

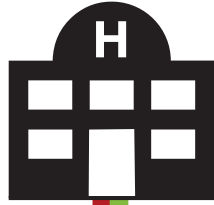
# Food is Medicine

## FROM HOSPITAL TO HOME

**1** in **4**

Patients **lose weight** unintentionally when they leave a hospital - this could lead to a return visit.

Only **10%** of patients leaving hospital will see a dietitian in their community.



**Patients likely to be at ongoing risk for malnutrition after hospital discharge:**

Over the age of 65

Requiring someone to get groceries

Poor appetite

On a hard to follow diet

### Helping Patients Home:

Explain why food and nutrition are important for recovery. **Confirm someone will monitor patient's appetite and weight.**

Encourage family to keep shelves and refrigerator stocked with food, visit at meal times – dine together.

**Tell patients that food is medicine too!**

Create a contact sheet listing patient community resources, such as:

- Home Care services
- Outpatient dietitian
- Private practice dietitian
- Cooking classes
- Meal/grocery delivery
- Community dining programs

Provide a detailed summary of patient's nutritional status – to be shared with family physicians and healthcare workers.



Canadian Malnutrition Task Force™

le Groupe de travail canadien sur la malnutrition™

Advancing Nutrition Care in Canada / Améliorer les soins nutritionnels au Canada