

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

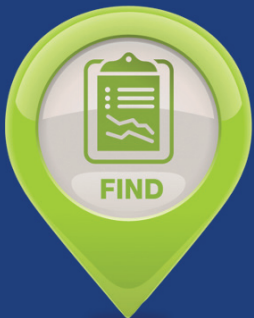
People with or at risk of malnutrition are more likely to fall², become frail³ and develop pressure sores.⁴



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 or 2 ONS per day for your patients with malnutrition or those at risk, as per clinical practice guidelines.⁸

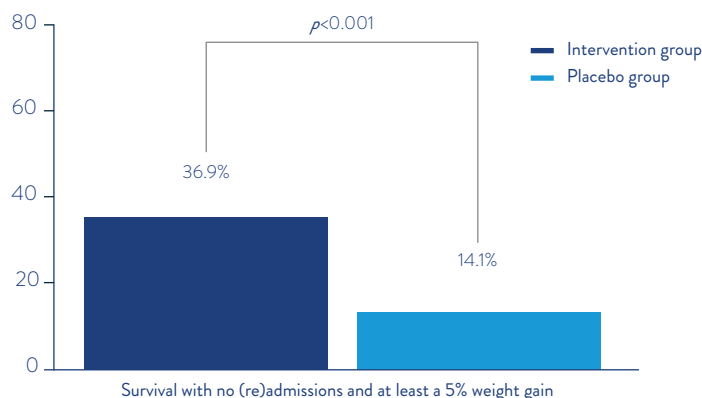
REASSESS
after 4 weeks⁸



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 COMPOSITE OUTCOME§:

Survival with no (re)admissions and weight gain after 12 months
Greater improvement 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 over 50 years and is supported by more than 45 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.

§ Composite outcomes, in which multiple end points are combined, are frequently used as primary outcome measures in randomized trials.

¶ Brand of oral nutritional supplements.



References:

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8. Volkert D, et al. *Clin Nutr*. 2022;41(4):958-989.
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10. Abbott Nutrition. Data on file. 2023.



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