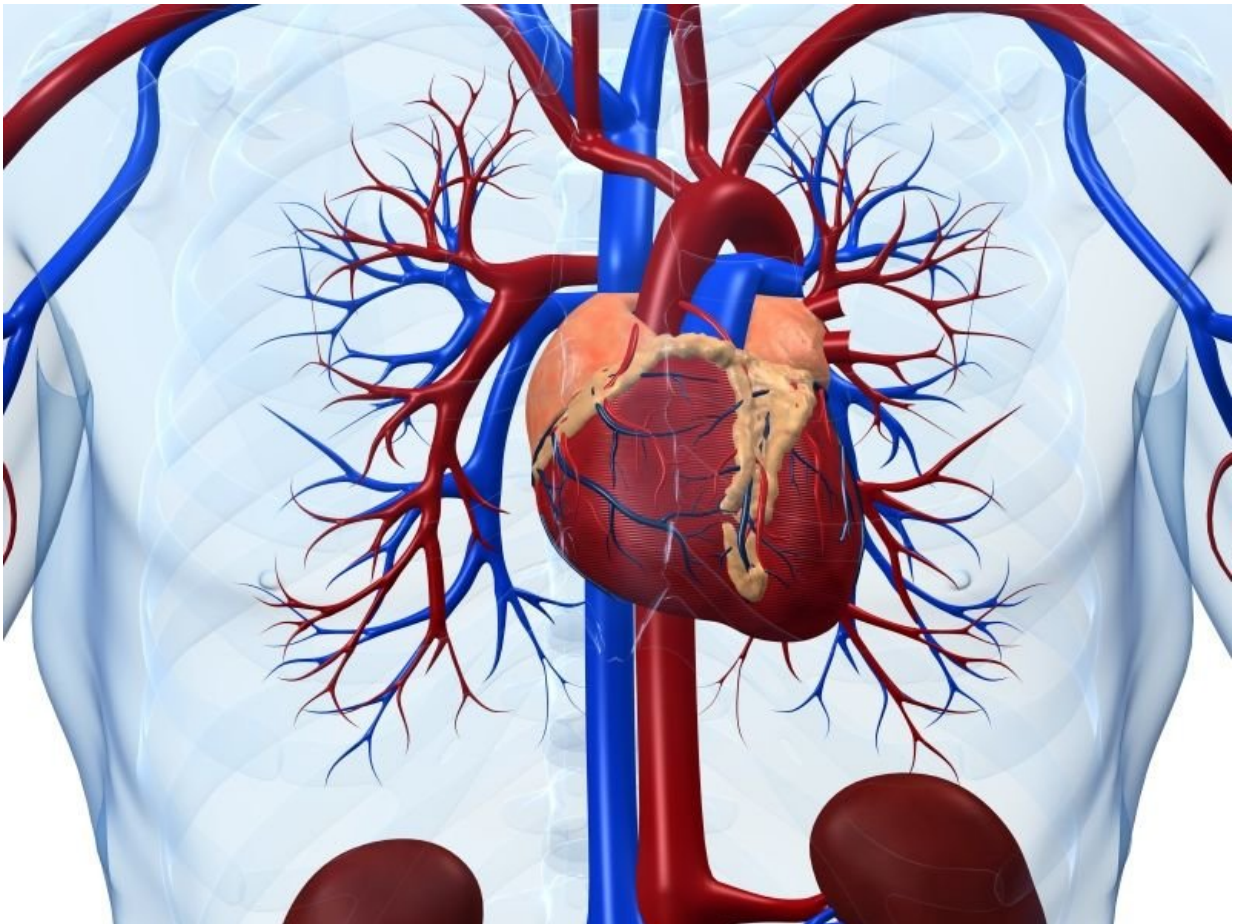


# Malnutrition is associated with poor prognosis in heart failure

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(HealthDay)—Patients with heart failure frequently have malnutrition,

which is associated with increased mortality, according to a study published online May 9 in *JACC: Heart Failure*.

Shirley Sze, M.B.B.S., from Hull York Medical School in the United Kingdom, and colleagues applied the geriatric nutritional risk index (GNRI), controlling [nutritional status](#) (CONUT) score, and prognostic nutritional index (PNI) to 550,000 patients referred with suspected heart failure to examine the prognostic consequences of [malnutrition](#).

The researchers confirmed heart failure in 3,386 of 4,021 patients enrolled. Overall, 6.7, 10.0, and 7.5 percent of patients were moderately or severely malnourished using scores for GNRI  $\leq 91$ , CONUT  $>4$ , and PNI  $\leq 38$ , respectively; 57 percent of participants were at least mildly malnourished by one or more scores. Overall, 51 percent of patients died during a median follow-up of 1,573 days. One-year mortality was 28, 41, and 36 percent for patients moderately or severely malnourished for CONUT, GNRI, and PNI, respectively, compared with 9 percent for those with mild malnutrition or normal nutritional status. One-year survival was predicted by a model including age, urea, and log-N-terminal pro-B-type natriuretic peptide (C-statistic, 0.719); additional of nutritional indices, but not [body mass index](#), slightly improved prediction (C-statistic, up to 0.724).

"Malnutrition is common among outpatients with [heart failure](#) and is strongly related to increased mortality," the authors write.

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