



New Report Details Consensus from Global Malnutrition Conference

[A new paper published in the August 2014 edition of the *Annals of the New York Academy of Sciences*](#)

estimates that “one-quarter to one-half of patients admitted to hospitals each year are malnourished” in emerging and developed nations, affecting patients regardless of geography, age or perceived health. Summarizing the outcomes of an international conference held in Washington, DC in March 2014, the paper highlights the potential for nutrition interventions to provide cost-effective preventive care and improve health outcomes.

The international meeting, entitled “Clinical and Economic Outcomes of Nutrition Interventions Across the Continuum of Care,” was jointly presented by the Sackler Institute for Nutrition Science at the New York Academy of Sciences and the Abbott Nutrition Health Institute and brought together leading researchers, clinicians, economists, and policymakers from around the globe.

[Read more about this report and the conference.](#)

EXPERT SPOTLIGHT



Karim Godammunne, MD, MBA, SFHM, Chief Medical Officer for North Fulton Hospital, Roswell, GA, is in our Expert Spotlight this month. [Read his thoughts](#) on reducing hospital-based malnutrition.

NEW ALLIANCE DEVELOPMENTS



[Learn more](#) about ways in which the Alliance and its partner organizations are focusing on malnutrition in patients.

NUTRITION IN THE NEWS

[Nutrition for the Elderly](#), *New York Times*

A letter to the editor in response to a front page article on food presentation for older adults emphasizes the importance of using all tools available to ensure that older adults receive proper nutrition.

[Few Mild-to-Moderate PD Patients Suffer from Malnutrition. Yet Almost One Third Are at Risk](#), *Health Canal*

A report published in the Journal of Parkinson’s Disease finds that the incidence or risk of malnutrition for patients with mild-to-moderate Parkinson’s disease is no different than the risk for healthy patients.

FEATURE STORY



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Setting the stage for the discussion, keynote speaker Dr. Kelly Tappenden, Ph.D., R.D., FASPEN, professor of Nutrition and Gastrointestinal Physiology at the University of Illinois at Urbana Champaign, as well as clinical representative in the Alliance, laid out the challenges of changing the malnutrition paradigm and emphasized three areas where there is global consensus:

1. Malnutrition is common worldwide.
2. Malnourished patients have poorer health-related outcomes than their non-malnourished counterparts.
3. Nutrition intervention can make a difference.

Speakers Dr. Leah Gramlich (University of Alberta, Canada), Dr. Lim Su Lin (National University Hospital, Singapore), Dr. Marian de van der Schueren (VU University Medical Center Amsterdam, Netherlands) and Dr. Carla Prado (Florida State University) shared data and insights from around the world regarding nutritional care integration, hospital protocol implementation, the importance of screening for malnutrition at admission, and providing a nutrition intervention discharge plan to patients.

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FEATURE STORY *continued*

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“We’re well aware that malnutrition does not start in hospital,” Dr. de van der Schueren said. “It starts at home, and it needs to be solved after discharge.” This statement echoes that the discharge phase of a patient’s hospital stay may provide an opportunity to educate patients on the value of consuming oral nutritional supplements in order to further improve health outcomes in the community setting.

The conference also included such prominent speakers including Dr. Marinos Elia (University of Southampton, UK), and Dr. Michael Johnson (Bayada Home Health Care), Dr. Tomas Philipson (University of Chicago).

The new paper in the *Annals of the New York Academy of Sciences* contains a comprehensive summary of the conference findings and documents the need for the nutrition community to demonstrate the economic value of nutrition care through research and discourse.

[Learn more about this paper and the conference.](#)

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EXPERT SPOTLIGHT



Karim Godamunne, MD, MBA, SFHM, Chief Medical Officer for North Fulton Hospital, Roswell, GA is in the Expert Spotlight for his strong leadership role in hospital nutrition. Dr. Godamunne is a member of the Society of Hospital Medicine and a clinical representative in the Alliance to Advance Patient Nutrition.

Dr. Godamunne has several recommendations for other hospitalists and clinicians to help decrease the rate of malnutrition in the hospital:

1. Use your clinical skills to assess the patient nutritionally. Are there signs of starvation, ongoing chronic and/or acute inflammation?
2. Intervene promptly with the malnourished patient – don't wait 72 hours to start a nutrition intervention, start now if so indicated!
3. Reach out to your healthcare colleagues to work collaboratively to improve processes, develop systems of care, use standardized screening tools, and utilize educational opportunities to promote nutrition.

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NEW ALLIANCE DEVELOPMENTS



During the 2014 [Food & Nutrition Conference & Expo \(FNCE®\)](#) in Atlanta, GA, the Academy of Nutrition and Dietetics hosted an important session on October 21 to chart efforts underway to establish the validity of clinical characteristics for malnutrition. The forum, entitled “Adult Malnutrition Clinical Characteristics Validation Pilot Study – Design and Implementation,” featured insights from an ongoing study co-led by the Academy and the American Society for Parenteral and Enteral Nutrition (A.S.P.E.N.). At this session, a panel discussed the methodology, implementation, lessons learned, and preliminary results from the study.

[Learn more about the panelists and information shared.](#)

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NUTRITION IN THE NEWS

[Nutrition for the Elderly](#), *New York Times*

This letter to the editor criticizes a recent front-page article regarding 3-star chefs in retirement communities when many older adults often “struggle to get even basic nutrients.”

The letter discusses the risks of malnutrition for older adults and points to a [study presented at the Society for Medical Decision Making highlighting the benefits of oral nutrition supplements](#).

[Few Mild-to-Moderate PD Patients Suffer from Malnutrition, Yet Almost One Third Are at Risk](#), *Health Canal*

A new study published in the *Journal of Parkinson's Disease* finds little difference in rate of malnutrition for patients with mild-to-moderate Parkinson's disease compared to healthy patients.

“However, the authors emphasize that the findings may be limited to patients with mild-to-moderate Parkinson's disease and caution that close to 30 percent of this patient population is at risk for malnutrition.”

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