



SPRING HILLS

Malnutrition Facts and Figures

EVERY 60 SECONDS...

...11 PEOPLE GO UNDIAGNOSED

with *MALNUTRITION*

Learn the symptoms.



Loss of
Appetite



Sudden
Weight Loss



Eating Small
Amounts



Drowsiness
or Weakness

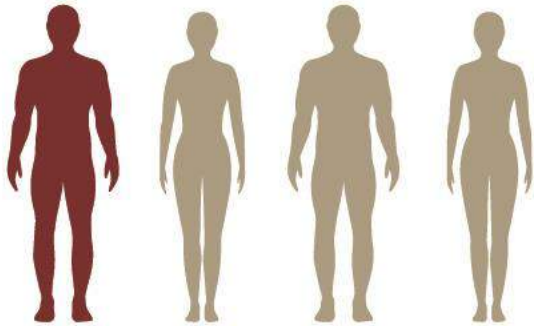


Swelling or
Fluid Build Up

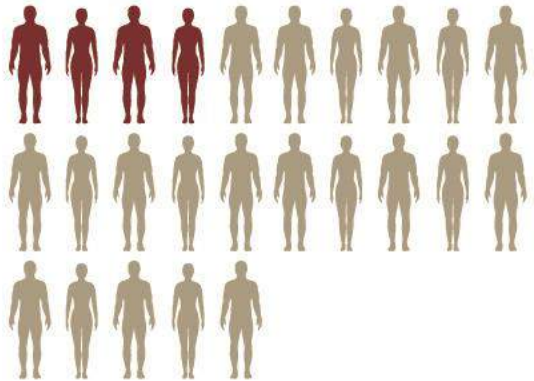


M FOUR FACTS TO *KNOW* ABOUT MALNUTRITION

*Malnutrition affects
all groups*

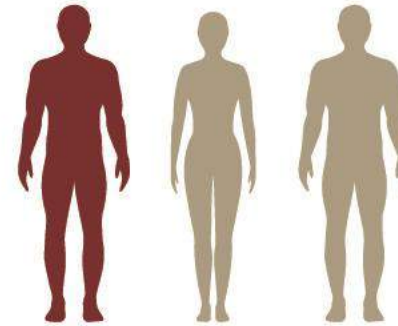


1 in 4 adults over the age of 65 either **reduce** meal sizes or **skip meals**.

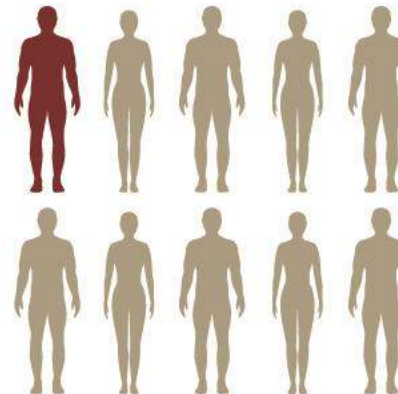


4 in 25 adults over 65 **can't afford** nutritious foods - the same amount of people that are at **high risk** for **malnutrition**.

*Malnutrition isn't
just about food*



1 in 3 seniors are **overweight** and still lacking in proper nutrients, **leading to malnutrition**.



1 in 10 Americans of all ages are **lacking** one or more **vital nutrient** and are on the edge of being **malnourished**.



MALNUTRITION IN *HOSPITALIZED* PATIENTS

Malnourished patients have higher readmissions rate - they continue to rise despite age, insurance, income or location...

60%

...of inpatients are malnourished, leading to longer stays, more readmissions, higher mortality and greater costs.

80%

...of cancer patients are malnourished and pass away due to malnutrition rather than their underlying condition.

22%

...higher hospital costs for readmitted malnourished patients compared to patients without malnutrition.

9%

...of discharged patients are diagnosed with malnutrition, the amount increasing year by year.

M THE *FOUR TYPES* OF MALNUTRITION



Nutritional deficiencies can occur when the body is not able to absorb the nutrients from food or if there is not enough food containing a specific nutrient being consumed. Certain medical conditions can worsen this.



Stunting can happen after frequent infections or from not having enough nutrition. This is not typically a problem within nursing home facilities, but rather for children.



Undernutrition can occur through lack of food calories or nutrition, causing them to be underweight. This is one of the most common types of malnutrition that can be found in nursing homes.

