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Summary

BEING YOUNG AND WOMEN ARE RISK FACTORS FOR MALNUTRITION ACCORDING TO GLIM CRITERIA IN INFLAMMATORY BOWEL DISEASE OUTPATIENS

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IBD

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A prospective study of 700 IBD outpatients found only 0.9% met GLIM criteria for malnutrition, with female sex and younger age at diagnosis identified as independent risk factors.

KEY POINTS

- Of 700 IBD outpatients (53.9% with ulcerative colitis, 90% without active disease), only 6 patients (0.9%) met GLIM criteria for malnutrition despite ESPEN guidelines recommending routine malnutrition assessment.
- Female sex and age were associated with increased malnutrition risk on MUST screening, while GLIM phenotypic criteria were associated with female sex and age at diagnosis.
- GLIM etiologic criteria were linked to need for any biologic therapy and second-line biologics, and both etiologic and phenotypic criteria were associated with worse quality of life scores on IBDQ-9.
- This study provides the first data on GLIM-based malnutrition prevalence in IBD outpatients and may inform nutritional screening strategies in this population.

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