

## Dangers of Malnutrition

- Clinical studies show patients are administered less than 50% of prescribed protein due to the time it takes nursing to prepare and deliver these products. The American Society of Parenteral and Enteral Nutrition (ASPEN) states that meeting these goals can reduce mortality, risk of infection and time to discharge while preserving lean muscle mass.
- Inadequate or unbalanced nutrition, known as malnutrition, is prevalent in many groups, including vulnerable populations such as hospitalized patients and minority populations, with older adults having the highest rate of malnutrition compared to other groups.
- Illness, injury, and malnutrition can result in the loss of lean body mass, leading to complications that impact good patient health outcomes, including recovery from surgery, illness, or disease.
- Nutrition is a human right and Social Determinant of Health, and malnutrition is exacerbated by the global COVID-19 health pandemic, which has intensified disparities, inequities, and social isolation and is further compounded by food insecurity.
- Disease-related malnutrition is a highly prevalent form of malnutrition.
- Over 2 million hospital stays involve malnutrition per year.
- Each day, approximately 15,000 hospital patients with malnutrition go undiagnosed.
- Malnourished patients have two times longer hospital stays compared to patients with no malnutrition.
- The 30-day hospital readmission rate is 1.6 times higher than patients without malnutrition.
- Readmitted malnourished patients are twice as likely to be diagnosed with an infection.
- Malnourished patients have two times higher hospital costs compared to the average cost of all hospital stays.
- Readmitted malnourished patients have 22% higher hospital costs than readmitted patients with no malnutrition.
- Malnourished patients have three times the mortality rate of mortality of all hospitalized patients.
- Twenty to thirty percent of adults in the community are at risk or have malnutrition.
- Malnutrition leads to more complications, falls, and readmissions, and plays a role in cognitive deterioration, decreased functional capacity, and affects quality of life.
- Screening, assessment, diagnosis, and intervention are key to improving malnutrition in the United States.

