



**alliance**  
to Advance Patient Nutrition



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.<sup>1-3</sup>*

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.<sup>1-3</sup>*

Malnutrition significantly affects outcomes:

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

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

It's time for hospitals to take action against malnutrition.

# Why now is the time

*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.*



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<sup>9</sup>

**14%** fewer overall complications<sup>10</sup>

**28%** decrease in avoidable readmissions<sup>11</sup>

**2-day** reduction in average length of stay<sup>12,13</sup>

Effective nutritional intervention must occur across the entire continuum of care, and clinicians must approach the issue of nutrition in more collaborative ways.





# 1 in 3

patients  
enters a hospital  
malnourished<sup>1-3</sup>

## How You and Your Team Can Improve Patient Outcomes in Your Hospital

**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.

**Visit [malnutrition.com](http://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

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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.