

APRIL/MAY 2019

MALNUTRITION CONNECTION

Providing Information to Share on Malnutrition Awareness and Advocacy

Older American Month and Defeating Malnutrition

Each May, the Administration for Community Living leads the national observance of [Older Americans Month](#) officially proclaimed by the President. Read proclamation [here](#). This year's theme is Connect, Create, Contribute. Older adults and their communities are encouraged to:

- **Connect** with friends, family, and services that support participation.
- **Create** by engaging in activities that promote learning, health, and personal enrichment.
- **Contribute** time, talent, and life experience to benefit others.

Each of these ideas can be used to combat malnutrition. For example, we encourage older adults to **connect** through the [Eldercare Locator](#) with Meals on Wheels and congregate meals programs to participate in meals, nutrition education, and socialization—all of which are vital to preventing malnutrition. Older adults and their healthcare providers can also **create** a nutrition care plan to keep them healthy and strong. We also encourage older adults to **contribute** time to provide others with vital malnutrition prevention resources through [food banks](#), organizations such as [Create the Good](#) and [Senior Corps](#), and local senior centers and Meals on Wheels programs.

As organizations and community members, you can **connect** older adults with nutrition providers through the Eldercare Locator. You can also **create** healthy nutrition resources for older adults; [MyPlate for Older Adults](#) has great templates. And, you can contribute time and resources to nutrition programs and other nutrition organizations benefitting older adults.



- For more information on Older Americans Month, including logos, social media posts, activity ideas, and other resources, click here [\[https://acl.gov/oam/2019/older-americans-month-2019\]](https://acl.gov/oam/2019/older-americans-month-2019).