

# Older adults are especially vulnerable to malnutrition!

Food insecurity is a major contributor to malnutrition.

1 in 2 older Virginians do not have access to affordable, quality food.

1 in 5 struggle with having enough food.

1 in 4 either reduce meal sizes or skip meals altogether.

# MALNUTRITION AND FOOD INSECURITY



VIDEO #1

**Malnutrition and Food Insecurity**

VIDEO #2

**Congregate and Home-Delivered Meals**

VIDEO #3

**Supplemental Nutrition Assistance Program (SNAP) and Food Banks**

VIDEO #4

**Farm Market Fresh and Virginia Fresh Match**

VIDEO #5

**Chronic Disease Self-Management Education (CDSME)**

Educational videos are available with English and Spanish captions, and cover these topics in two minutes or less. To learn more about malnutrition and food assistance resources, visit [easyaccess.virginia.gov/food](http://easyaccess.virginia.gov/food) or call 2-1-1 Virginia at 1-888-992-0959.

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