

The Cause of Malnutrition in Older Adults

Several factors can contribute to malnutrition among older adults including:

- Disease
- Neglect
- Reduced physical and/or cognitive function
- Hunger and food insecurity
- Economic barriers
- Social and mental health, such as social isolation and depression

In addition, aging and associated changes such as *loss of appetite, limited ability to chew or swallow, and taking multiple medications* can impact a person's ability to eat nutritious meals.

