



Central Coast
Local Health District

Healthy Bites Episode 4 – Malnutrition

Hi, I'm Sophie, a public health nutritionist from Central Coast Health.

It might surprise you to hear that malnutrition is a real problem in Australia. Up to 40% of older people living in their own home are malnourished or at risk of malnutrition. Malnutrition can affect a person's wellbeing as well as their immune system, muscle mass, strength and ability to heal wounds.

If you are losing weight without trying or eating less than usual, it is important to follow up with your GP. You may need to choose more nourishing foods that will help you to maintain weight. A dietitian can provide advice on individual requirements.

The free booklet, 'Eating Well: A Nutrition Resource for Older People and Their Carers', has lots of nutrition tips to help prevent weight loss. It's available on the Central Coast Health website – just search 'nutrition resources' on the top right-hand side of the page, or give our team a call on the number that follows.

Call 4320 9700.