Malnutrition Awareness Week 2020

The annual Malnutrition Awareness Week in 2020 is Oct 5th to Oct 9th.

Malnutrition risk is relatively high among older adults. Up to 1 out of 2 older adults are at risk for malnutrition.

Malnutrition will cause:
- 2x longer malnutrition related hospital stay
- More complications, falls, and 30-day readmission.
- 3x more likely to result in death

Treating malnutrition early can help to reverse or prevent further complications.

The following is a Malnutrition Risk Tool. Please share with family and friends!

1. Have you recently lost weight without trying?
   - No --- 0 point
   - Yes --- If yes, how much weight have you lost?
     2-13lb --- 1 point
     14-23lb --- 2 points
     24-33lb --- 3 points
     >34lb --- 4 points
     Unsure --- 2 points

2. Have you been eating poorly because of a decreased appetite?
   - No --- 0 point
   - Yes --- 1 point

Please add the points up for the 2 questions. If you have 2 or more points, you are at risk for malnutrition, please contact Dietitian Sophia Ding to chat.

Reference: http://www.nutritioncare.org/maw/
Meals are based on a No Added Salt (3-4 gm sodium diet) for healthy older adult. If you have a special concern regarding sodium, contact the Dietitian for guidance on managing your intake to meet your diet requirements. The nutrition information above does not include vegetables nor fruits. Vegetables - calorie 30 - 60 kcal, sodium 11 - 25 mg. Meals may contain allergens including milk, egg, fish, crustaceans, tree nuts, wheat, peanut, and soybeans; and, food ingredient that contain these proteins.

**Note:** Fruits and vegetables listed on the menu are subject to change due to seasonal availability. We reserve the right to modify an entrée for holidays or special occasions.