



## Obesity and Protein-Calorie Malnutrition

Date: 3/16/20

Hippocrates said, (a long time ago), "Let thy food be thy medicine," and the sentiment still rings true. March is National Nutrition Month, and is a great time to stress the importance of a balanced diet and exercise to our patients.

### Pre-obesity, obesity, & morbid obesity:

Pre-obesity is defined as a BMI between 25.0 and 29.99. These patients should be counseled on the risks of being overweight and developing obesity.

Obesity is defined as a BMI >30. Patients that fall into this category should be provided a care plan which may include: exercise and/or nutrition education, referral to a registered dietitian, nutritionist, exercise physiologist, mental health professional, etc, medication, or dietary supplements.

### Protein-calorie malnutrition:

Although protein-calorie malnutrition can be defined as a BMI less than 18.5, significant mortality among the elderly is noted with a BMI less than 21. The prevalence of protein-calorie malnutrition varies depending on the clinical setting. According to the Nutrition Screening Survey, it is estimated that protein-malnutrition occurs in the community setting 4% of the time, 29% in subacute care facilities, and 30% to 40% among those 70 years of age and older who have been hospitalized for over 2 weeks.



Classification	BMI
<b>Underweight</b>	<b>&lt;18.50</b>
Severe Malnutrition	<16.00
Moderate Malnutrition	16.00-16.99
Mild Malnutrition	17.00-18.49
<b>Overweight</b>	<b>&gt;25.00</b>
Pre-obese	25.00-29.99
<b>Obese</b>	<b>&gt;30.00</b>
Obese Class I	30.00-34.99
Obese Class II	35.00-39.99
Obese Class III	>40.00

### Eat Right, Bite by Bite

Good nutrition doesn't have to be restrictive or overwhelming. Small goals and changes can have a cumulative healthful effect, and every little bit (or bite!) of nutrition is a step in the right direction.



#### VARY YOUR DIET

EAT A VARIETY OF NUTRITIOUS FOODS EVERY DAY.



#### MEAL PLANNING

ENJOY HEALTHFUL EATING AT SCHOOL, WORK & HOME.



#### COOK & PREP

LEARN SKILLS TO CREATE TASTY MEALS TO SHARE AND ENJOY.



#### VISIT AN RDN

SEE A REGISTERED DIETITIAN NUTRITIONIST.