

SEPTEMBER 2018

MALNUTRITION CONNECTION

Providing Malnutrition Awareness and Advocacy Information to Share

The American Society for Parenteral and Enteral Nutrition (ASPEN) is hosting its seventh annual Malnutrition Awareness Week™ (MAW) from September 24th-28th. Learn more: <http://www.nutritioncare.org/maw/>

Malnutrition Awareness Week is a multi-organizational, multi-pronged campaign created by ASPEN to:

- Educate healthcare professionals to identify and treat for malnutrition earlier
- Educate consumers/patients to discuss their nutrition status with healthcare professionals
- Increase awareness of nutrition's role on patient recovery

Please help to spread the word and make this awareness week a huge success!

Here are some ways that you can participate:

Participate in any or all of the four Webinars (Mon-Thurs), Virtual Lunch and the Twitter "Chat with the Experts" that are part of MAW. Most of the sessions provide CE credits and are free to ASPEN members and members of ambassador organizations (including Defeat Malnutrition Today, enter access code MAW-DMT).

#MAW2018 Twitter Chat: Wednesday, September 26 | 2:00 – 3:00 PM ET: The Role of Nutrition on Falls, Fractures and Patient Safety

Webinar: Monday, September 24, 2018 | 4:00 - 5:00 PM ET: Diagnosing Malnutrition in the Obese Patient: A General Approach

Webinar: Tuesday, September 25, 2018 | 4:00 - 5:00 PM ET: Putting the Neonatal/Preterm Malnutrition Indicators into Practice

Webinar: Wednesday, September 26, 2018 | 4:00 - 5:00 PM ET: Community Nutrition Resources: What is Available for the Discharged Patient?

Webinar: Thursday, September 27, 2018 | 4:00 - 5:00 PM ET: Adult and Pediatric Nutrition Screening Systematic Review: Updates from the Academy of Nutrition and Dietetics

Virtual Lunch: Friday, September 28, 2018 | 12:00 - 1:00 PM ET: Virtual Lunch with the Experts: Legislation for Malnutrition Prevention

Top 3 Programming Ideas for Chapters or Institutions:

- Encourage your institution, colleagues, and patients to register for the **educational webinars**. Most of the sessions provide CE credits and are free to ASPEN members and **members of ambassador organizations**.
- Display the **informational posters** in your facilities. Make them available to your patients.
- Download the Malnutrition Awareness Week **buzz kit** to promote using email and social media. Everything you need is in the kit. All you need to do is share.

In Case You Missed It: The Journal of the Academy of Nutrition and Dietetics had four recent articles highlighting malnutrition:

[Elevating Malnutrition Care Coordination for Successful Patient Transitions](#)

[What Is a Registered Dietitian Nutritionist's Role in Addressing Malnutrition?](#)

[We're Part of the Solution: Malnutrition Prevention, Treatment](#)

[Identifying Malnutrition in Preterm and Neonatal Populations: Recommended Indicators](#)

ASK ABOUT YOUR NUTRITION

Good Nutrition Can Help You Prevent Infections, Heal Faster, Feel Stronger



ARE YOU OR YOUR LOVED ONE EXPERIENCING ANY OF THESE?



TALK TO YOUR HEALTHCARE PROVIDER

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Go to nutritioncare.org/YourNutrition for more

MALNUTRITION: AN OLDER-ADULT CRISIS

\$51.3 Billion Estimated annual cost of disease-associated malnutrition in older adults in the US*

Up to 1 out of 2 older adults are at risk for malnutrition**

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

300% The increase in healthcare costs that can be attributed to poor nutritional status*

4 to 6 days How long malnutrition increases length of hospital stays*

Chronic health conditions lead to increased malnutrition risk

Malnutrition leads to more complications, falls, and readmissions*

Just 4 steps can help improve older-adult malnutrition care

1. **Screen** all patients

2. **Assess** nutritional status

3. **Diagnose** malnutrition

4. **Intervene** with appropriate nutrition

Focusing on malnutrition in healthcare helps:

- ✓ Decrease healthcare costs*
- ✓ Improve patient outcomes*
- ✓ 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

References: 1. Sessler JT, et al. JAMA. 2014;312(22):2803-2811. 2. Kasperk PJ, et al. JAMA. 2014;312(22):2803-2811. 3. Jones S, et al. Clin Nutr. 2009;28(5):562-567. 4. Sessler JT, et al. JAMA. 2014;312(22):2803-2811. 5. Jones S, et al. Clin Nutr. 2009;28(5):562-567. 6. Jones S, et al. Clin Nutr. 2009;28(5):562-567. 7. Jones S, et al. Clin Nutr. 2009;28(5):562-567. 8. Jones S, et al. Clin Nutr. 2009;28(5):562-567.

Sample Social Media Content:



- # September means #Malnutrition Awareness Month! Join us from Sept. 24-28th to help raise awareness about #malnutrition and how it impacts our older adults. #MAW2018 <http://www.nutritioncare.org/maw/>
- #MAW2018 Twitter Chat will be on September 26th at 2pm ET. Join to learn more about the role of #malnutrition on falls, fractures and #patientsafety Learn more at: <http://www.nutritioncare.org/maw/>