

THE GERONTOLOGICAL SOCIETY OF AMERICA

Malnutrition Awareness Week Tweets

Good nutrition in older Americans is important to their health, independence and well-being, according to preliminary results from a July 2015 online survey conducted among 1000 consumers, patients, and caregivers. Consumers, patients and caregivers agreed that problems ranging from food cost to access to education about malnutrition keep older people from getting the proper nutrition they need. As part of this year's Malnutrition Awareness Week (#MAW2015), GSA is participating in a Twitter chat with NCOA, the American Society for Parenteral and Enteral Nutrition, and the National Association of Nutrition and Aging Services Programs. Patients and caregivers will receive these and other messages through posts on the social networking platform Twitter.

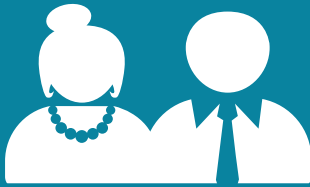


Patient and Caregiver Tweets

Eight in ten **patients and caregivers** (83%) think good nutrition is very important to the overall health of older adults.

Patients and caregivers think feeling weak (94%), losing weight without trying (85%), and becoming sick more often (84%) are the top signs of malnutrition.

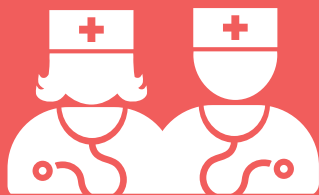
Nearly nine in ten **patients and caregivers** (87%) think not being able to physically shop, cook or feed oneself is a cause of malnutrition among older adults.



Patient Tweets

The overwhelming majority of **patients** think good nutrition is important in helping older adults to live independently (97%), have a good quality of life (99%), and recover from illness/hospitalization (99%).

More than three in four **patients** (77%) would be most likely to go to a health care professional such as a physician, nurse or dietitian/nutritionist for information about malnutrition.



Caregiver Tweets

At least seven in ten **caregivers** assist the older adult in their care with grocery shopping (77%) and cooking and meal preparation (70%).

When asked what would be most helpful to the older adult in their care, **caregivers** cite educational resources and information on nutrition and malnutrition (44%) and coverage/reimbursement of oral nutrition supplements (40%).