Malnutrition Awareness Week™ 2021 is October 4-8!

Malnutrition Awareness Week™ is an annual, multi-organizational campaign created by ASPEN in 2012 to:

- Educate healthcare professionals about early detection and treatment of malnutrition
- Educate consumers/patients on the importance of discussing their nutrition status with healthcare professionals
- Increase awareness of nutrition’s role on patient recovery

Here is how you can spread the word. Together, we can help educate our colleagues, patients, and communities on the dangers of malnutrition.

(note: all information below is pulled from ASPEN’s website at http://www.nutritioncare.org/maw/)

Social Groups:

Click the link below to be added to the ambassadors’ Facebook Group. Share ideas and inspirations with fellow supporters. https://www.facebook.com/groups/maw21ambassadors/

Learn more about the ambassadors and their strategies to gain awareness here.

Social Media:
Captions and Graphics -

In the left-hand column below are the images specifically designed for Instagram.

In the right-hand column, choose from six different graphics to post on Facebook, Twitter, and/or LinkedIn.

To share the posts below on any social media platform, download the preferred image to an accessible folder on a computer or to the photos app on a phone. Go to the website/app of your choosing, and upload the image with any of the caption options below accompanied by the shareable tag: #ASPENMAW21

On Facebook, Twitter, LinkedIn, or Instagram, copy and paste any of the text options below to post alongside its corresponding graphic(s).

Instagram Graphic 1:  

Caption:
Malnourished hospitalized patients are associated with longer stays, higher medical costs, and increased mortality. Learn how to intervene during #ASPENMAW21! [https://www.nutritioncare.org/MAW-21](https://www.nutritioncare.org/MAW-21)

Facebook, Twitter, LinkedIn Graphic 1:

Instagram Graphic 2:  

Facebook, Twitter, LinkedIn Graphic 2:
#DYK: Critically ill patients are at increased risk of #malnutrition due to inflammation and altered metabolism. Learn how to intervene during Malnutrition Awareness Week, Oct. 4-8, 2021. https://www.nutritioncare.org/MAW-21 #ASPENMAW21

Caption:

Up to 80% of patients with cancer are #malnourished. Learn more about the signs of #malnutrition during Malnutrition Awareness Week 2021. https://www.nutritioncare.org/MAW-21 #ASPENMAW21

Caption:
20% of patients with cancer die from #malnutrition and not their underlying disease. Learn how to intervene against malnutrition during Malnutrition Awareness Week, Oct. 4-8, 2021. https://www.nutritioncare.org/MAW-21 #ASPENMAW21

Caption:

Nutrition is a human right. Learn how to help stop #malnutrition during Malnutrition Awareness Week, Oct. 4-8, 2021. https://www.nutritioncare.org/MAW-21 #ASPENMAW21
#DYK: Post-discharge use of oral nutrition supplements reduces hospital readmissions in seniors. Get the facts during ASPEN Malnutrition Awareness Week, Oct. 4-8. [https://www.nutritioncare.org/MAW-21](https://www.nutritioncare.org/MAW-21) #ASPENMAW21

**Prints:**

**Posters** -
All posters can be downloaded and printed to hang up around the community or your institution.

**“Ask About Your Nutrition” Posters**
It is important for patients, as well as caregivers and families, to be proactive and ask about their nutrition status. ASPEN has created two educational posters to help you recognize the signs of malnutrition, so you can talk to your healthcare provider about treatment. The posters are available in multiple languages.
Malnutrition Infographics
Download any of these six infographic posters to print and hang up.
The Impact of Malnutrition in the US and the UK

Malnutrition: An Older Adult Crisis

“Looks Can Be Deceiving” Posters
Right click and download the images below to print these posters.