

# The State of Washington



## Proclamation

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

**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; and

**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; and

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

**WHEREAS**, disease-related malnutrition is a highly prevalent form of malnutrition and over 2 million hospital stays per year involve malnutrition; and

**WHEREAS**, the 30-day hospital readmission rate is higher for malnourished patients than patients without malnutrition; and

**WHEREAS**, malnourished patients have higher rates of complications and mortality compared to the rate of all hospitalized patients; and

**WHEREAS**, malnutrition can lead to more complications, falls, readmissions, and plays a role in cognitive deterioration, decreased functional capacity and quality of life; and

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

**NOW, THEREFORE**, I, Jay Inslee, governor of the state of Washington, do hereby proclaim September 16-20, 2024, as

### ***Malnutrition Awareness Week***

in Washington, and I urge all people in our state to join me in this special observance.

Signed this 8<sup>th</sup> day of August, 2024

A handwritten signature in blue ink, appearing to read "Jay Inslee".

Governor Jay Inslee

