Malnourished Hospitalized Patients

Prevalence of Malnutrition Diagnoses in Discharged Patients
United States, 2008-2018*

2008: 2.5%
2010: 3.2%
2013: 7.1%
2016: 8.0%
2018: 8.9%

*Years 2008-2010 were all hospital discharges, 2013-2018 were non-maternal, non-neonatal hospital discharges.

2.5 million hospital stays involved malnutrition

30-day readmissions are 1.4x higher in patients with malnutrition as compared to patients with no malnutrition

Malnutrition is more prevalent among:

**Older Americans**
Malnutrition is 1.7x more prevalent in those aged 85+ than other age categories
Almost 60% of all malnutrition diagnoses are in older adults

**African Americans**
393,475 malnourished patients were African American

**Lowest Income Communities**
749,405 malnourished patients were from low income communities

Those with malnutrition are:

3.4x more likely to have in-hospital death

2.2x more likely to be admitted with a serious infection

Admitted from the emergency department at a 12% higher rate

Help stop malnutrition: nutritioncare.org/malnutrition

Based on 2018 HCUP data.
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