

# **MALNUTRITION:** **Test your Knowledge**



# WHAT IS MALNUTRITION?

- **MALNUTRITION**: A serious condition when a person's diet does not contain the proper amount of nutrients.
  - This deficiency includes **excess** or **lack** of calories, protein, and other nutrients.
- **BONUS QUESTION**: What characteristics make up a malnourished individual?
  - A. Thin and frail
  - B. Experiencing hunger
  - C. Overweight or obese
  - D. Both A. and C.



**Answer: D. Malnourished individuals come in all shapes and sizes.**

# WHAT ARE THE TYPES OF MALNUTRITION?

“When most people think of malnutrition, they usually picture undernutrition, which can be caused by a lack of calories, protein or other nutrients. This occurs frequently in areas of the world without adequate access to food and clean drinking water.” – Taylor Wolfram, Registered Dietitian Nutritionist

- 1. UNDERNUTRITION:** The outcome of *not consuming enough* calories and nutrients.
  - 2. OVERNUTRITION:** The outcome of *consuming too many* calories without enough nutritious foods. (*i.e. overweight/obesity*)
- **BONUS QUESTION:** What foods help provide proper nutrients to avoid malnutrition? (*Note: There is more than 1 answer*)



*Answer: Fruits, vegetables, whole grains, lean proteins, beans, low-fat dairy, nuts and seeds*

# WHAT ARE SOME SIGNS OF MALNUTRITION?



**WEIGHT LOSS  
or OBESITY**

**DEMENTIA**

**INCREASED  
RISK OF  
FRACTURES**

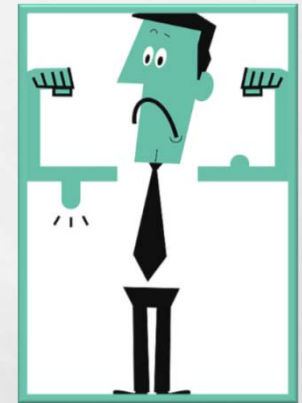
**MUSCLES  
WEAKNESS**

**FATIGUE**

**REDUCED  
MOBILITY**

**LOW MOOD**

**IMMUNE  
DYSFUNCTION**



- **BONUS QUESTION:** One of the most common symptoms of undernutrition is unplanned and unexplained weight loss. What weight loss percentage range puts you at risk?

**A.** 1 – 2%

**B.** 5 – 10%

**C.** 10 – 20%

**D.** Weight loss is not a factor for malnutrition.

**Answer: B. If you lose 5 – 10% of your body weight in the course of 3 to 6 months and are not dieting, it could be a sign that you are at risk of being malnourished.**

# HOW DOES EXERCISE HELP PREVENT MALNUTRITION?

- **FINAL QUESTION:** What type of physical activity can be used as preventative maintenance for malnutrition?
  - A. A brief walk at low intensity can improve mood and increase energy; as little as 10 minutes of aerobic exercise can have a positive effect.
  - B. Weight-bearing exercises (i.e. pushups, squats, stair climbs) promote bone formation and help to prevent many forms of bone loss associated with malnutrition.
  - C. 20 minutes of a moderate treadmill workout can have anti-inflammatory effects that boost your immune system.
  - D. Strength training and cardiovascular exercise that lead to healthier, stronger muscles.
  - E. All of the above.



**Answer: E. Physical activity paired with good nutrition can help combat malnutrition by increasing muscle strength and overall well-being. Making sure you get enough protein is very important to help with recovery.**

# RESOURCES:

- [HTTPS://WWW.NCOA.ORG/HEALTHY-AGING/CHRONIC-DISEASE/NUTRITION-CHRONIC-CONDITIONS/WHY-MALNUTRITION-MATTERS/5-MALNUTRITION-FACTS-OLDER-ADULTS/](https://www.ncoa.org/healthy-aging/chronic-disease/nutrition-chronic-conditions/why-malnutrition-matters/5-malnutrition-facts-older-adults/)
- [HTTP://MEDICALASSESSMENTONLINE.COM/TERMS.PHP?R=231&L=M](http://medicalassessmentonline.com/terms.php?R=231&L=M)
- [HTTPS://WWW.EATRIGHT.ORG/FOOD/NUTRITION/HEALTHY-EATING/WHAT-IS-MALNUTRITION](https://www.eatright.org/food/nutrition/healthy-eating/what-is-malnutrition)
- [HTTP://WWW.WHO.INT/FEATURES/QA/MALNUTRITION/EN/](http://www.who.int/features/qa/malnutrition/en/)
- [HTTP://WWW.APPLIEDSPORTPSYCH.ORG/RESOURCES/HEALTH-FITNESS-RESOURCES/PSYCHOLOGICAL-BENEFITS-OF-EXERCISE/](http://www.appliedsportpsych.org/resources/health-fitness-resources/psychological-benefits-of-exercise/)