

MARCH 2017

MALNUTRITION CONNECTION

Providing Malnutrition Awareness and Advocacy Information to Share

March is National Nutrition Month – Make a Difference By Raising Awareness about Malnutrition!

Post this article on your website and newsletters

March is National Nutrition Month and it is the ideal time to raise awareness about the serious and costly U.S. public health crisis of malnutrition.

A recent *Advances in Nutrition* article, "[Nutritional Considerations for Health Aging and Reduction in Age-Related Chronic Disease](#)," by researchers from the Sackler Institute for Nutrition Science at the New York Academy of Sciences and from several universities around the world, reported that by 2050, the population of people aged 80 and older will triple from the 2013 level. An increasing amount of this population will be vulnerable to "nutritional frailty," or a state characterized by sudden significant weight loss, loss of muscle mass and strength, or a loss in physiologic reserves that can make an individual more susceptible to disease and disability. The article concludes that improving dietary resilience and integration of nutrition into the healthcare system will "promote healthy aging and may significantly reduce the financial and societal burden of the 'silver tsunami.'"

What does this mean? **Action is needed now** to not only address our already serious malnutrition crisis among older adults in the US, but to also prevent an even more catastrophic situation in the future. Visit defeatmalnutrition.today to learn more about ways to make a difference in the fight against malnutrition.

By 2050, the population of people aged 80 and older will triple. As older adults are at an increased risk of malnutrition, we must act now to better integrate nutrition into the healthcare system to help reduce the financial and societal burden of the "silver tsunami."

The annual burden of disease-associated malnutrition of U.S. adults 65 years or older is estimated to be **\$51.3 billion**



20% to 50% of patients are malnourished or at risk for malnutrition on hospital admission.*

*Barker LA, et al. *Int J Environ Res Public Health*. 2011;8(2):514-527.

The costs associated with malnutrition are equally staggering –



As many as **1/2 of older Americans** are at risk for the condition!

Sample Social Media Content:



- Up to 1/3 of hospitalized patients are found to be malnourished upon hospital admission. Time to take action!
- The annual burden of disease-associated #malnutrition of US adults 65+ is estimated to be \$51.3 billion.
- Observe National Nutrition Month by raising awareness about the burden of #malnutrition on the US
- A new study finds that #malnutrition will be a horrific financial and societal burden by 2050 if we don't act now!
- Time to take action during National Nutrition Month to end #malnutrition – Visit: defeatmalnutrition.today
- #Malnutrition awareness is imperative to clinical outcomes. Let's learn about and address #malnutrition in the US

FOR MORE INFORMATION:

defeatmalnutrition.today

<http://advances.nutrition.org/content/8/1/17.2>