

STUDY: A NUTRITION CARE PROGRAM IMPROVES HEALTH AMONG OLDER ADULTS

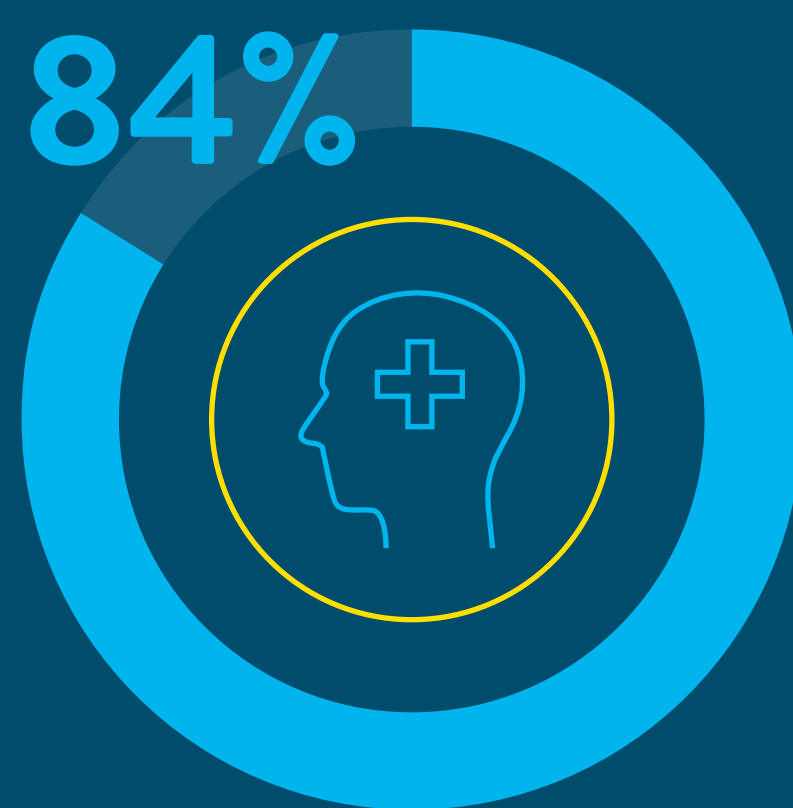
The study included more than 600 malnourished or at-risk older adults. After following a personalized nutrition program - including nutritional drinks and education - participants had improvements in nutritional status, leg muscle mass, and/or body weight and body mass index (BMI), which helped drive other health benefits.¹

Malnutrition is an often-hidden health condition that affects up to 1 in 3 older adults.²



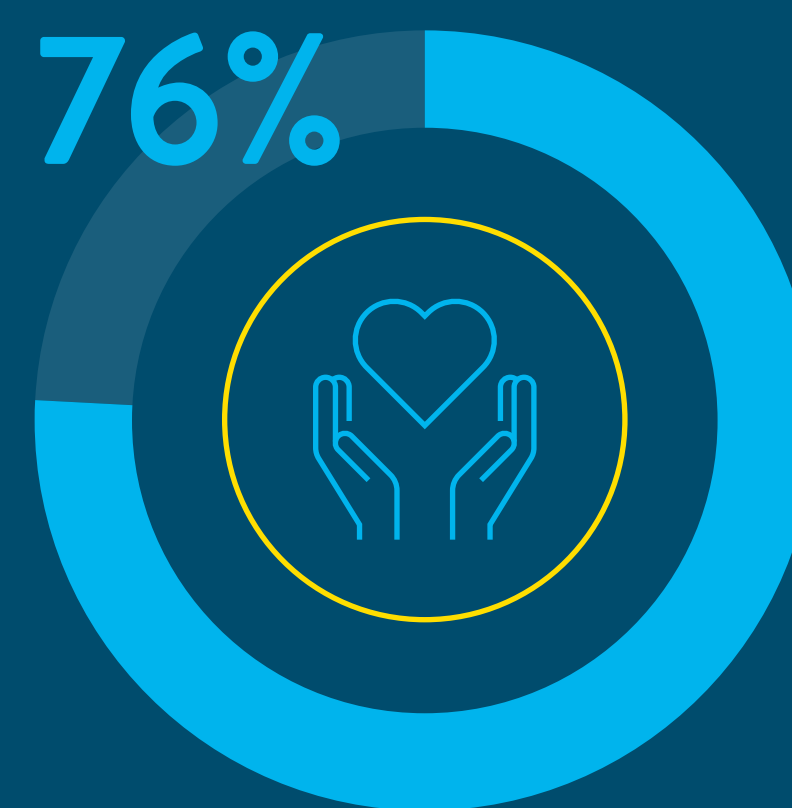
At least a third of participants had compromised baseline status in psychological well-being, quality of life, cognition and physical functionality, and when these individuals followed the program they saw improvements in all four areas.³

