



*Charité* Universitätsmedizin Berlin

# Influence of social state on the prevalence of malnutrition in hospitalized patients

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# Background



## **Malnutrition in hospitalized patients is**

- an often underestimated problem
- associated with increased morbidity and mortality

**Social state is discussed as possible pathogenetic factor in industrialized countries.**

Is there a relationship between social state and the prevalence of malnutrition in German hospitalized patients?

# Patients and methods

**n = 803 consecutive patients**

## **university hospital**

- n=100 gastroenterology
- n=100 rheumatology
- n=100 cardiology
- n=102 urology
- n=100 general surgery

## **community hospital**

- n=101 gastroenterology
- n=100 cardiology
- n=100 general surgery

## **On admission**

**nutritional state** → **subjective global assessment**  
**social state** → **questionnaire**

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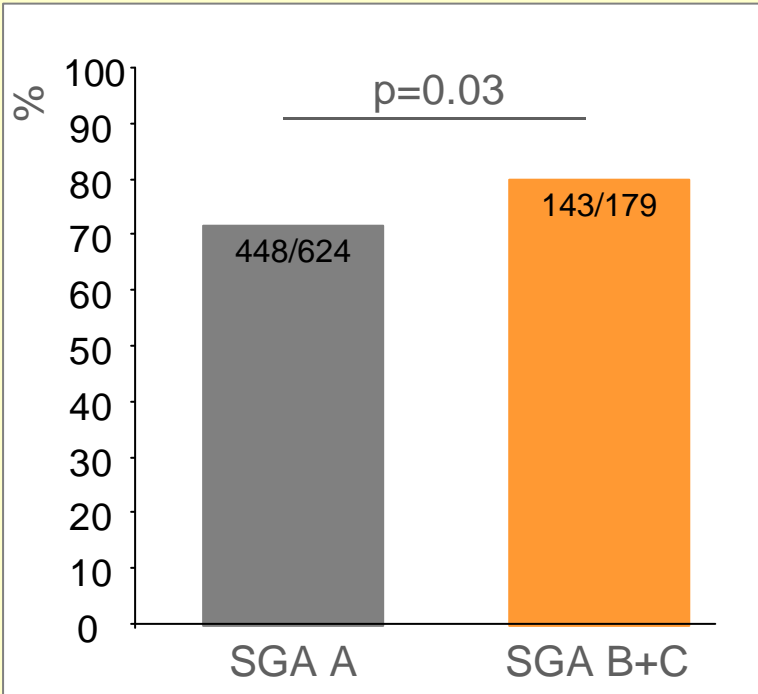
## Patients' characteristics and nutritional state

	<b>SGA A</b>	<b>SGA B+C</b>	<b>p</b>
Number	624 (77.7%)	179 (22.3%)	<0.001
Gender [m / f]	332 / 292	86 / 93	ns
Age [years]	57.0±15.3	68.0±14.2	<0.001
Malignant disease	124 (19.9%)	51 (28.5%)	<0.05
<b>Nutritional state</b>			
BMI [kg/m <sup>2</sup> ]	26.9 ±4.7	22.8 ±3.9	<0.001
Weight loss >10% bw	0.8 %	34.1 %	<0.001
AMA < 10. percentile	3.5 %	26.3 %	<0.001
AFA < 10. percentile	4.5 %	28.5 %	< 0.001
BCM < 30% bw	27.9 %	45.4 %	<0.001

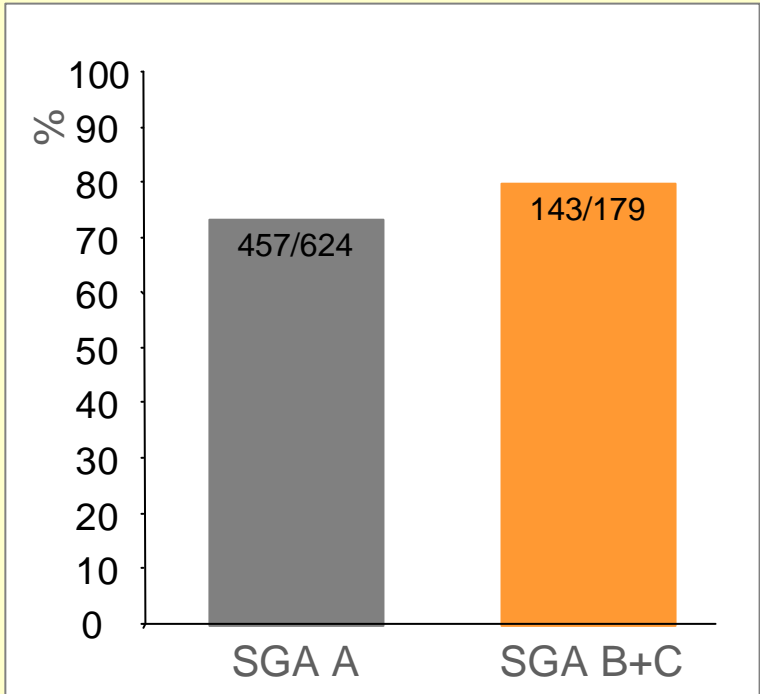
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# Results: social state

