



# State of North Carolina

**ROY COOPER**  
GOVERNOR

## OLDER ADULT MALNUTRITION AWARENESS WEEK

2021

BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA

### A PROCLAMATION

**WHEREAS**, inadequate or unbalanced nutrition, known as malnutrition, is particularly prevalent in vulnerable populations, such as hospitalized patients, older adults, and underserved populations, where those populations statistically shoulder the highest incidences of the most severe chronic illnesses such as diabetes, kidney disease, cancer, and cardiovascular disease that are also impacted by nutrition; and

**WHEREAS**, nutrition screening and intervention have not been systematically incorporated across the continuum of care, malnutrition can be difficult to detect without proper screening, and it is estimated that as many as 1 of 2 older adults are either at risk of becoming or already malnourished; and

**WHEREAS**, experts agree that nutrition status is a direct measure of patient health, and that good nutrition can keep people healthy and out of healthcare institutions, thus reducing healthcare costs, which can be up to \$49 billion annually for hospital stays involving malnutrition; and

**WHEREAS**, malnutrition has been exacerbated by the global COVID-19 health pandemic that has intensified disparities and social isolation for older adults and is further compounded by food insecurity, and federal legislation has allocated supplemental funding for federal community nutrition programs; and

**WHEREAS**, illness, injury, and malnutrition can result in the loss of lean body mass, leading to complications that impact good patient health outcomes, including recovery from surgery, illness, or disease; and

**WHEREAS**, starting in 2019, the North Carolina population of ages 60 and older began exceeding the population under age 18, and 95 of 100 counties in the state are projected to reach that milestone by 2038; and

**WHEREAS**, with North Carolina's rapidly aging population, the number of older adults with malnutrition is projected to increase, and a collaborative effort among key stakeholders in the public and private sectors continues to be required to increase awareness of, reduce, and prevent malnutrition; and

**WHEREAS**, the NC Division of Aging and Adult Services, North Carolina Academy of Nutrition and Dietetics, University of North Carolina at Chapel Hill Nutrition Department and Meals on Wheels North Carolina recognize that an important step toward identifying and treating malnutrition is raising awareness about it and thus join with the American Society for Parenteral and Enteral Nutrition (ASPEN), which was the first to establish a national Malnutrition Awareness Week™ in 2012;

**NOW, THEREFORE**, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim October 4-8, 2021, as "OLDER ADULT MALNUTRITION AWARENESS WEEK" in North Carolina, and commend its observance to all citizens.



  
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Roy Cooper  
Governor

IN WITNESS WHEREOF, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this thirtieth day of September in the year of our Lord two thousand and twenty-one and of the Independence of the United States of America the two hundred and forty-sixth.