Development of a National Blueprint to Improve Malnutrition Care

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INTRODUCTION

Older adult malnutrition is a growing crisis in America today, yet insufficient attention is given to preventing or treating the condition.

Malnutrition is a Critical Public Health and Patient Safety Issue

1 in 2 Older adults are malnourished

$513 billion is lost in avoidable hospitalization

50% have reduced daily activities due to malnutrition

300% cost increase for hospital stay

Many different factors can contribute to older adult malnutrition.

Figure 1 | Contributing Factors that Lead to Malnutrition among Older Adults

METHODS

1. To create the framework for a National Blueprint, the Malnutrition Quality Collaborative engaged an expert group representing organizations across the continuum of care.

2. The expert group developed 4 specific goals and identified a range of strategies and supporting recommendations.

3. The goals, strategies, and recommendations were further reviewed by an external panel representing community, healthy aging, nutrition, advocacy, healthcare professional, faith-based, and private sector organizations.

CONCLUSIONS

The National Blueprint is unique—it presents recommendations by key stakeholder groups (including governmental organizations, healthcare practitioners, and institutions, older adults and their families, and public and private payers) and by specific settings (acute, post-acute, and community care).

The National Blueprint represents the first comprehensive, preventive plan to establish a consistent, high-quality standard of malnutrition care in the US.

Organizations across the continuum of care are now using its strategies and recommendations to develop their own specific plans of action to help promote healthy aging.

OUTCOME

The final report was published as the National Blueprint: Achieving Quality Malnutrition Care for Older Adults

Published report available at: http://www.defeatmalnutrition.today/blueprint

GOALS AND STRATEGIES OF THE NATIONAL BLUEPRINT TO IMPROVE MALNUTRITION CARE FOR OLDER ADULTS

Goal 1: Improve Quality of Malnutrition Care for Older Adults

Strategies

1. Establish evidence-based National, State, and Local Goals for Quality Malnutrition Care
2. Identify Quality Standards for Malnutrition Care
3. Establish Quality Measurement and Reporting Standards
4. Change High-Quality Transitions of Care

Goal 2: Improve Access to High-Quality Malnutrition Care and Nutrition Services

Strategies

1. Integrate Quality Management in Payment and Delivery Models and Community Programs
2. Redefine Access to Quality Malnutrition Care
3. Strengthen Nutrition Professional Workforce
4. Generate Clinical Research on Malnutrition Quality of Care

Goal 3: Advance Public Health Efforts to Improve Malnutrition Quality of Care

Strategies

1. Train Healthcare Providers, Social Services, and Administrators on Quality Malnutrition Care
2. Educate Older Adults and Caregivers on Malnutrition Impact, Prevention, Treatment, and Available Resources
3. Educate and Raise Awareness with National, State, and Local Policymakers
4. Integrate Malnutrition Care into National, State, and Local Population Health Management Strategies
5. Advocate Education and Financial Resources to NINH and USDA-Administered Food and Nutrition Programs

National Blueprint: Achieving Quality Malnutrition Care for Older Adults