



UK MALNUTRITION
AWARENESS
WEEK

#MAW2018

Have you fallen for the malnutrition myths?



It is normal to lose weight as you get older

It is not normal to lose weight as we age, and significant, unexplained weight loss may be a sign that somebody is malnourished or at risk of becoming malnourished.



Losing weight or losing your appetite in later life is not a serious issue

Significant, unintended weight loss makes someone more likely to get ill or have a fall, and slows down recovery time from illness or surgery.



Malnutrition does not exist in the UK anymore

There are around 3 million people in the UK who are malnourished or at risk of malnutrition, including one in ten people over the age of 65.

If you are worried about someone, a friend or neighbour, have a conversation with them about their food intake and appetite and encourage them to seek medical advice.

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

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

