



Shaping Tomorrow's Nephrology: Insight-Driven Kidney Care

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Abstract Topic : Renal Nutrition

Prevalence and Factors associated with malnutrition in patients with pre-dialysis chronic kidney disease stage 3-5

Chantisa Arayangkoon

Department of Internal Medicine-Nephrology, Rajavithi Hospital, College of Medicine, Rangsit University, Thailand

Objectives : To determine the prevalence of malnutrition, compare its prevalence across CKD stages, and identify factors associated with malnutrition among patients with pre-dialysis CKD stages 3–5 at Rajavithi Hospital.

Methods : A cross-sectional study was conducted among patients attending the nephrology clinic at Rajavithi Hospital between January 1 and December 31, 2025. Nutritional status was assessed, and data on demographics, comorbidities, nutritional parameters, dietary intake, and laboratory findings were collected. Factors associated with malnutrition were analyzed using logistic regression analysis.

Results : A total of 312 patients with pre-dialysis CKD stages 3–5 were included. The prevalence of malnutrition was 39.3%, with 34.5% classified as moderate and 4.8% as severe malnutrition. The prevalence of malnutrition did not differ significantly across CKD stages ($p > 0.05$). After adjustment for potential confounders, factors independently associated with malnutrition included a history of stroke (adjusted OR = 85.23, 95% CI: 19.23-377.7), underweight and obese body habitus, weight loss within the preceding 4 weeks (adjusted OR = 7.55, 95% CI: 2.92-19.51), reduced or very low dietary intake (adjusted OR = 46.42, 95% CI: 10.39-207.38), impaired access to food (adjusted OR = 10.63, 95% CI: 2.88-39.23), higher serum creatinine levels (adjusted OR = 1.86, 95% CI: 1.19-1.43), and lower lymphocyte counts (adjusted OR = 0.93, 95% CI: 0.89-0.97).

Conclusions : Malnutrition is highly prevalent among patients with CKD stages 3–5 prior to renal replacement therapy and is more strongly associated with comorbid conditions, body habitus, weight change, and dietary factors than with CKD stage itself. These findings highlight the importance of early nutritional screening and intervention beginning in the early stages of CKD.

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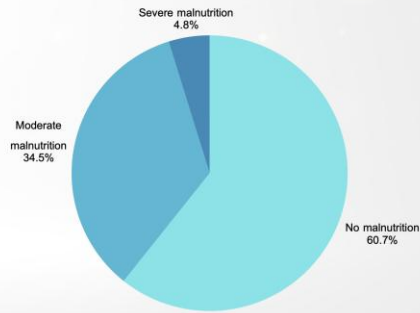
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PREVALENCE AND FACTORS ASSOCIATED WITH MALNUTRITION IN PATIENTS WITH PRE-DIALYSIS CHRONIC KIDNEY DISEASE STAGE 3-5

prevalence of malnutrition

Prevalence of Malnutrition	Number (%)
No malnutrition	190 (60.70)
Malnutrition	123 (39.30)
Severity of malnutrition	
No malnutrition	190 (60.7)
Moderate malnutrition	108 (34.5)
Severe malnutrition	15 (4.79)
Malnutrition score	
Mean $\pm$ SD	5.29 $\pm$ 2.55
Median (Min–Max)	5 (0 :15)



Screenshot 2569-03-11 at 20.33.14.png

Factors associated with malnutrition were analyzed using logistic regression analysis

Variables	Malnutrition	No Malnutrition	Crude OR (95% CI)	p-value	Adjusted OR (95% CI)	p-value
Body Mass Index (kg/m²)						
Mean $\pm$ SD	25.67 $\pm$ 6.33	24.92 $\pm$ 4.24	0.96 (0.92–1.00)	0.058	0.94 (0.90–0.98)	0.004
Median (Min–Max)	24.58 (12.73–47.06)	24.44 (12.89–37.84)				
Stroke/CVA (present)	31 (91.18)	3 (8.82)	21.00 (6.26–70.51)	<0.001	5.23 (19.23–377.7)	<0.001
Weight change in past 4 weeks						
Stable	55 (29.89)	129 (70.11)	1	1		
Decreased	41 (68.33)	19 (31.67)	5.06 (2.70–9.49)	<0.001	7.55 (2.92–19.51)	<0.001
Increased	21 (37.50)	35 (62.50)	1.41 (0.75–2.63)	0.285	3.10 (1.19–8.07)	0.021
Food intake (past 4 weeks)						
Normal	74 (29.02)	181 (70.98)	1	1		
Decreased	39 (92.86)	3 (7.14)	31.80 (9.53–106.10)	<0.001	4.42 (10.39–207.3)	<0.001
Increased	10 (37.04)	17 (62.96)	1.44 (0.62–3.33)	0.394	2.05 (0.69–6.09)	0.195
Food accessibility						
Normal	85 (31.60)	184 (68.40)	1	1		
Problem present	38 (86.36)	6 (13.64)	13.71 (5.58–33.67)	<0.001	0.63 (2.88–39.23)	<0.001
eGFR (CKD stage)						
Stage 3a	18 (36.00)	32 (64.00)	1	1		
Stage 3b	31 (32.98)	63 (67.02)	0.87 (0.43–1.80)	0.716	0.53 (0.19–1.49)	0.227
Stage 4	45 (40.18)	67 (59.82)	1.19 (0.60–2.38)	0.614	0.24 (0.07–0.80)	0.02
Stage 5	29 (50.88)	28 (49.12)	1.84 (0.85–4.00)	0.123	0.02 (0.00–0.22)	0.001
Serum creatinine (mg/dL)	2.23 (1.05–15.83)	1.98 (0.97–7.98)	1.24 (1.08–1.43)	0.003	1.86 (1.19–2.90)	0.007
Lymphocyte (%)	27.73 $\pm$ 9.68	25.07 $\pm$ 9.01	0.95 (0.93–0.98)	<0.001	0.93 (0.89–0.97)	0.001