness or surgery.
- You may be at particular risk if you have an ongoing health issue, or if you struggle to shop or cook for any reason.
- If you are worried about weight loss you should seek medical advice from your GP or practice nurse.

If you are worried about an older relative, friend or neighbour, have a conversation with them about their food intake and appetite

Find out more about self-screening here:
<https://www.malnutritionselfscreening.org/>

UK Malnutrition Awareness Week –
let's all have **MAW** conversations!