

# MALNUTRITION: AN OLDER ADULT CRISIS

## JUST 4 STEPS CAN HELP IMPROVE OLDER ADULT MALNUTRITION CARE



**UP TO 1 OUT OF 2  
OLDER ADULTS**  
are at risk for malnutrition<sup>1</sup>



**\$51.3 BILLION**  
Estimated annual cost  
of disease-associated  
malnutrition in older  
adults in the US<sup>2</sup>



Protein-calorie  
malnutrition  
related hospital  
stays are  
**2X LONGER**<sup>3</sup>



**MALNUTRITION  
LEADS TO**  
more complications,  
falls, and 30-day  
readmissions<sup>3,4</sup>



Protein-calorie  
malnutrition related  
hospital stays are  
**3X MORE LIKELY**  
to result in death<sup>3</sup>



**SCREEN**  
all patients



**ASSESS**  
nutritional status



**DIAGNOSE**  
malnutrition



**INTERVENE**  
with appropriate  
nutrition

### MALNUTRITION IS HIGHEST IN OLDER ADULTS<sup>3</sup>

Protein-Calorie Malnutrition Related Hospital Stays per 100,000 Population



### FOCUSING ON MALNUTRITION IN HEALTHCARE HELPS:

- ✓ Decrease healthcare costs<sup>5</sup>
- ✓ Improve patient outcomes<sup>5</sup>
- ✓ Reduce readmissions
- ✓ Support healthy aging
- ✓ Improve quality of healthcare

Support policies across the healthcare system that defeat older adult malnutrition.

**Learn more at [www.DefeatMalnutrition.Today](http://www.DefeatMalnutrition.Today)**