

Development of a *National Blueprint* to Improve Malnutrition Care

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...vital to healthy aging

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

Up to 1 out of 2 older adults is either at risk of becoming or is malnourished**

4 to 6

Number of days by which malnutrition can increase length of hospital stay*

\$51.3B

Disease-associated malnutrition in older adults is estimated to cost \$51.3 billion annually*

Many different factors can contribute to older adult malnutrition.

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



- Malnutrition is preventable.
- A multi-sector plan is needed to help organizations work together to help solve the problem.
- The Malnutrition Quality Collaborative was established to develop a *National Blueprint* of comprehensive strategies for improving malnutrition care for older adults across care settings.
- The Collaborative was convened by the Defeat Malnutrition Today coalition and Avalere Health and included multiple stakeholders in nutrition, healthy aging, and food security, with support from Abbott.

OBJECTIVES

The Malnutrition Quality Collaborative worked to develop a *National Blueprint* to:

- Advance health and quality-of-life outcomes among older adults by increasing national awareness of malnutrition.
- Engage national, state, and local healthcare stakeholders to take action to prevent, identify and treat malnutrition.



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.

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: Achieving Quality Malnutrition Care for Older Adults*

Goal 1	Improve Quality of Malnutrition Care Practices
Strategies	
1. Establish Science-Based National, State, and Local Goals for Quality Malnutrition Care	
2. Identify Quality Gaps in Malnutrition Care	
3. Establish and Adopt Quality Malnutrition Care Standards	
4. Ensure High-Quality Transitions of Care	
Goal 2	Improve Access to High-Quality Malnutrition Care and Nutrition Services
Strategies	
1. Integrate Quality Malnutrition Care in Payment and Delivery Models and Quality Incentive Programs	
2. Reduce Barriers to Quality Malnutrition Care	
3. Strengthen Nutrition Professional Workforce	
Goal 3	Generate Clinical Research on Malnutrition Quality of Care
Strategies	
1. Evaluate Effectiveness and Impact of Best Practices on Patient Outcomes and Clinical Practice	
2. Identify and Fill Research Gaps by Conducting and Disseminating Relevant Research	
3. Track Clinically Relevant Nutritional Health Data	
Goal 4	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 Visibility with National, State, and Local Policymakers	
4. Integrate Malnutrition Care Goals in National, State, and Local Population Health Management Strategies	
5. Allocate Education and Financial Resources to HHS- and USDA-Administered Food and Nutrition Programs	

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 care 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.