



Spencer J. Cox

Governor

## Declaration

**Whereas**, experts agree nutrition status is a direct measure of health and that good nutrition can keep people healthy and out of health care institutions;

**Whereas**, inadequate or unbalanced nutrition, known as malnutrition, is prevalent in many groups, including vulnerable populations such as hospitalized patients and minority populations, with older adults having the highest rate of malnutrition compared to other groups;

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

**Whereas**, nutrition is a human right and a social determinant of health, and malnutrition is intensified by disparities, inequities, and social isolation and is further compounded by food insecurity;

**Whereas**, disease-related malnutrition is a highly prevalent form of malnutrition;

**Whereas**, more than 2 million hospital stays involve malnutrition per year;

**Whereas**, each day, approximately 15,000 hospital patients with malnutrition go undiagnosed, and malnourished patients have two-times longer hospital stays compared to patients with no malnutrition;

**Whereas**, the 30-day hospital readmission rate is 2.2-times higher than patients without malnutrition;

**Whereas**, readmitted malnourished patients are twice as likely to be diagnosed with an infection;

**Whereas**, malnourished patients have higher hospital costs compared to the average cost of all hospital stays;

**Whereas**, readmitted malnourished patients have 22% higher hospital costs than readmitted patients with no malnutrition;

**Whereas**, malnutrition is significant predictor of mortality, as malnourished patients have two-times the mortality rate of all hospitalized patients;

**Whereas**, 20-40% of adults in the community are at risk or have malnutrition;

**Whereas**, malnutrition leads to more complications, falls, and readmissions, plays a role in cognitive deterioration, decreases functional capacity, and affects quality of life; and,

**Whereas**, screening, assessment, diagnosis, and intervention are key to improving malnutrition in the United States;

**Now, therefore**, I, Spencer J. Cox, governor of the state of Utah, do hereby declare Sept. 16-20, 2024, as

## **Malnutrition Awareness Week in Utah**



Spencer J. Cox  
Governor