



Malnutrition Awareness Week

1st – 7th October 2018

About Malnutrition

Did you know that **1 in 10 older adults are at risk, or are suffering from malnutrition?** That equates to approximately 103,000 older people in Scotland and the Eat Well Age Well project from Food Train wants to change those statistics.

Malnutrition occurs when a person's diet does not meet their nutritional needs. It can affect people who are underweight or overweight. Eat Well Age Well's focus is on older people who are undernourished.

Those who are malnourished are twice as likely to visit their GP, more likely to require hospital admission, and have a greater number of health issues.

Malnutrition Awareness Week

Malnutrition Awareness Week takes place from **1st – 7th Oct** which is the perfect opportunity to put malnutrition in the spotlight and help raise awareness of the signs & symptoms and how we can all do our bit to aid prevention.

Did you know that losing weight is not an inevitable part of ageing? It's often believed that we naturally lose weight as we age, but this is a myth and unintentional weight loss could be a sign of malnutrition.

What are the signs of malnutrition?

- Low weight/A body mass index (BMI) under 18.5kg/m²
- Unintentional weight loss
- Poor appetite/eating less than normal
- Loose clothing, jewellery or dentures
- Loss in muscle strength/recent fall
- Getting ill often and taking a long time to recover

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What are the consequences of malnutrition?

- reduced energy levels
- confusion
- low mood
- recurrent illnesses
- risk of infections

What can we do?

If you recognise the signs or know someone who is at risk of malnutrition, then there are some things you can suggest:

- Monitor your weight regularly for weight loss.
- Try eating little and often and add additional snacks during the day.
- If they have ongoing concerns about their weight, then encourage them to speak to their GP.

How can I support Malnutrition Awareness Week?

We want everyone to get involved and no matter how big or small, your support will make a difference!

- **Spread the word** – sometimes the best way to raise awareness is simply through word of mouth. If you're out and about, especially visiting older people then let them know about Malnutrition Awareness Week and the Eat Well Age Well project. Our new leaflet on '*Understanding Malnutrition and What You Can Do*' is available on our website.
- **Follow us on social media** - Throughout the week we'll be posting lots of content on Twitter, Facebook and Instagram including brand new videos featuring our Project Dietitian on how to spot the signs & symptoms of malnutrition. Follow us on Twitter @EatWellScot and look for the #MAWScot2018 hashtag.
- **Make the Pledge** – download & print our pledge certificate from www.eatwellagewell.org.uk, write what you can do to help older people to eat well and age well, take a photo then share online! Don't forget the hashtag #MAWScot2018



- **Spread the word about our Small Ideas, Big Impact fund.** On 1st Oct our small grants scheme opens to the public for submissions. We have funds from £50 - £5000 on offer for anyone with a great idea on how to help tackle malnutrition in older people. Whether it's a lunch club that needs new cooking equipment, a walking group that would like to provide a meal for participants or someone who would like to host a tea party – all ideas are welcome and closing date for submissions is 7th Dec 2018.
- **The Eat Well Age Well Website** – if you or someone you know would like more information or have any questions about malnutrition then please direct them to our website www.eatwellagewell.org.uk and we'll be more than happy to answer any queries.

THANK YOU FOR YOUR SUPPORT

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