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[Malnutrition and Food Insecurity for Older Adults](#)

Older Adults and Malnutrition

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 Videos

Video #1 [Malnutrition and Food Insecurity](#)

Video #2 [Congregate and Home-Delivered Meals](#)

Video #3 [Supplemental Nutrition Assistance Program \(SNAP\) and Food Pantries](#)

Video #4 [Farm Market Fresh](#)

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.

For More Information

To learn more about malnutrition and food assistance resources, visit VirginiaNavigator:

- [Programs and services](#) such as Supplemental Nutrition Assistance Programs (SNAP) and Food Banks.
 - [Articles and links](#) about nutrition topics
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Source

[Virginia Department for Aging and Rehabilitative Services \(DARS\)](#)