

EAT YOUR MEDICINE.



Canadian
Malnutrition
Task Force™

le Groupe de
travail canadien
sur la malnutrition™

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

Food is medicine. It makes us healthy, helps us recover from illness and keeps us alive. But while we diligently ensure we take our pills, we don't apply the same approach to food. Take a journey through our medical system and see the human and financial price for not eating our medicine.



54.98% **WELL NOURISHED**

33.60% **MODERATE MALNUTRITION**

11.43% **SEVERE MALNUTRITION**

MALNUTRITION =

EXTENDED HOSPITAL STAYS =
\$2 BILLION A YEAR

WHERE IT ALL STARTS:

45% of people are admitted to hospitals malnourished and 75% of the time this goes unnoticed.

NOT EATING YOUR MEDICINE IS COSTLY:

Malnutrition is a leading sign of a lengthy and costly hospital stay.

69% 42% 27% 42% 39% 35% 20% 30%

- WHEN MISSED FOOD TRAY, NOT GIVEN FOOD
- DID NOT GET HELP WHEN NEEDED
- POOR POSITION FOR EATING
- INTERRUPTED BY STAFF



- DISTURBED AT MEALS
- AVOIDING FOOD FOR TESTS
- REACHING MEALS
- DIFFICULTY OPENING PACKAGES

TABLE MANNERS:

What's stopping us from eating well in hospitals? Often it is the medical procedures or hospital policies that are designed to make us better. But it is simple things too.

WE CAN DO BETTER.

It is time to think of food as medicine and help people and our healthcare system get better. Learn more at:

<http://nutritioncareincanada.ca>

FOOD IS MEDICINE.
MEDICINE HEALS.