

Malnutrition - A condition that affects 33 million people in Europe¹

Malnutrition can affect everyone

From premature babies to children, adults and older people, either in hospital, at home or in care homes.



1 in 5
children admitted to hospitals²



1 in 4
patients in hospital³⁻⁹



1 in 3
cancer patients¹⁰⁻¹²



1 in 3
patients in care homes^{3, 13-16}



1 in 3
older people living independently¹⁴

Malnutrition is associated with:



Negative impact on growth and development impairment in children^{17, 18}



Higher complication rate and risk of infections^{19, 20}



Longer hospital stays^{21, 22}



Increased frailty risk, reduced mobility and independence in older people¹⁷



Increased mortality^{18, 19, 24}

Costs related to Malnutrition



Malnutrition costs an estimated €170 billion a year to European countries¹



The cost of caring for a malnourished patient is 2-3 times higher than a non-malnourished patient^{22, 23}

Recommendations to tackle malnutrition



Screen and monitor patients for malnutrition



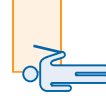
Provide nutritional care in a timely manner as per clinical guidelines



Provide equal access to, and reimbursement of, medical nutrition



Implement multidisciplinary teams including a dietitian or qualified nutritionist



Educate healthcare professionals and patient advocates about malnutrition

Malnutrition, also called undernutrition or disease-related malnutrition, is a condition where patients are not getting the right nutrition in the right amount to sustain their health. Malnutrition occurs when patients are not able to meet their nutritional needs via the normal diet due to diseases, ageing and/or side-effects of medical treatment (e.g. cancer).



"Better care through better nutrition: value and effects of medical nutrition - A summary of the evidence base" (2018)
https://medicalnutritionindustry.com/files/user_upload/documents/medical_nutrition/2018_MNI_Dossier_Final_web.pdf



www.medicalnutritionindustry.com



@MNInutrition



References:

1. Ljungqvist O, de Man F. Under nutrition - a major health problem in Europe. *Nutr Hosp* 2009; 24(3): 368-70.
2. Joosten KF, Zwart H, Hop WC, et al. National malnutrition screening days in hospitalised children in The Netherlands. *ArchDisChild* 2010; 95(2): 141-5.
3. Russell C, Elia M. Nutrition Screening Week in the UK and Republic of Ireland in 2011. Hospitals, care homes and mental health units. Redditch, 2012.
4. Russell C, Elia M. Nutrition Screening Survey in the UK in 2008: Hospitals, Care Homes and Mental Health Units. Redditch, 2009.
5. Schindler K, Pernicka E, Laviano A, et al. How nutritional risk is assessed and managed in European hospitals: a survey of 21,007 patients' findings from the 2007-2008 cross-sectional nutritionDay survey. *Clin Nutr* 2010; 29(5): 552-9.
6. Meijers JM, Schols JM, van Bokhorst-de van der Schueren MA, et al. Malnutrition prevalence in The Netherlands: results of the annual dutch national prevalence measurement of care problems. *Br J Nutr* 2009; 101(3): 417-23.
7. Russell C, Elia M. Nutrition screening survey and audit of adults on admission to hospitals, care homes and mental health units. Redditch, 2008.
8. Russell C, Elia M. Nutrition Screening Week in the UK and Republic of Ireland in 2010. Hospitals, care homes and mental health units. Redditch, 2011.
9. Imoberdorf R, Meier R, Krebs P, et al. Prevalence of undernutrition on admission to Swiss hospitals. *Clin Nutr* 2010; 29(1): 38-41.
10. Pressoir M, Desne S, Berchery D, Rossignol G, Poiree B, Meslier M et al. Prevalence, risk factors and clinical implications of malnutrition in French Comprehensive Cancer Centres. *Br J Cancer* 2010; 102(6):966-971.
11. Bozzetti F. Screening the nutritional status in oncology: a preliminary report on 1,000 outpatients. *Support Care Cancer* 2009; 17(3):279-284.
12. Renshaw GL, Barrett RA, Chowdhury S. The incidence of the risk of malnutrition in adult medical oncology outpatients and commonly-associated symptoms. *J Hum Nutr Diet* 2008; 21(4):399. Ref Type: Abstract
13. Suominen MH, Sandelin E, Soini H, et al. How well do nurses recognize malnutrition in elderly patients? *EurJ Clin Nutr* 2009; 63(2): 292-6.
14. Kaiser MJ, Bauer JM, Ramsch C, et al. Frequency of malnutrition in older adults: a multinational perspective using the mini nutritional assessment. *J Am Geriatr Soc* 2010; 58(9): 1734-8.
15. Lelovics Z, Bozo RK, Lampe K, et al. Results of nutritional screening in institutionalized elderly in Hungary. *ArchGerontolGeriatr* 2009; 49(1): 190-6.
16. Parsons EL, Stratton RJ, Elia M. An audit of the use of oral nutritional supplements in care homes in Hampshire. *Proc Nutr Soc* 2010; 69: E197.
17. Elia M, Russell C. Combating Malnutrition: Recommendations for action. Report from the Advisory Group on Malnutrition, Led by BAPEN. Redditch, 2009.
18. Stratton RJ, Green CJ, Elia M. Disease-related malnutrition: an evidence based approach to treatment. Wallingford: CABI Publishing; 2003.
19. Sørensen J, Kondrup J, Prokopowicz J, et al. EuroOOPS: an international, multicentre study to implement nutritional risk screening and evaluate clinical outcome. *Clin Nutr* 2008; 27(3): 340-9.
20. Schneider SM, Veyres P, Pivot X, et al. Malnutrition is an independent factor associated with nosocomial infections. *BrJ Nutr* 2004; 92(1): 105-11.
21. The economic cost of hospital malnutrition in Europe; a narrative review - Khalatbari-Soltani, Saman et al. (Clinical Nutrition ESPEN, June 2015, Volume 10, Issue 3, e89 - e94)
22. Elia M. The cost of malnutrition in England and potential cost savings from nutritional interventions (full report): A report on the cost of disease-related malnutrition in England and a budget impact analysis of implementing the NICE clinical guidelines/quality standard on nutritional support in adults: Malnutrition Action Group of BAPEN and the National Institute for Research Southampton Biomedical Research Centre, 2015.
23. Rodríguez-Mañas L, Abizanda P, Barcons N, et al. Malnutrition in institutionalized and community-dwelling older adults in Spain: estimates of its costs to the national health system. *Value Health* 2014; 17(7): A507.
24. Lim SL, Ong KC, Chan YH, et al. Malnutrition and its impact on cost of hospitalization, length of stay, readmission and 3-year mortality. *Clin Nutr* 2012; 31(3): 345-50.

