



## ANHI March 2025 Nutrition Research Review

### Exclusive Enteral Nutrition for Induction of Remission in Pediatric Crohn's Disease: Short- & Long-Term Tolerance & Acceptance

**Publication:** Journal of Pediatric Gastroenterology & Nutrition

**Publish Date:** December 2024

**Authors:** Sandrine C, Emmanuelle D, Jérôme V, Christine MV

#### SUMMARY

In children with mild to moderate Crohn's Disease (CD), exclusive enteral nutrition (EEN) is the primary treatment. However, adherence is challenging due to various psychosocial factors. This study evaluated the short-term acceptability and long-term tolerance of EEN. A retrospective study at Robert-Debré Hospital in Paris, conducted between December 2023 and March 2024, involved 32 pediatric CD patients. They completed a detailed questionnaire about their EEN experience, including duration, consequences, difficulties, and sociodemographic information.

Of the participants, 62% received oral treatment, while 38% required a nasogastric tube

(NGT). Thirty-eight percent discontinued treatment early. Common issues included taste, vomiting, and NGT discomfort. Despite these challenges, 59% would recommend EEN due to its rapid effectiveness. However, 32% reported persistent eating disorders (EDs) and 12.5% reported social disorders post-treatment.

EEN offers significant benefits for children with CD, but its acceptability is mixed due to dietary and social constraints. Adequate dietary and psychological support is essential to improve adherence and prevent EDs in one-third of patients after treatment.

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## Low-FODMAP Diet for Irritable Bowel Syndrome: Insights from Microbiome

**Publication:** Nutrients

**Publish Date:** January 2025

**Authors:** Zhang H, Su Q

### SUMMARY

A low-FODMAP diet has gained recognition as a successful strategy for easing IBS symptoms. However, it also lowers beneficial bacteria like Bifidobacterium and decreases short-chain fatty acid production, which may negatively impact long-term gut health. This review consolidates current knowledge on how a low-FODMAP diet influences the gut microbiome and its role in IBS management. Researchers emphasize the need for strategies to preserve microbial diversity and tailored dietary plans in IBS care, accounting for individual microbiome differences. Balancing IBS symptom management with gut microbiome health is essential for long-term well-being.

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## Pediatric Obesity Treatment: Considerations for Diabetes Educators & Clinicians

**Publication:** Diabetes Spectrum

**Publish Date:** November 2024

**Authors:** Laroche HH, Fernandez C, Sweeney BR, Dreyer Gillette ML, Hampl SE

## SUMMARY

The rates of pediatric obesity and diabetes are increasing, positioning pediatric health care professionals perfectly to tackle these chronic conditions through a patient- and family-centered approach. This article highlights essential evaluation elements that can guide treatment and underscores a comprehensive, team-based strategy. Treatment starts with motivational interviewing and establishing a foundation of intensive health behavior and lifestyle interventions, followed by pharmacotherapy and, when necessary, metabolic and bariatric surgery.

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## Effect of Exercise and Nutrition Intervention for Older Adults with Impaired Physical Function with Preserved Muscle Mass (Functional Sarcopenia): A Randomized Controlled Trial

**Publication:** Clinical Interventions in Aging

**Publish Date:** February 2025

**Authors:** Ji S, Baek JY, Go J, Lee CK, Yu SS, Lee E, Jung HW, Jang IY

## SUMMARY

This randomized controlled trial investigated the effects of combined exercise and nutrition interventions on older adults exhibiting impaired physical function despite preserved muscle mass, a condition referred to as functional sarcopenia. Participants were randomly assigned to receive either the intervention, which included structured exercise programs and nutritional support, or standard care. The study aimed to assess improvements in physical performance metrics, muscle strength, and overall functional capacity resulting from the intervention. The findings demonstrated that participants in the intervention group experienced significant enhancements in physical function and muscle strength compared to those receiving standard care. These results suggest that targeted exercise and nutritional strategies can effectively improve physical performance in older adults with functional sarcopenia, even when muscle mass is preserved.

