

# C O P D

## CHRONIC OBSTRUCTIVE PULMONARY DISEASE

Impacts **64 MILLION** people worldwide<sup>i</sup>

Costs **\$32 BILLION** per year in the U.S. alone.<sup>ii</sup>

Between **20%** and **40%** of people with COPD are **MALNOURISHED**<sup>iii</sup>

Ranked the **3rd** leading cause of death in the U.S., according to the CDC<sup>iv</sup>

### SYMPTOMS<sup>vii</sup>

shortness of breath

wheezing

chest tightness

chronic cough

Better Nutrition Can Help People Living With COPD<sup>v,vi</sup>



Shortness of breath & decreased appetite<sup>vii</sup>

COPD

Weight loss & loss of respiratory muscle strength<sup>viii</sup>

Impaired nutritional status<sup>vi,viii</sup>



When **COPD patients 65+ years**



receive oral nutritional supplements in the hospital<sup>ix</sup>

Average length of stay was reduced by **21.5%**

Total hospital costs were lowered by **12.5%**

Readmission rates (within 30 days) were reduced by **13.1%**

Better nutrition can improve the quality of life for people with COPD.

World Health Organization. Chronic obstructive pulmonary disease, Fact Sheet No. 315. Geneva, Switzerland: WHO; 2011. <sup>i</sup>Earl FS, et al. Total and state-specific medical and absenteeism costs of chronic obstructive pulmonary disease among adults aged ≥18 years in the United States for 2010 and projections through 2020. *CHEST*. 2014;doi:10.1378/chech.14-0972. <sup>ii</sup>Raguso C, et al. Nutritional status in chronic obstructive pulmonary disease: role of hypoxia. *Nutrition*. 2011;27:138-143. <sup>iii</sup>Centers for Disease Control and Prevention. National Vital Statistics Report. Deaths: Final Data for 2010. 2013; 61(04). <sup>iv</sup>Collins PF, et al. Nutritional support in chronic obstructive pulmonary disease: a systematic review and meta-analysis. *Am J Clin Nutr*. 2012;95(6):1385-1395. <sup>v</sup>Aniwydyaningish W, et al. Impact of nutritional status on body functioning in chronic obstructive pulmonary disease and how to intervene. *Curr Opin Clin Nutr Metab Care*. 2008;11(4):435-442. <sup>vi</sup>St. Florian, I. Nutrition and COPD- Dietary Considerations for Better Breathing. *Today's Dietitian*. 2009;11(2):54. <sup>vii</sup>Ezzell L, et al. Malnutrition in chronic obstructive pulmonary disease. *Am J Clin Nutr*. 2000;72(6):1415-1416. <sup>viii</sup>Snider, J. et al. Effect of hospital use of oral nutritional supplementation on length of stay, hospital cost, and 30-day readmissions among Medicare patients with COPD. *CHEST*. 2014; published online 30 October 2014. DOI: 10.1378/chech.14-1368.