



Malnutrition Week ANZ is an annual campaign that spotlights the shocking rates of malnutrition in Australia and New Zealand. It affects more than 1 in 3 hospital patients and nearly half of residents in aged care. **By taking part in Malnutrition Week ANZ, you can improve the quality of life of the people you're caring for.**

The theme of 2021's Malnutrition Week ANZ campaign is: **Malnutrition is everybody's business.** Food service staff, doctors, nurses, dietitians, families and even patients themselves all have a part to play.

**Being malnourished means an individual is more likely to:**

- Stay in hospital longer
- Have reduced immunity
- Lose muscle mass and physical capacity
- Develop complications such as pressure injuries/ulcers and infection
- Have poor wound healing
- Experience falls that result in fractures
- Experience mental illness and self-neglect

*Yes, YOU can help beat malnutrition.  
Malnutrition is everybody's business.*