



Nutrition Risk Assessment in Ageing

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Message from the Guest Editor

Dear Colleagues,

Nutrition is a major determinant of health and wellbeing in old age; however, people tend to eat less as they get older as a result of a range of psychosocial and physiological factors. Depression and isolation are major contributors to weight loss in older people due to a reduced appetite, ability and motivation to procure and prepare food. As eating is facilitated by companionship those who have lost a spouse and who live alone are at higher risk. Physiological factors include reduced physical function, visual impairment, poor dentition, and gastrointestinal changes. A reduction in body weight and a loss of lean body mass may result in an increased risk of sarcopenia, osteoporosis, frailty, falls, and fractures and an overall increased risk of morbidity and mortality. Nutrition risk screening to identify those at risk of malnutrition offers an opportunity to intervene before malnutrition occurs. Early intervention to address risk factors can improve nutrition status, quality of life, and may provide benefits of improving health and maintaining independence.

Assoc. Prof. Dr. Carol Wham

Guest Editor





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Message from the Editor-in-Chief

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