

MAY 2018

# MALNUTRITION CONNECTION

Providing Information to Share on Malnutrition Awareness and Advocacy

**May is Older Americans Month.** The 2018 theme is “**Engage at Every Age.**” This theme emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. It also celebrates the many ways in which older adults make a difference in our communities.

This theme is highly relevant to older adult malnutrition. Older adults (and their caregivers) can take charge of their nutritional health and make a difference in their own care. Healthy eating can make a difference in older Americans’ health, improve how they feel, and encourage a sense of well-being.

Learn more about Older Americans Month here: <https://oam.acl.gov/>

Learn more about older adult healthy nutrition here: <https://www.choosemyplate.gov/older-adults>

**There are several ways for your organization to participate in Older Americans Month, including:**

- Interviewing community members who exemplify what it means to Engage at Every Age.
- Asking your social media followers to share their wisdom, tips, and stories online about nutrition and healthy aging—either using a unique hashtag or by posting to a page or forum you manage. You can use the #OAM18 hashtag as well.
- Hosting a community event is a terrific way to celebrate Older Americans Month and educate older adults on good nutrition:
  - Host a Celebratory Event: Invite community members to a special event celebrating Older Americans Month such as a group meal.
  - Host a Volunteer Event: Plan a day or half-day gathering for older adults who want to give back to others in their community—options include collecting donations of healthy food, working in a soup kitchen, or delivering meals to those in need.
  - Host an Educational Event: Coordinate a resource fair, class, workshop, or lecture on healthy aging and nutrition.

## Social Media Content:

- May is Older Americans Month! This year’s theme is Engage at Every Age. Engage with us by sharing your wisdom, tips, and stories about #nutrition and healthy aging! #OAM18
- Did you know that #nutrition is an important part of #OAM18? Healthy eating can make a difference in older Americans’ health, improve how we feel, and encourage a sense of well-being, allowing us to Engage at Every Age.