

# Malnutrition - A condition that affects 33 million people in Europe<sup>1</sup>

## Malnutrition can affect everyone

From premature babies to children, adults and older people, either in hospital, at home or in care homes.



**1 in 5** children admitted to hospitals<sup>2</sup>



**1 in 4** patients in hospital<sup>3-9</sup>



**1 in 3** cancer patients<sup>10-12</sup>



**1 in 3** patients in care homes<sup>3; 13-16</sup>



**1 in 3** older people living independently<sup>14</sup>

## Malnutrition is associated with:



Negative impact on growth and development impairment in children<sup>17; 18</sup>



Higher complication rate and risk of infections<sup>19; 20</sup>



Longer hospital stays<sup>21; 22</sup>



Increased frailty risk, reduced mobility and independence in older people<sup>17</sup>



Increased mortality<sup>18; 19; 24</sup>

## Costs related to Malnutrition



Malnutrition costs an estimated €170 billion a year to European countries<sup>1</sup>



The cost of caring for a malnourished patient is 2-3 times higher than a non malnourished patient<sup>22; 23</sup>

## Recommendations to tackle malnutrition



Screen and monitor patients for malnutrition



Provide nutritional care in a timely manner as per clinical guidelines



Provide equal access to, and reimbursement of, medical nutrition



Implement multidisciplinary teams including a dietitian or qualified nutritionist



Educate healthcare professionals and patient advocates about malnutrition

Malnutrition, also called undernutrition or disease-related malnutrition, is a condition where patients are not getting the right nutrition in the right amount to sustain their health. Malnutrition occurs when patients are not able to meet their nutritional needs via the normal diet due to diseases, ageing and/or side-effects of medical treatment (e.g. cancer).

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