FACT 1: Malnourished individuals can come in all sizes
- 715,000 U.S. adults aged 65+ are underweight
- 1 in 3 U.S. adults aged 65+ are overweight
- You can be underweight or overweight and still malnourished

FACT 2: Malnutrition affects all groups of people
- 9 million older adults can’t afford nutritious food
- 1 in 4 adults aged 65+ either reduces meal sizes or skips meals
- 16% of independent older adults are at high risk for malnutrition
- Up to 60% of older adults in health care settings are malnourished

FACT 3: Malnutrition can come from a number of factors
- Chronic conditions
- Limited income
- Trouble swallowing/chewing
- Poor dental health
- Changing taste buds
- Living alone
- Medication side effects
- Poor appetite
- Restricted diets
- Lack of mobility
- Depression
- Dementia
- Gastrointestinal disorders

FACT 4: You can’t always prevent or treat malnutrition by just eating more
- Adjust your diet to get all the nutrients your body needs
- Exercise to build muscle and improve strength
- Consult a Registered Dietitian Nutritionist
- Consider using an oral nutritional supplement

FACT 5: Malnutrition has many warning signs
- Muscle weakness
- Fatigue
- Increased illness or infection
- Feeling irritable or depressed
- Unplanned weight loss
- Decreased appetite

Learn more: ncoa.org/NutritionTools