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## Pediatric Hospital Utilization for Patients with Avoidant Restrictive Food Intake Disorder

**Publication:** Journal of Eating Disorders

**Publish Date:** March 2025

**Authors:** Milliren CE, Crowley M, Carmody JK, Bern EM, Eldredge O, Richmond TK

### SUMMARY

Avoidant restrictive food intake disorder (ARFID) is a relatively new feeding and eating disorder, included in the DSM-5 in 2013 and the ICD-10 in 2018. There is limited research on hospital utilization for ARFID patients, and no studies have used large administrative cohorts. This study examines inpatient admission trends, hospital utilization, and 30-day readmissions for ARFID patients at pediatric hospitals in the United States.

Using data from the Pediatric Health Information System (PHIS), inpatient admissions for ARFID patients (based on the principal ICD-10 diagnosis code) discharged between October 2017 and June 2022 were identified. Changes in ARFID admission volume over time were analyzed, and associations between patient-level factors (e.g., sociodemographic characteristics, co-morbid conditions such as anxiety, depressive disorders, and malnutrition), hospital ARFID volume, and hospital utilization metrics including length of stay (LOS), costs, use of enteral tube feeding or GI imaging during admission, and 30-day readmissions were explored. Adjusted regression models were employed to examine the impact of sociodemographic and clinical factors on LOS, costs, and 30-day readmissions.

Inpatient ARFID volume across 44 pediatric hospitals increased over time ( $\beta = 0.36$  per month; 95% CI 0.26-0.46;  $p < 0.001$ ). Among 1,288 inpatient admissions for ARFID patients, the median LOS was 7 days (IQR = 8) with median costs of \$16,583 (IQR = \$18,115). LOS and costs were highest in hospitals with higher ARFID patient volumes. Factors such as younger age, co-morbid conditions, enteral feeding, and GI imaging were associated with LOS. Additionally, 8.5% of patients were readmitted within 30 days. Adjusted models revealed differences in readmission likelihood based on age, insurance, malnutrition diagnosis at the index visit, and GI imaging procedures during the index visit. The volume of inpatient admissions for ARFID patients has increased at pediatric hospitals in the U.S. since ARFID was added to the ICD-10. Inpatient stays for

ARFID are lengthy and costly, with a notable rate of readmissions. Identifying effective and efficient treatment strategies for ARFID is crucial for the future.

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## Incretin-Based Therapies and Lifestyle Interventions: The Evolving Role of Registered Dietitian Nutritionists in Obesity Care

**Publication:** Journal of the Academy of Nutrition and Dietetics

**Publish Date:** March 2025

**Authors:** Gigliotti L, Warshaw H, Evert A, Dawkins C, Schwartz J, Susie C, Kushner R, Subramanian S, Handu D, Rozga M

### SUMMARY

Incretin-based therapies, paired with lifestyle interventions, offer substantial weight loss and health benefits, outperforming previous treatments for obesity management. Registered Dietitian Nutritionists (RDNs) are central to this approach, delivering personalized medical nutrition therapy, improving medication adherence, mitigating side effects, and fostering sustainable habits. This article emphasizes the importance of RDNs in comprehensive obesity care, advocating for expanded access to medical nutrition therapy and advanced practice among RDNs.

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## A Comparison of Oral Health, Nutrition & Swallowing Function in Older Adults With & Without Sarcopenia: A Cross-Sectional Study

**Publication:** Nutrition in Clinical Practice

**Publish Date:** March 2025

**Authors:** Yücel M, Ünlüer NÖ, Sari YA

### SUMMARY

This cross-sectional study compared oral health, nutrition, and swallowing function in older adults with and without sarcopenia. Sarcopenia, characterized by the loss of muscle mass and function, has been linked to declines in overall health, including oral and swallowing impairments. Researchers assessed participants using measures of muscle strength, nutritional status, oral health, and swallowing function. Findings indicated that older adults with sarcopenia had poorer oral health, lower nutritional intake, and more swallowing difficulties compared to those without sarcopenia. These impairments could contribute to inadequate nutrition, exacerbating muscle loss and functional decline. The study highlights the importance of integrated approaches to address oral and swallowing health in older adults with sarcopenia to support adequate nutrition and overall well-being.

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