

# WHAT IF THE WORLD WAS BETTER NOURISHED?



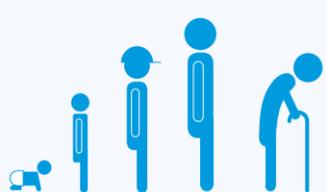
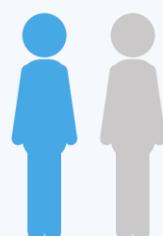
Getting the right nutrients in the right amounts is important for everyone, all the time, no matter where we are.



Yet malnutrition exists in every community, and is widespread in both emerging and developed nations.

THE IMPORTANCE OF NUTRITION INCREASES WITH AGE

Up to **1 OUT OF 2** elderly people are at risk for malnutrition.<sup>1-2</sup>

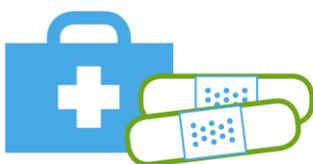


Starting at age 40, adults lose on average **8%** of muscle mass each decade. The rate of muscle loss increases to **15%** per decade after the age of 70.<sup>3-6</sup>

THE IMPORTANCE OF NUTRITION INCREASES WITH INJURIES & ILLNESSES



Nutrition care can improve health outcomes and cut healthcare costs.<sup>7</sup>



At least **1 in 3** people enter the hospital malnourished with even more becoming malnourished during their stay.<sup>8-11</sup>



**45%**

of patients who fall down in the hospital are malnourished.<sup>13</sup>



Malnourished patients have **3x** the risk of surgical site infections<sup>12</sup>

ORAL NUTRITIONAL SUPPLEMENTS CAN HELP WHEN DIET ALONE ISN'T WORKING OR IF THE APPETITE IS LOST

Oral nutritional supplements provided during hospitalization were associated with

**DECREASED LENGTH OF STAY,**



**LOWER EPISODE COSTS,**

**DECREASED PROBABILITY FOR HOSPITAL READMISSION WITHIN 30 DAYS.<sup>7</sup>**



Nutrition matters. A well-nourished world is a world of possibilities.



Visit [www.NutritionMatters.com](http://www.NutritionMatters.com) for more information.

<sup>1</sup> Kaiser MJ, et al. *J Am Geriatr Soc*. 2010;58:1734-1738.  
<sup>2</sup> Izawa S, et al. *Clin Nutr*. 2006;25:962-967.  
<sup>3</sup> Grimby GB, et al. *Acta Physiol Scand*. 1982;115:125.  
<sup>4</sup> Larsson L, et al. *J Appl Physiol*. 1979;46:451.  
<sup>5</sup> Flakoll P, et al. *Nutrition*. 2004;20:445-451.  
<sup>6</sup> Baier S, et al. *J Parenter Enteral Nutr*. 2009;33:71-82.  
<sup>7</sup> Philipson TJ, et al. *Am J Manag Care*. 2013;19:121-128.

<sup>8</sup> Coats KG, et al. *J Am Diet Assoc*. 1993; 93:27-33.  
<sup>9</sup> Giner M, et al. *Nutrition*. 1996; 12:23-29.  
<sup>10</sup> Thomas DR, et al. *Am J Clin Nutr*. 2002; 75: 308-313.  
<sup>11</sup> Braunschweig C, et al. *J Am Diet Assoc*. 2000; 100:1316-1322.  
<sup>12</sup> Fry DE, et al. *Archives of Surgery*. 2010; 145:148-51.  
<sup>13</sup> Bauer JD, et al. *J Hum Nutr Diet*. 2007;20:558-564.

