

Exploring factors contributing to unintentional weight loss in hospitalised patients with overweight or obesity

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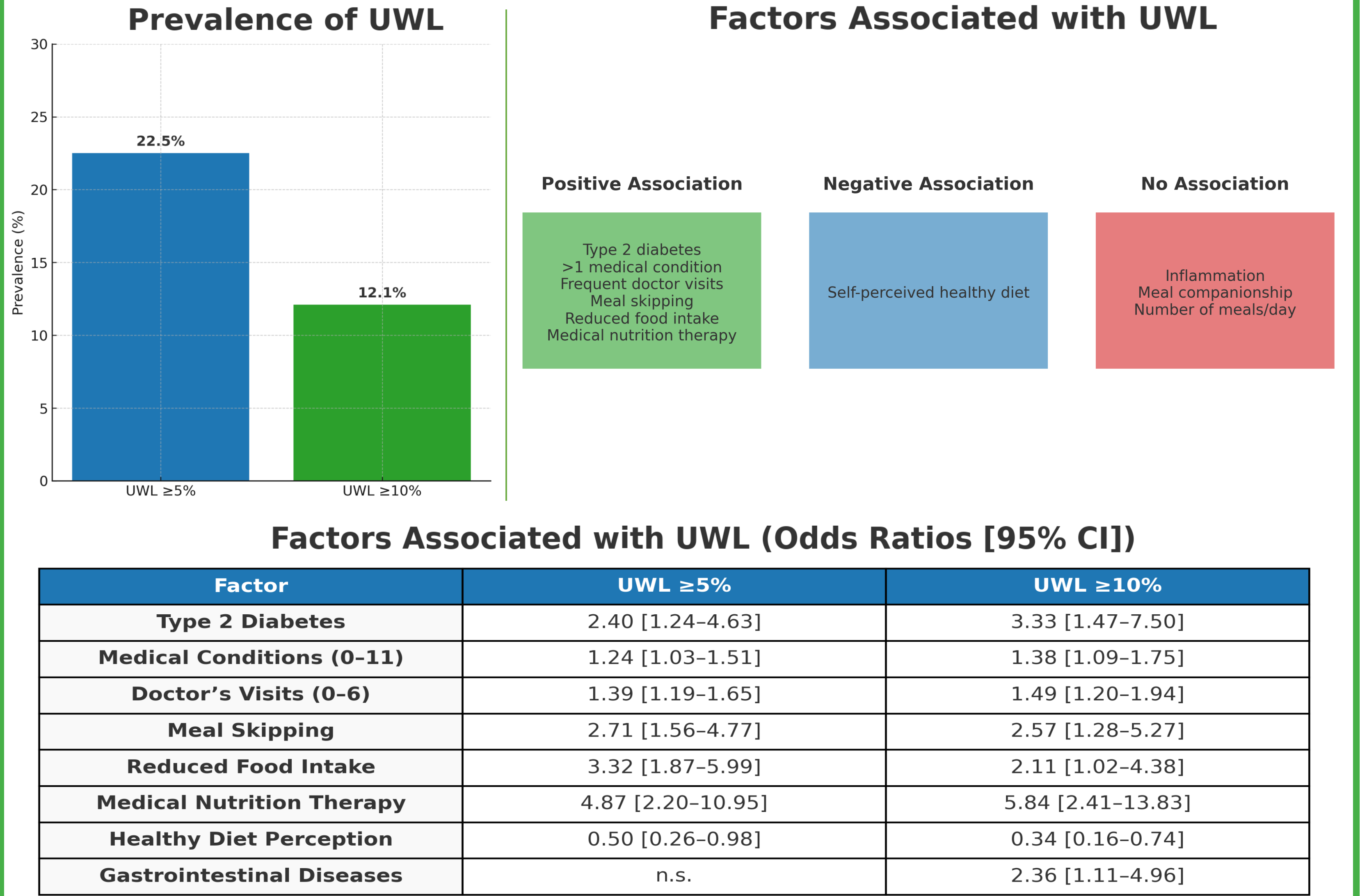
BACKGROUND

- **Unintentional weight loss (UWL)** is an important marker of **malnutrition risk**, even in patients not classified as underweight by body mass index (BMI).
- **≥5% or ≥10% UWL (GLIM criteria)** may have different implications in patients with overweight or obesity compared to those of a healthy weight.
- The factors contributing to UWL in patients with overweight or obesity remain unclear.

OBJECTIVES

- To examine the associations between **UWL** and **medical conditions**, **mealtime habits**, and **eating behaviours** of **hospitalised patients with overweight or obesity**

RESULTS



METHODS

- **Cross-sectional** study in 5 Dutch hospitals
- Preliminary data from **306 adult patients with a BMI ≥ 25 kg/m²**
- UWL (**≥5 % or ≥10**) self-reported
- Data sources:
 - Questionnaires (**medical conditions**, **number of doctor’s visits**, **mealtime habits and eating behaviours**)
 - Electronic records (**C-reactive protein and albumin**)
- Associations tested with **logistic regression**



CONCLUSIONS

- 💡 UWL in hospitalised patients with overweight or obesity is linked to type 2 diabetes, gastrointestinal diseases, meal skipping and reduced food intake while protected by a self-perceived healthy diet.
- 💡 Associations were comparable in both >5% and ≥10% UWL and are relevant for understanding the applicability of the GLIM criteria in this patient population.