

Malnutrition Point Prevalence Study 2025

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RESEARCH WEEK
20-24 OCTOBER 2025
INSPIRED RESEARCHERS
Northern Health

Northern Health

BACKGROUND

Malnutrition is estimated to affect up to 40% of patients in Australian hospitals. **This study aimed to describe malnutrition prevalence at Northern Health (NH) at a singular time-point.**

The study audited:



1. Malnutrition prevalence
2. Whether malnourished patients were receiving dietetic care

Step 1

Medical files were screened for inpatients at Northern Hospital Epping (NHE), Bundoora Centre (BC) and Broadmeadows Hospital (BH) over 2 week period June-July 2025

Step 2

Malnutrition Screening Tool (MST) and Subjective Global Assessment (SGA) were completed to diagnose malnutrition and its severity

RESULTS

404 participants
included



Malnutrition Prevalence
19%
(n=78)

Average age 75yrs
35% male,
65% female

**Prevalence was highest at
BH site (32%) and
on BH Unit 3 (41%)**

Mainourished patients
receiving nutrition care from
Dietetics:
100%

CONCLUSIONS

The overall prevalence of malnutrition at NH (19%) is lower than the national estimated prevalence (up to 40%) but prevalence at BH Unit 3 was on par (41%). This is the seventh year this study has been completed; the data provides comparison to past and future malnutrition prevalence studies and evaluation of malnutrition prevention and management strategies at NH.

