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COVID 19 and Adult Malnutrition

The COVID 19 pandemic continues to wreak havoc and be very challenging worldwide. It has especially affected older adults and individuals with disabilities. Why is this? Older adults and those living with a disability often face immune systems which have been compromised and when added to the stresses of COVID 19, there is an increased risk fatality rate.

The link below has a lot of great resources, such as nutrition information, food planning during COVID 19, public policies, and tool kits for our aging population.

https://nutritionandaging.org/

Another helpful resource is taking advantage of community adult nutrition programs. With the current “stay at home” order, access to food may be an issue for some, which is where these programs become more important. Recently, federal legislation has increased both the funding and flexibility for adult nutrition programs. Your local Meals on Wheels chapter is able to identify all local community program in your area, all you need to do is call them and provide your zip code.

As a result of this current pandemic, Americans are required to be less social in order to avoid infecting themselves and or others with the COVID 19. The below link will take you to the coalition to end social isolation and loneliness. It has some great tools to help folks stay connected while also maintaining the social distancing.

https://www.endsocialisolation.org/covid19

We hope everyone remains safe and healthy for the rest of this ride.

We will all get through this...

Linda and Cheryl