

Nutrition & Hydration Week

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nutritionandhydrationweek.co.uk



Malnutrition - "A condition which happens when you don't get the correct amount of nutrients from your diet." (BDA, Malnutrition fact Sheet)

Malnutrition affects over
3 million*
people in the UK

The warning signs of malnutrition:

Physical

- Loose fitting clothes
- History of significant weight loss
- Brittle and thin hair
- Joint and bone pain
- Loss of appetite
- Longer recovery from illness
- Feeling cold

Psychological

- History of eating difficulty
- Low mood
- Poor concentration
- Weakness and fatigue

Social

- Isolation
- Communication barriers
- Limited nutritional knowledge



If not spotted and treated, these early signs and symptoms of malnutrition can lead to further consequences such as:

- Malabsorption
- Muscle loss and poor mobility
- More frequent and longer hospitalisation
- Confusion and feeling lethargic

This can then lead to malnutrition and further negative effects such as poor immunity, greater risk of infection, poor mobility, reduced quality of life and mental health problems.

apetito supports people in their own homes by promoting health and wellbeing through the supply of healthy, nutritious food including meals for those with dysphagia, intolerances and allergies. Visit www.apetito.co.uk/meals-on-wheels to find out more.

