

FEBRUARY 2020

MALNUTRITION CONNECTION

Providing Malnutrition Awareness and Advocacy Information to Share

Nutrition Key to Successful Decade of Healthy Ageing (2020-2030)

Decade  of Healthy Ageing 2020-2030

Did you know 2020-2030 is the World Health Organization *Decade of Healthy Ageing*? It was created to bring together diverse groups--from governments, professionals, and academia, to the media and the private sector—for 10 years of concerted, catalytic and collaborative action to improve the lives of older adults, their families, and the communities in which they live. Nutrition is a key driver for healthy aging. Conversely, poor nutrition or malnutrition is a risk factor for disability, chronic disease, and other negative health outcomes. In fact, WHO's Decade of Healthy Aging [Plan](#) includes malnutrition as it reinforces WHO's Sustainable Development Goal 2, which targets malnutrition and the need to have Zero Hunger for the world's older adults. WHO also addresses malnutrition as one of its 13 [Guidelines on Integrated Care for Older People \(ICOPE\)](#).

The U.S. government has recognized the need for action too, as identified in the new Government Accountability Office's recent report, [Nutrition Assistance Programs: Agencies Could Do More to Help Address the Nutritional Needs of Older Adults](#). Check out the Defeat Malnutrition [GAO Webinar](#) to learn more. At the state level, Shirley Chao, PhD, RDN, Director of Nutrition for the Massachusetts Executive Office of Elder Affairs recently shared her thoughts on how the [Decade of Healthy Aging Aligns with Nutrition Policy Trifecta and Sets Agenda for State Actions](#).

What is your plan to raise awareness about malnutrition and leverage nutrition opportunities in this Decade of Healthy Ageing?

Now more than 100 Members Strong!

Defeat Malnutrition Today hit a milestone in 2020, as the Coalition now boasts a [membership](#) of over 100! In celebration, we created a special badge ([PNG](#), [JPG](#), [PDF](#)) that DMT members can share on their websites and other communications.



When was the last time you visited www.defeatmalnutrition.today?

Be sure to check out the Coalition's [website refresh](#). In response to member requests, we updated our website menus, streamlined website organization to make it easier for you to navigate, and added a special Advocacy tab, that includes highlights and resources for federal and state actions. We also will be launching a new Forums section to help members connect with each other and share and discuss their work.