

# Proper nutrition is essential when caring for patients



20-50%

of patients admitted to the hospital are malnourished or at risk of becoming malnourished during their stay

Yet only  
**5-10%**  
of patients are actually diagnosed, thus may not receive adequate care



## It can be difficult to spot malnutrition



Protein-calorie malnutrition is a physical state of unbalanced nutrition. Even patients with a high BMI are at risk, as undernourishment can be common in obese patients in the setting of disease.

## Malnutrition is especially common in older adults

Less than 60% of adults over the age 50 consume the appropriate amount of protein each day, which can lead to protein-calorie malnutrition

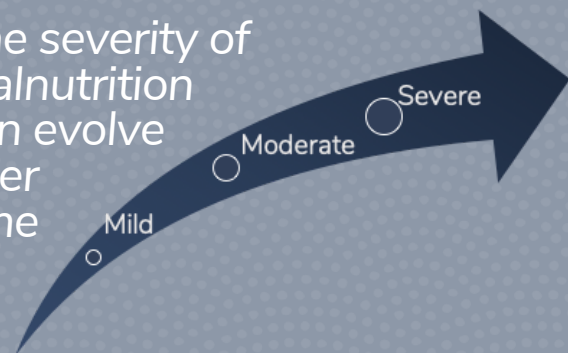
Older adults are more likely to have chronic diseases and treatments that decrease appetite and impair food intake while increasing energy and protein needs

The body requires more nutrients to fight acute illness (e.g., COVID19, pneumonia), when compounded with lack of appetite and functional restrictions (unable to consume food orally due to intubation), it becomes more difficult to meet nutrition needs.



Physicians, registered dietitians, nurses, and pharmacists all play an important role in caring for malnourished patients

The severity of malnutrition can evolve over time



## Hospitals that take steps to prevent malnutrition have:

Patients with stronger immune systems to fight disease

Empowered RDs and coordinated care teams

Lower mortality rates



Fewer complications, falls, pressure ulcers, and infections

Shorter lengths of stay and readmittance rates

healthier patients!

**junum**