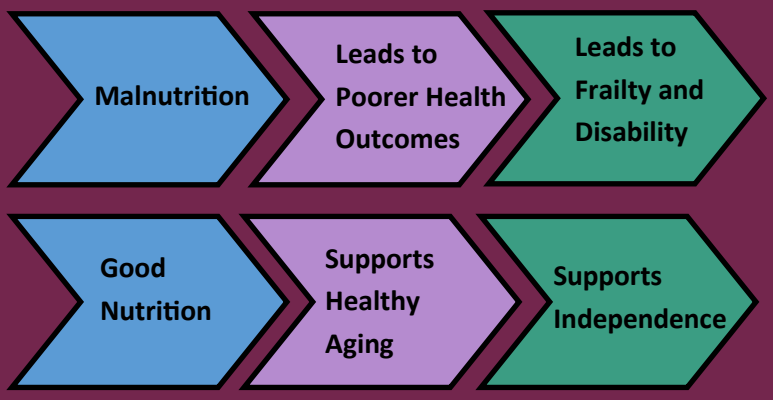
HEALTHYAGINGGROUP

Tuesday, October 5, 2021: Malnutrition Awareness Week - Issue 2 of 5

South Carolina DEPARTMENT ON AGING

WHAT IS "MALNUTRITION"?

Malnutrition can be from a state of deficit, excess, or an imbalance of protein or other nutrients. You can not always tell by looking at someone that they are "malnourished".



Individuals are often not aware of a potential problem with their nutritional status. With effective screening, assessment, diagnosis, and intervention, malnutrition can be properly identified and addressed.

Connecting at risk seniors to the appropriate nutritional resources helps to close the gap– improves healthy aging and supports aging in place.

Senior malnutrition can increase risk of…

SENIOR MALNUTRITION: A GROWING CRISIS

Good nutrition has been shown to help support a healthy and active lifestyle, improve health outcomes, and reduce healthcare costs. Alternately, malnutrition is associated with poor health outcomes, frailty and disability, and increased healthcare costs.

- The cost of disease-associated malnutrition in older adults is estimated to be $51.3 billion per year.
- A collaborative effort among the public and private sectors is needed to reduce and prevent malnutrition across the country.

> *"Let food be thy medicine… and medicine the food."*
>
> - Hippocrates

SIGNS & SYMPTOMS OF MALNUTRITION

Although Malnutrition must be officially diagnosed by a Physician, there are certain signs and symptoms to be aware of. It is entirely possible to be a healthy weight or even overweight and still be malnourished.

National Blueprint: Achieving Quality Malnutrition Care for Older Adults

State of South Carolina

Governor's Proclamation

WHEREAS, leading health and nutrition experts agree that nutrition status is a direct measure of patient health and that good nutrition can help keep people healthy and out of institutionalized healthcare facilities, thus reducing healthcare costs; and

WHEREAS, malnutrition is a condition that can occur in adult patients lacking adequate calories, protein, or other nutrients necessary for tissue maintenance and repair and in infants or children suffering an imbalance between nutrient requirement and intake, resulting in cumulative deficits of energy, protein, or micronutrients that could negatively affect growth, development, or other relative outcomes; and

WHEREAS, illness, injury, and malnutrition can result in the loss of lean body mass, leading to complications that can impact good patient outcomes, including from surgery, illness, or disease; and

WHEREAS, malnutrition is particularly prevalent in vulnerable populations, including older adults, hospitalized patients, and minorities, that statistically experience the highest incidence of severe chronic illnesses such as diabetes, kidney disease, and cardiovascular diseases; and

WHEREAS, therapeutic nutrition is the administration of food and fluids to support the metabolic processes of a patient who is malnourished or at high risk of becoming malnourished and can play an essential role in restoring lean body mass, resolving malnutrition challenges, improving clinical outcomes, reducing healthcare costs, and promoting good health.

NOW, THEREFORE, I, Henry McMaster, Governor of the great State of South Carolina, do hereby proclaim October 4 - 8, 2021, as

MALNUTRITION AWARENESS WEEK™

throughout the state and encourage all South Carolinians to learn more about the importance of proper nutrition to the health and well-being of people in the Palmetto State.

Henry McMaster

HENRY MCMASTER
GOVERNOR
STATE OF SOUTH CAROLINA