**Time of education**  
**< 12 years**



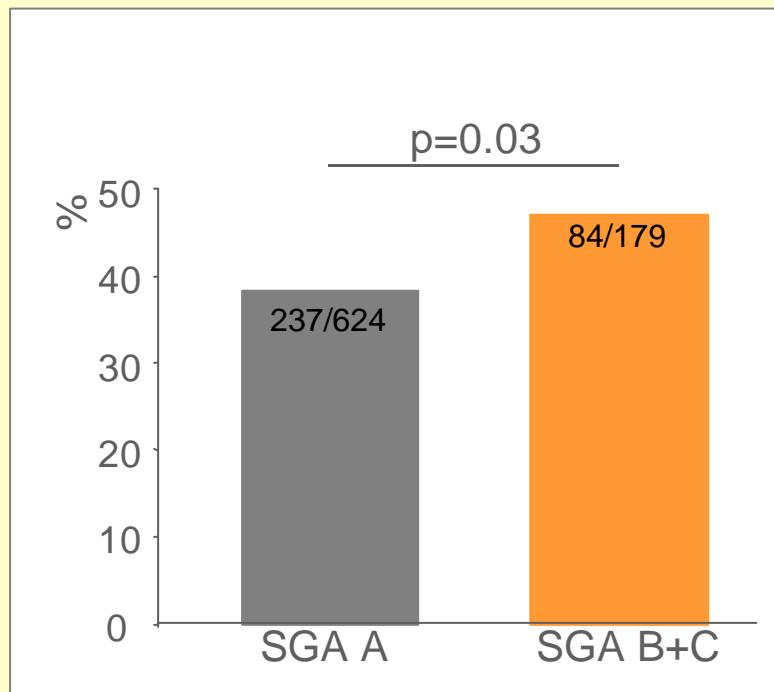
**Professional qualification**  
**no academics**



# Results: social state

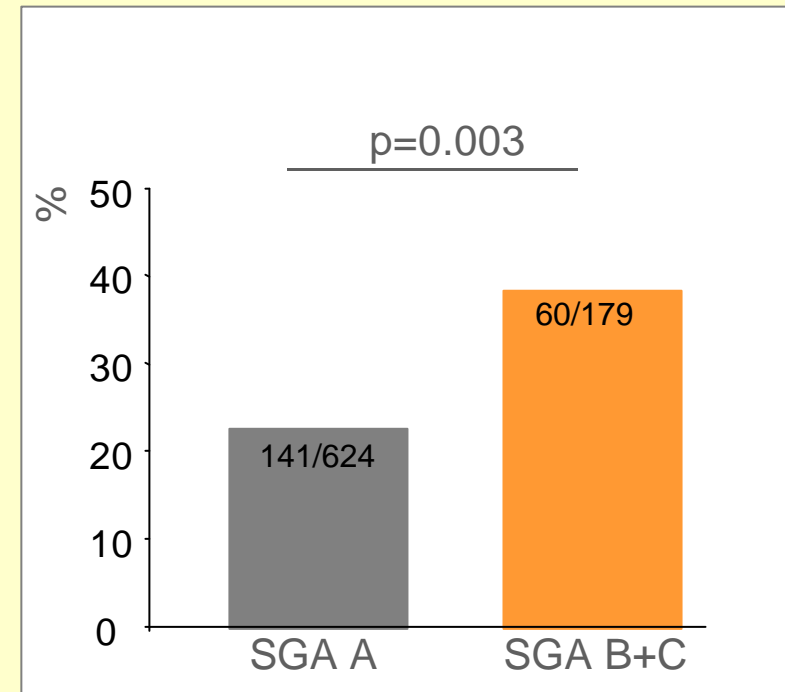
## Marital status

single, divorced, widowed



## Living condition

living alone



# Results: Univariate analysis

	<b>OR (95% CI)</b>	<b>p</b>
<b>Social state</b>		
Educational time <12 yrs.	1.560 (1.041-2.339)	0.031
Living alone	1.727 (1.202-2.482)	0.003
Smoking	1.217 (0.877-1.842)	ns
<b>Disease-associated</b>		
Number of drugs	1.157 (1.099-1.219)	<0.001
Malignant disease	1.607 (1.099-2.348)	0.014
<b>Others</b>		
Male gender	0.813 (0.583-1.134)	ns
Age [years]	1.056 (1.041-1.070)	<0.001

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# Summary

**Prevalence of malnutrition: 22.3%**

## **Risk factors for malnutrition**

### Social state

- single, divorced, widowed
- living alone
- shorter time of education

### Other factors

- higher age
- number of drugs
- malignant disease