

THE CLINICAL & ECONOMIC VALUE OF ONS:

Oral Nutritional Supplements

What is ONS?

Oral nutritional supplements (ONS) can provide calories, protein, and other essential nutrients for patients diagnosed with, or at risk of, malnutrition¹



69% of older adults across different care settings are at risk for malnutrition²

MALNUTRITION

risk in older adults



- **Poor diet**, illnesses that cause increased nutrient demand, increased nutrient loss, and poor nutrient absorption can increase risk¹⁵
- **25% of older adults** are malnourished or at risk of malnutrition, with an expected increase as the population ages¹⁶
- **More than 40% of adults** ages 51+ don't meet minimum daily protein requirements, which can impact muscle mass and functionality¹⁷⁻¹⁹



40% of adults 51+ don't get enough protein¹⁷

IMPACT of malnutrition

- X Increases hospital admissions^{24,25}
- X Increases risk of sarcopenia²⁶⁻²⁸
- X Increases complications, infections & pressure injuries^{24,29}
- X Increases morbidity^{24,25,29}
- X Increases risk of falls & frailty^{30,31}
- X Decreases muscle mass & strength^{26,27}
- X Negatively impacts activities of daily living^{31,32}

NUTRITIONAL & FUNCTIONAL BENEFITS of ONS



• **Can improve mobility**, activities of daily living, muscle strength, and reduce the risk of falls in elderly patients^{1,3-7}



• **Can maintain bone density** in patients with osteoporosis or recent fractures⁸⁻¹⁰



• **Can reduce hospital length of stay** in patients >50 years with hip fractures¹¹



• **Reduces risk of infectious complications by nearly 50%** in patients >50 years with hip fractures¹¹



• **Helps increase gait speed & muscle strength** in older adults with mild and moderate sarcopenia^{12,13}



• **Can improve physical function, vitality & mental health** in nursing home-dwelling patients¹⁴

50% reduction in risk of infectious complications with ONS¹¹

21% reduction in hospital length of stay (LOS)²⁰

35% reduction in surgical patient complications²¹

ECONOMIC outcomes

Studies on ONS have shown:

26% reduction in 30-day readmission rates in adults²²

Nearly **22%** decline in episode cost in hospitalized adults²⁰

ONS have been shown to **REDUCE hospitalization & medical care costs**^{21,23}

Comprehensive portfolio of ONS to help patients get the nutrition they need



For references, visit www.nestlemedicalhub.com/oral-nutritional-supplements-infographic-reference-list

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