



MARCH 2019

MALNUTRITION CONNECTION

Providing Information to Share on Malnutrition Awareness and Advocacy

National Nutrition Month

March is National Nutrition Month®! This month is a nutrition education and information campaign by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

In an effort to accommodate the diverse areas in which National Nutrition Month® is celebrated and allow greater flexibility in the promotion of healthful messages, this year National Nutrition Month® will be honored as its own theme. This will allow the NNM campaign to focus on its original purpose, which is: "To increase the public's awareness of the importance of good nutrition and position registered dietitian nutritionists as the authorities in nutrition."

Check out the Academy of Nutrition and Dietetics toolkit and other resources to learn how to get involved with National Nutrition Month®: <https://www.eatright.org/food/resources/national-nutrition-month>.

New Mexico End Hunger Day

Earlier this month, advocates celebrated End Hunger Day at the New Mexico State Capitol. Rep. Joanne Ferrary and Rep. Karen Bash welcomed the malnutrition advocates to the Capitol. The day was spent elevating awareness around hunger and malnutrition. Representatives from the Roadrunner Food Bank, Interfaith Hunger Coalition, AARP and NM Academy of Nutrition and Dietetics were on hand for the recognition in the House.



Patient Safety Awareness Week

Patient Safety Awareness Week is March 10-16th, 2019. Patient Safety Awareness Week is an annual recognition event intended to encourage everyone to learn more about health care safety. During this week, the Institute for Healthcare Improvement seeks to advance important discussions locally and globally, and inspire action to improve the safety of the health care system – for patients and the workforce.

Malnutrition poses a severe patient safety risk and can have deleterious effects on health, especially when other conditions are present. But, it is also preventable and treatable. The American Society for Parenteral and Enteral Nutrition estimates that every 60 seconds, 10 hospitalized patients with malnutrition go undiagnosed. With effective screening, assessment, diagnosis, and intervention, malnutrition can be identified and addressed to effectively reduce mortality rates, readmission rates, and complication rates such as increased length of stay and cost of care.

Social Media:

- March is #NationalNutritionMonth! Check out @eatright toolkit and other resources to see how you can get involved and help to end #malnutrition <https://bit.ly/2CJVkMj>
- Check out @theIHI Webcast: Advancing Patient Safety Beyond the Hospital. #Malnutrition is a major reason for re-hospitalization but it is completely preventable! <https://bit.ly/2EKVdgt>