

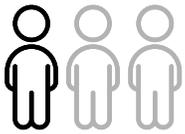
# Eating well promotes healthy aging, but many older adults are at nutritional risk



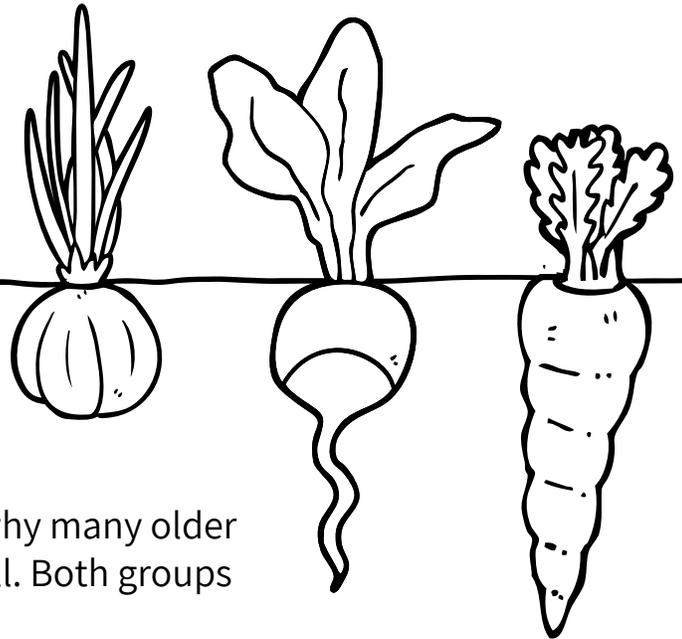
Eating well can help prevent, delay onset and manage chronic diseases.

**3x**

Malnourished older adults are three times more likely to fall.



1 in 3 older adults are at nutritional risk, which means they are at risk of malnutrition.



## To understand nutritional risk, we must dig deeper

Older adults and service providers were asked why many older adults living in rural communities do not eat well. Both groups said the main reasons are:



Limited finances



Lack of mobility and transportation



Living alone and social isolation



Lack of services in rural areas and lack of awareness of services

Respondents also said:

- Eating behaviours are complex, and influenced by factors like mental health, income, housing and access to home care and health care.
- More nutrition-related programs, and better promotion of existing programs, are needed.

For more information and recommendations on how to support healthy eating among older adults, read the SOYF Nutrition Project report available at [myhealthunit.ca](http://myhealthunit.ca)

