



# 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!