

# Malnutrition - A condition that affects 33 million people in Europe<sup>1</sup>

## 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 hospitals<sup>2</sup>



**1 in 4**  
patients in hospital<sup>3-9</sup>



**1 in 3**  
cancer patients<sup>10-12</sup>



**1 in 3**  
patients in care homes<sup>3, 13-16</sup>



**1 in 3**  
older people living independently<sup>14</sup>

## Malnutrition is associated with:



Negative impact on growth and development impairment in children<sup>17, 18</sup>



Higher complication rate and risk of infections<sup>19, 20</sup>



Longer hospital stays<sup>21, 22</sup>



Increased frailty risk, reduced mobility and independence in older people<sup>17</sup>



Increased mortality<sup>18, 19, 24</sup>

## Costs related to Malnutrition



Malnutrition costs an estimated €170 billion a year to European countries<sup>1</sup>



The cost of caring for a malnourished patient is 2-3 times higher than a non malnourished patient<sup>22, 23</sup>

## 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



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