

1 IN 3 OLDER ADULTS HAS DIFFICULTY MEETING THEIR NUTRITIONAL NEEDS^{1†}

MALNUTRITION



DEFINITION

Malnutrition is an imbalance between nutrient intake and nutrient requirements.²



INDIVIDUAL HEALTH CONSEQUENCES

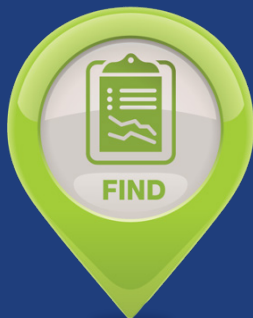
People with or at risk of malnutrition are more likely to fall², become frail³ and develop pressure sores.⁴



COLLECTIVE HEALTH CONSEQUENCES

Malnutrition is associated with more frequent hospitalizations and visits to the doctor and emergency room.⁵

HOW TO HELP YOUR PATIENTS RECOVER FROM MALNUTRITION⁵⁻⁸



- Screen for malnutrition risk at least **once a year** using a validated screening tool.



- Recommend a high-calorie and high-protein diet to help gain or maintain weight and muscle mass.
- Prescribe oral nutritional supplements (ONS) as needed.



- Monitor weight, nutritional status and physical function **every 1-3 months**.
- Adjust nutrition treatment as needed.



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Recommend dietary counselling and 1 to 2 ONS per day for your patients with malnutrition or those at risk, as per clinical practice guidelines.⁸

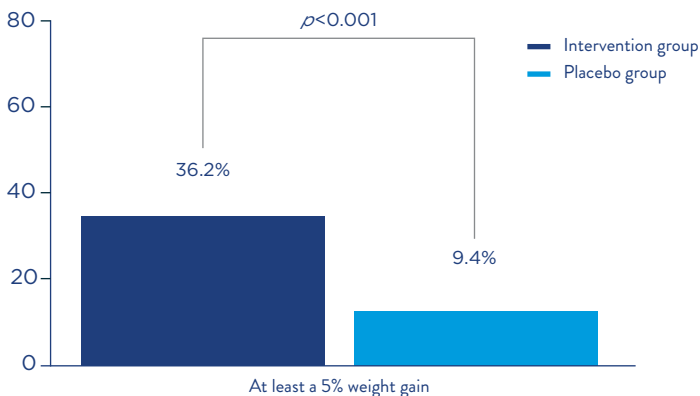
REASSESS
after 4 weeks⁸



A randomized, double-blind, placebo-controlled trial (n=811) that provided 2 ONS per day + dietary counselling to community-dwelling adults for 6 months showed:^{9†}

PRIMARY OUTCOME: WEIGHT GAIN

Greater improvement in weight gain vs. placebo ($p < 0.001$)



SECONDARY OUTCOME:

Greater improvements in measures of muscle strength vs. placebo

To learn more about the study's outcomes, read the publication in the *Journal of Clinical Nutrition*.



Ensure[®] is an oral nutritional supplement that has helped patients for 50 years and is supported by more than 30 clinical studies.¹⁰



† Referring to Canadians aged 65 years and older.

‡ Patients were asked to consume 2 servings of intervention ONS or placebo supplement per day for 180 days: intervention ONS contained 262 Cal and 10.5 g protein per serving (daily total: 524 Cal, 21 g protein); placebo supplement contained 60 Cal and 1.07 g protein per serving (daily total: 120 Cal, 2.14 g protein). Compliance to ONS was considered high in this study. Participants consumed, on average, more than two-thirds (72%) of the recommended amount of ONS throughout the 180-day study period.

§ Brand of oral nutritional supplements.

References:

1. Ramage-Morin PL, Garriguet D. *Statistics Canada*. 2013;24(3):3-13. 2. Meijers JM, Halfens RJ, Neyens JC et al. *J Nutr Health Aging* 2012;16(7):654-8. 3. Roberts HC et al. *Nutrients* 2019;11(4):808. 4. Mathus-Vliegen EMH. *J Gerontology A Biol Med Sci* 2004;59(4):355-60. 5. Stratton RJ et al. *CABI Publishing*, UK; 2008. 6. Hamirudin AH et al. *BMC Family Practice* 2014;15(1):1-9. 7. Canadian Malnutrition Task Force. 2021. [Infographic]. Retrieved from Primary Care infographic (nutritioncareinacanada.ca). 8. Volkert D et al. *Clinical Nutrition* 2022;41(4):958-89. 9. Chew STH et al. *Clinical Nutrition* 2021;40(4):1879-92. 10. Abbott Nutrition. Data on file. 2022.



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