



# Be weight loss aware!

- One in ten older people is currently malnourished or at risk of malnutrition.
- Many people believe it is normal to lose weight as you get older, but in fact, unplanned weight loss in later life may be a sign that you are malnourished or at risk of malnutrition.
- Significant, unplanned weight loss can make you more likely to get ill or have a fall. It may also slow down recovery time from any illness or surgery.
- You may be at particular risk if you have an ongoing health issue, or if you struggle to shop or cook for any reason. Other things that may put you at risk are loneliness, experiencing a reduction in essential care and support services, or not being as physically active.
- If you are worried about unplanned weight loss you should seek medical advice from your GP or practice nurse.

If you are worried about someone, you may wish to have a conversation with them and encourage them to speak with their GP or healthcare professional.

For more tips, visit [www.malnutritiontaskforce.org.uk](http://www.malnutritiontaskforce.org.uk)



**Malnutrition Task Force**  
Eating and drinking well in later life