

**Northern Health**

## BACKGROUND

## The study examined:

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Medical files were screened for inpatients at Northern Hospital Epping (NHE), Bundoora Centre (BC), Broadmeadows Hospital (BH) and Kilmore District Hospital (KDH) over 2 week period June-July 2026.

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

420 participants  
included



**Prevalence was highest at KDH GEM (55%)**

Malnourished patients  
receiving nutrition care from  
Dietetics:  
**95%**

Malnutrition prevalence at NH was 25%, below the national estimate of up to 33%, although prevalence was higher at KDH GEM (55%). Now in its eighth year the study enables monitoring of trends and evaluation of malnutrition prevention and management strategies at NH.



For further information regarding this research please contact Nadia Obeid, Senior Dietitian Northern Health, via email [nadia.obeid@nh.org.au](mailto:nadia.obeid@nh.org.au)