Nutrition and Hydration Week 11th - 17th March 2024

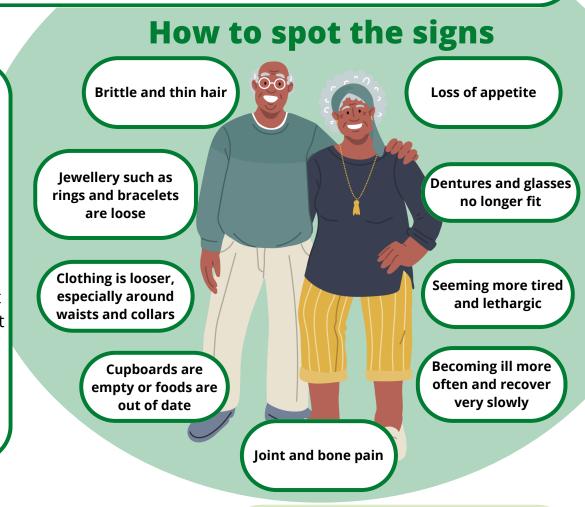




It's hard to believe that more than 10% of people over the age of 65 in the UK are affected by, or at risk of malnutrition. That amounts to over 1 million older people. Nutrition and Hydration Week aims to raise awareness about the role food and drink plays in preserving our health and wellbeing.

Malnutrition in older people commonly means being underweight and/or undernourished.

Eating a balanced and nutritious diet with plenty of food rich in fats and protein can prevent further weight loss, and ensure we get the nutrients and energy we need in our bodies. Unintentional weight loss can be a sign of malnutrition.



Did you know that HILS can help clients maintain a healthy weight?

HILS provides nutritionally balanced and varied meals on wheels with menus designed by in-house nutritionists to ensure every client has the nutrients, vitamins, and energy to support good health. 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

Check out our daily tips at:

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#NHweek

Contact us on: 0330 2000 103 or visit www.hils-uk.org