

Key Questions



- 1. Has the person lost weight without meaning to, has a poor appetite, low energy or low mood?**
- 2. Do his/her clothes, shoes, jewellery or dentures look or feel loose?**
- 3. Does the paperweight armband fit together and easily slide up and down?**

What to do now



- If the answer is yes to any of the 3 questions the person may be at risk of malnutrition.
- Give front-line advice using the '*Understanding Malnutrition and What You Can Do*' leaflet.

For more information www.eatwellagewell.org.uk

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