



## 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

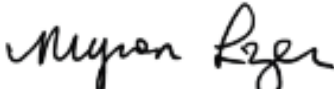
**WHEREAS**, malnutrition leads to more complications, falls, and readmissions, and plays a role in cognitive deterioration, decreased functional capacity and affects quality of life; and

**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 19<sup>th</sup> DAY OF SEPTEMBER 2022**

  
Jonathan Nez, *President*  
**THE NAVAJO NATION**

  
Myron Lizer, *Vice President*  
**THE NAVAJO NATION**