Overweight and Risk for Undernutrition Among Persons Within Special Accommodations and Hospital Care – Year 2005 and 2007

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1. RATIONALE
Both undernutrition and overweight have major impacts on morbidity and mortality and are thus important to prevent. This study explores the prevalence of undernutrition and overweight among persons in special accommodations (SAs) and hospital care in the year of 2005 and 2007.

2. METHODS
Six hospitals and all of the SAs within six municipalities were involved. In the year of 2005, 2600 (88%) out of 2945 persons agreed to participate in the study, and in 2007 there were 2255 (81%) out of 2784 persons participating. Risk for undernutrition was defined as the occurrence of at least two of the following: involuntary weight loss, Body Mass Index (BMI) below limit (<20 if <=69 yrs, <22 if >=70 yrs) and/or presence of eating difficulties. Overweight was defined based on BMI (if <=69 yrs: BMI >=25; if >=70 yrs: BMI >=27)[1]. Nursing students, clinical tutors and staff collected the data.

3. RESULTS
The mean age and the risk for undernutrition increased significantly in SAs between the two years. The prevalence of overweight increased with three percent in hospitals as well as in SAs although this increase was not statistically significant (Table 1).

4. CONCLUSION
The society in general and health care professionals in specific needs to consider not only prevention for persons at risk for undernutrition, but also the prevention for persons becoming overweight.

Table 1. Percent of persons at risk for undernutrition and with overweight

<table>
<thead>
<tr>
<th></th>
<th>SAs 2005 (n=1726)</th>
<th>SAs 2007 (n=1526)</th>
<th>Hospitals 2005 (n=874)</th>
<th>Hospitals 2007 (n=728)</th>
<th>P-value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age, mean (SD)</td>
<td>85 (8)</td>
<td>86 (8)</td>
<td>69 (18)</td>
<td>69 (16)</td>
<td>0.987</td>
</tr>
<tr>
<td>At risk for undernutrition</td>
<td>27</td>
<td>35</td>
<td>&lt;0.001</td>
<td>27</td>
<td>0.947</td>
</tr>
<tr>
<td>Overweight</td>
<td>30</td>
<td>33</td>
<td>0.089</td>
<td>39</td>
<td>42</td>
</tr>
</tbody>
</table>


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