PSYCHOLOGICAL WELL-BEING



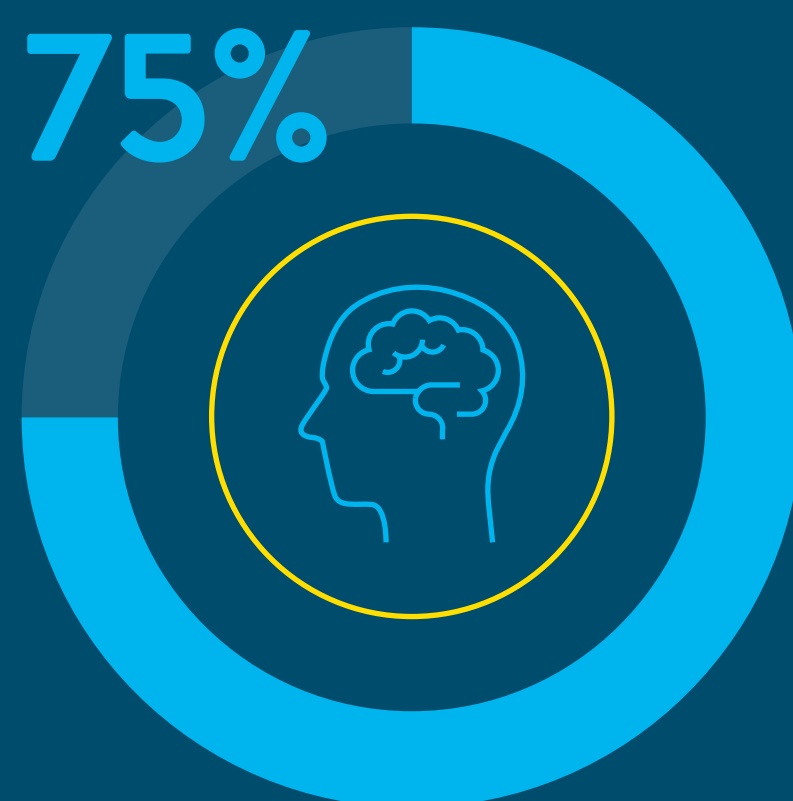
of participants improved psychological well-being.

QUALITY OF LIFE



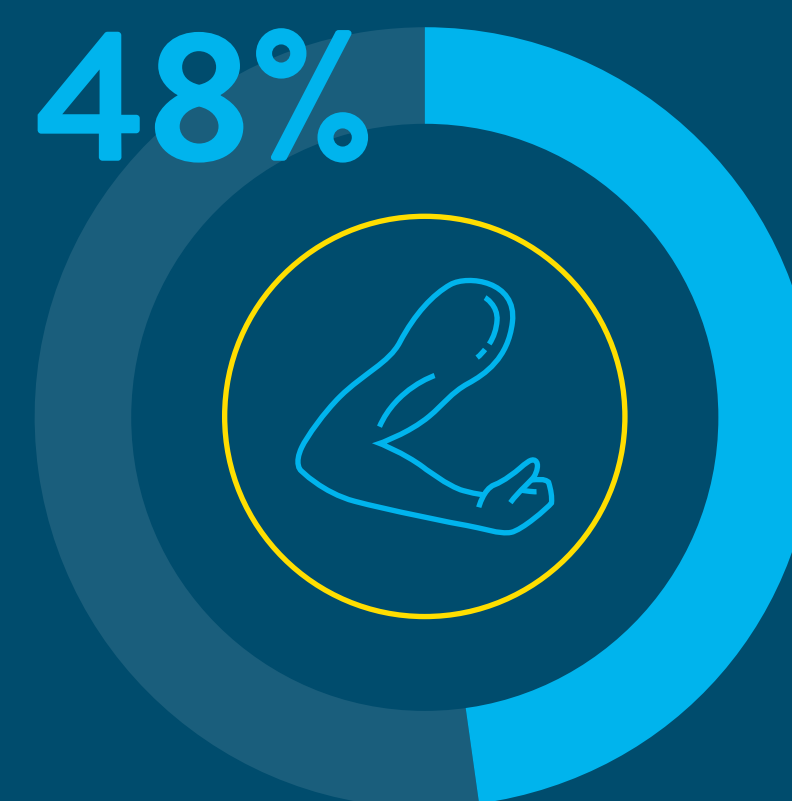
of participants improved quality of life due to increased mobility and self-care, including bathing and grooming.

COGNITION



of participants improved cognitive function.

PHYSICAL FUNCTIONALITY



of participants improved physical functionality.

In addition to improved health benefits, there was a **40%** reduction in hospitalizations, emergency department and outpatient visits over 90 days.⁴

IF YOU SUSPECT THAT YOU OR A LOVED ONE IS AT RISK FOR MALNUTRITION, TALK TO YOUR DOCTOR ABOUT SEEKING A NUTRITION SCREENING.

(1) Chavarro-Carvajal DA, et al. Clin Nutr ESPEN. 2022;48:291-297; (2) Rodriguez-Sanchez B, et al. Clinicoecon Outcomes Res. 2020;12:355-367; (3) Gomez G, et al. Clin Nutr.2022; 2022;41:1549-1556; (4) Sulo S, et al. Value in Health Regional Issues. 2022;32:70-77.