

Nutrition At Any Age!

Proper nutrition is important for aging and living well; however, at least one out of two older adults is at risk of becoming or is already malnourished.¹ Malnutrition is a state of poor nutritional health due to either a deficiency of nutrients (undernourished) or an excess of nutrients (over-nourished). Any person at any weight can be malnourished which can impact their overall health. Knowing the risk factors and the signs and symptoms of malnutrition can help you identify if you or a loved one is at risk of being malnourished.

Risk factors for malnutrition

- Food insecurity
- Limited income
- Poor dental health
- Trouble chewing and swallowing
- Medication interaction and side effects
- Chronic conditions
- Social isolation
- Depression
- Dementia including Alzheimer's disease
- Lack of mobility

Signs and symptoms of malnutrition

- Loss of appetite
- Unplanned or unexplained weight loss
- Swelling or fluid accumulation anywhere on the body (also known as edema)
- Inability to eat or only able to eat small amounts
- Increase in fatigue and weakness
- Increase in illness and infection
- Feeling irritable or depressed
- Delayed wound healing
- Loss of muscle mass or subcutaneous fat

What can you do about malnutrition?

- Request a nutritional screening by your healthcare professional.
- Talk with your doctor about taking nutritional supplements.
- Learn about the available resources to assist with healthy eating
- Talk to your family and friends about malnutrition.
- Contact your local Area Agency on Aging (AAA) to be connected to services in your area that can support you in maintaining good health.
- Contact local food pantries, food banks, and other resources for nutrition support.
- Spread awareness of malnutrition and how it can affect older adults.

¹ Defeat Malnutrition - <http://defeatmalnutrition.today/>

Resources

Food Assistance	<ul style="list-style-type: none">• Area Agencies on Aging 800-252-9240• Aging and Disability Resource Centers 855-937-2372• Supplemental Nutrition Assistance Program (SNAP) www.yourtexasbenefits.hhsc.texas.gov/programs/snap• Meals on Wheels Texas www.mealsonwheelstexas.org• The Emergency Food Assistance Program (TEFAP) www.fns.usda.gov/tefap/emergency-food-assistance-program-tefap• Senior Farmers' Market Nutrition Program www.squaremeals.org/Programs/SeniorFarmersMarketNutritionProgram.aspx• Commodity Supplemental Food Program www.squaremeals.org/Programs/CommoditySupplementalFoodProgram.aspx• Feeding America www.feedingamerica.org• Texas Food Pantries www.foodpantries.org/st/texas• Benefit Finder www.benefits.gov
Nutrition	<ul style="list-style-type: none">• Texercise www.texercise.com• MyPlate www.myplate.gov/older-adults• National Institute on Aging www.nia.nih.gov/health/smart-food-choices-healthy-aging• National Council on Aging www.ncoa.org/healthy-aging/hunger-and-nutrition
Food Safety	<ul style="list-style-type: none">• USDA www.usda.gov• Academy of Nutrition and Dietetics www.eatright.org• Texas AgriLife Extension www.agrilifeextension.tamu.edu
Healthy Recipes	<ul style="list-style-type: none">• Dinner Tonight www.dinnertonight.tamu.edu• USDA What's Cooking www.whatscooking.fns.usda.gov

For more information about how to promote healthy diets and combat malnutrition in older adults visit www.defeatmalnutrition.today/

Visit www.texercise.com