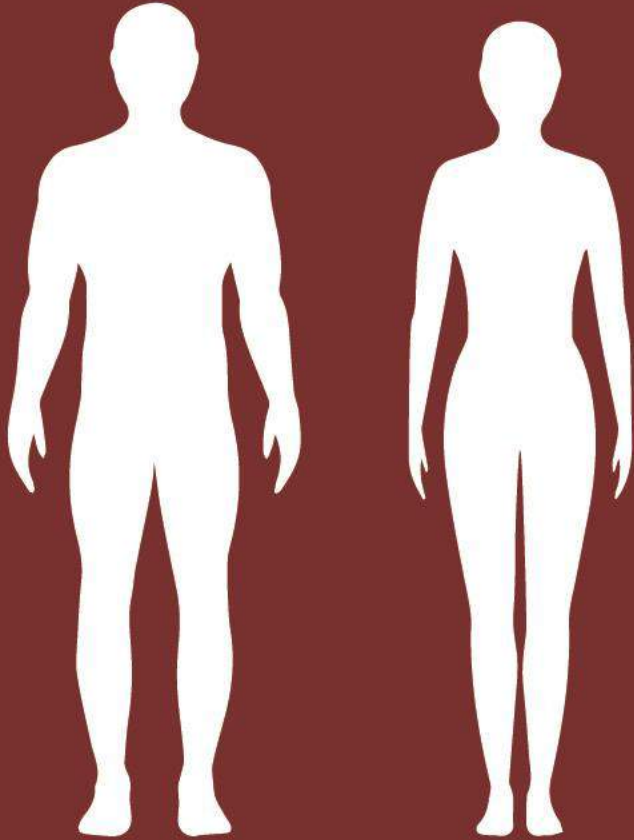


Wasting is the term for having too low of a weight for their age. This often occurs because of a lack of access to food or because of disease.



DID YOU KNOW...

THE MAJOR EFFECTS OF MALNUTRITION?



Impaired Gut Function

It has been suggested that malnutrition may delay the normal development of gut microbiota in force it towards an altered composition that lacks the required functions for healthy growth and/or increases the risk for intestinal inflammation.



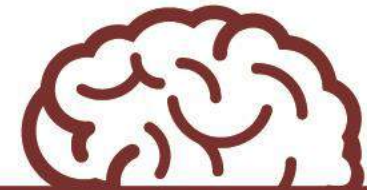
Skeletal Muscle Loss

Malnutrition contributes to skeletal muscle mass loss which leads further into muscle wasting. It's an increasingly prevalent condition that is the result of lack of intake or uptake of nutrients leading to anorexia, increased nausea, and even cancer.



Cardiovascular Conditions

Malnutrition may lead to cardiovascular diseases such as cardiomyopathy, heart failure and cardiac arrhythmia. In addition, it also has effects on many systems, mainly the immune system.



Apathy or Depression

Research has indicated that poor eating habits and resulting malnutrition can worsen depression in someone who may be predisposed to developing mood disorders. Studies in the field of neuropsychiatry have demonstrated a link between nutrition and depression

THE NINE D'S OF MALNUTRITION

Learn the causes.



DYSFUNCTION

Immunodysfunction.
Impaired activities of
daily living.



DRUGS

Unwanted adverse effects
and interactions.
Reduced absorption
of nutrients.



DISEASE

Negative effect on
nutritional status.
Creates increased
nutritional demand.



DYSGEUSIA

Reduced sense of taste.
Decrease appetite. Lack
of pleasure when eating.



DEPRESSION

Decreased motivation
to eat. Reduced social
interaction during meals.



DYSPHAGIA

Inability to eat, drink,
or swallow. Increased
anxiety about eating
and drinking.



DENTITION

Poor oral hygiene.
Inability to chew food.



DIARRHEA

Diarrhea lasting
>4 weeks. Chronic
discomfort. Weight Loss.



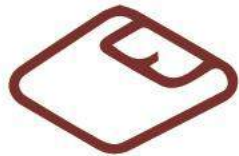
DEMENTIA

Not remembering to eat.
Inability to prepare meals.
Sleep disturbances.



SIX WAYS TO PREVENT MALNUTRITION

What to watch for



MONITOR WEIGHT

Help your elderly by checking their weight at home. Keep a weekly record. Changes in how clothes fit can also indicate weight loss.



TRACK MEDICATION

Keep a record of medications, the reason for their usage, dosage amounts, treatment schedules, and possible side effects.



OBSERVE HABITS

Spend mealtimes together at home - or in a hospital or care facility - to observe eating habits. Track what kinds of food are eaten and how much.

How to help



EAT TOGETHER

Drop by for food or invite your seniors for occasional meals. Encourage them to go out with members of the community to eat together.



BECOME ACTIVE

Daily exercise — even if it's light — can stimulate appetite and strengthen bones and muscles, reducing the risk of malnutrition.



USE SERVICES

Contact local services that provide at-home meal deliveries, visits from nurses or dietitians, access to a food pantry, or other services.

A FOUR WAYS TO *IMPROVE* YOUR NUTRITION



Herbs and Spices add flavor to meals and improve interest in eating. Experiment to find favorites.



Supplements or nutritional drinks help with calorie intake. Add egg whites or whey powder to meals to increase proteins without adding saturated fats.



Plan Meals with nutritional foods that include a variety of fresh fruits, vegetables, whole grains, fish, and lean meats.



Plan nutrient-rich snacks that are between meals that include fruits, vegetables or low-fat dairy products.