Improving patient outcomes, together.
Who we are

The Alliance to Advance Patient Nutrition is an interdisciplinary partnership between the nation’s leading clinicians, dedicated to improving outcomes for the 1 in 3 patients who are malnourished upon admission to the hospital.¹-³

Our alliance represents over 100,000 dietitians, nurses, physicians, and other clinicians from all 50 states, on a mission to transform patient outcomes through nutrition.

The Problem of Malnutrition

Hospital malnutrition has gone largely unnoticed as a hidden burden on US healthcare costs. 1 in 3 patients arrives at the hospital malnourished.¹-³

Malnutrition significantly affects outcomes:

- Patients with weight loss are at increased risk for readmission.⁴
- Malnourished patients are 2 times more likely to develop a pressure ulcer in the hospital.⁵
- Patients with malnutrition and weight loss have 3 times the risk for surgical site infection.⁶
- 45% of patients who fall in the hospital are malnourished.⁷

Early nutrition screening and intervention of patients at risk of malnutrition can improve outcomes and lower costs for hospitals.⁸

It’s time for hospitals to take action against malnutrition.
Malnutrition is treatable, but we must act now. With a rapidly growing population of older adults and sharp increases in chronic disease, more evidence than ever supports the benefits of nutrition care.

Why now is the time

Hospitals can improve patient outcomes and address healthcare reform provisions by identifying patients at risk of malnutrition immediately upon admission.

- Know that every patient is potentially at risk of malnutrition, because you can’t “see” malnutrition with the naked eye.
- Risk for malnutrition spans a wide range of variables:
  - **Demographic factors:** elderly, chronically ill
  - **Medical factors:** inflammation, pain
  - **Psychological factors:** depression, isolation
  - **Social factors:** living alone, poverty, bereavement
  - **Body Composition:** undesired change in body weight, size, or composition

Positive Outcomes through Nutrition

Research shows that nutrition intervention in the hospital leads to better patient outcomes.

- **25%** reduction in pressure ulcer incidence\(^9\)
- **14%** fewer overall complications\(^10\)
- **28%** decrease in avoidable readmissions\(^11\)
- **2-day** reduction in average length of stay\(^12,13\)

Effective nutritional intervention must occur across the entire continuum of care, and clinicians must approach the issue of nutrition in more collaborative ways.
How You and Your Team Can Improve Patient Outcomes in Your Hospital

Visit malnutrition.com to access a wide range of information, insights and tools, including:

• Research illustrating the full impact of malnutrition
• Screening tools to identify at-risk patients
• Alliance Nutrition Kit to facilitate clinician collaboration
• Opportunities to share best practices between hospitals and healthcare providers
• Information about educational resources and events, including learning modules, CE and CME programs

3 simple steps for addressing malnutrition

1. Recognize and diagnose all patients at risk of malnutrition.

2. Rapidly implement nutrition interventions and continue monitoring your patients.

3. Develop a discharge plan for patient nutrition care and education.

These health organizations are dedicated to the education of effective hospital nutrition practices to help improve patients’ medical outcomes and support all clinicians in collaborating on hospital-wide nutrition procedures. The Alliance to Advance Patient Nutrition is made possible with support from Abbott Nutrition.