THE NAVAJO NATION

Proclamation

RECOGNIZING SEPTEMBER 19 – 23, 2022
AS “NAVAJO NATION MALNUTRITION AWARENESS WEEK”

We, the Navajo Nation people agree that nutrition is a direct measure of health, and that good nutrition is critical in keeping people healthy, out of health care institutions, and improving quality of life.

WHEREAS, inadequate or unbalanced nutrition, known as malnutrition, is prevalent in many groups, including vulnerable populations such as hospitalized patients and minority populations, with older adults having the highest rate of malnutrition compared to other groups; and

WHEREAS, illness, injury, and malnutrition can result in the loss of lean body mass, leading to complications that impact good patient health outcomes, including recovery from surgery, illness, or disease; and

WHEREAS, nutrition is a human right and Social Determinant of Health, and malnutrition is exacerbated by the global COVID-19 health pandemic, which has intensified disparities, inequities, and social isolation and is further compounded by food insecurity; and

WHEREAS, disease-related malnutrition is a highly prevalent form of malnutrition; and

WHEREAS, over 2 million hospital stays involve malnutrition per year. Each day, approximately 15,000 hospital patients with malnutrition go undiagnosed; and

WHEREAS, malnourished patients have two times longer hospital stays compared to patients with no malnutrition, and

WHEREAS, readmitted malnourished patients are twice as likely to be diagnosed with an infection and have 22% higher hospital costs than readmitted patients with no malnutrition; and

WHEREAS, malnourished patients have three times the mortality rate of mortality of all hospitalized patients; and
WHEREAS, malnutrition leads to more complications, falls, and readmissions, and plays a role in cognitive deterioration, decreased functional capacity and affects quality of life; and

WHEREAS, we encourage Navajo citizens to get screened because intervention is key to improving malnutrition in the Navajo Nation.

NOW, THEREFORE, I, JONATHAN NEZ, President of the Navajo Nation, and I, MYRON LIZER Vice-President of the Navajo Nation do hereby proclaim and recognize September 19 – 23, 2022, as “Navajo Nation Malnutrition Awareness Week.”

PROCLAIMED THIS 19th DAY OF SEPTEMBER 2022

Jonathan Nez, President
THE NAVAJO NATION

Myron Lizer, Vice President
THE NAVAJO NATION