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# MALNUTRITION CONNECTION

Providing Malnutrition Awareness and Advocacy Information to Share

## New *National Blueprint* Outlines Malnutrition Strategies for Action Across Healthcare Continuum

Citing alarming statistics that show that nearly 1 of every 2 older Americans is at risk of malnutrition and that disease-associated malnutrition in older adults is estimated to cost \$51.3 billion annually, a broad group of advocates has laid out and just released a roadmap for a new national effort to help millions of Americans who suffer from malnutrition or could be at risk as they grow older. The first ever *National Blueprint: Achieving Quality Malnutrition Care for Older Adults* calls for a range of strategies to be implemented across the

healthcare institution and community spectrum, with four primary goals: improving quality care practices, improving access, generating research, and advancing public health.

“This *National Blueprint* is one of the most comprehensive approaches taken to date to address malnutrition and older adults.”

“We want it to be a pathway toward raising greater public awareness and the catalyst to prompt establishing national goals and improving access to high quality malnutrition care and nutrition services.” said Bob Blancato, Chair, American Society on Aging, and National Coordinator, Defeat Malnutrition Today.

One of the *Blueprint's* real strengths is that it offers implementation-ready recommendations for acute-care, post-acute care, and community organizations.

The *Blueprint* cites the need for best practice standards and screening tools to be “systematically adopted into routine quality medical care or adopted across care settings.” Currently, the Centers for Medicare and Medicaid Services (CMS) does not include malnutrition care in healthcare quality incentive programs or require healthcare providers to report malnutrition as a key health indicator for older adults.

### MALNUTRITION: AN OLDER-ADULT CRISIS

**\$51.3 Billion**  
Estimated annual cost of disease-associated malnutrition in older adults in the US<sup>1</sup>



**Up to 1 out of 2 older adults** are at risk for malnutrition<sup>2,3</sup>



**300%**  
The increase in healthcare costs that can be attributed to poor nutritional status<sup>4</sup>



**20% to 50%** of patients are malnourished or at risk for malnutrition on hospital admission<sup>4</sup>



**4 to 6 days**  
How long malnutrition increases length of hospital stays<sup>5</sup>

**Chronic health conditions** lead to increased malnutrition risk



**Malnutrition leads to more complications, falls, and readmissions<sup>6</sup>**

Just 4 steps can help improve older-adult malnutrition care



**Screen** all patients



**Assess** nutritional status



**Diagnose** malnutrition



**Intervene** with appropriate nutrition

**Focusing on malnutrition in healthcare helps:**

- ✓ Decrease healthcare costs<sup>7</sup>
- ✓ Improve patient outcomes<sup>7</sup>
- ✓ Reduce readmissions
- ✓ Support healthy aging
- ✓ Improve quality of healthcare

Support policies across the healthcare system that defeat older-adult malnutrition.

Learn more at [www.DefeatMalnutrition.Today](http://www.DefeatMalnutrition.Today)

References: 1. Snider JT, et al. *J Parent Sci Assoc*. 2014;38(2 suppl):775-855. 2. Kaiser M, et al. *J Am Geriatr Soc*. 2010;58(9):1734-1738. 3. Izawa S, et al. *Clin Nutr*. 2006;25(3):962-967. 4. Barker LA, et al. *Int J Environ Res Public Health*. 2019;16(2):514-527. 5. Correia MI, et al. *Clin Nutr*. 2003;22(3):235-239. 6. Norman K, et al. *Clin Nutr*. 2008;27(1):5-15. 7. Philipson T, et al. *Am J Manag Care*. 2013;19(2):121-128.

### Sample Social Media Content:



- Malnutrition Quality Collaborative released a *National Blueprint* for #Malnutrition Action. Check it out: [www.defeatmalnutrition.today/blueprint](http://www.defeatmalnutrition.today/blueprint)
- Healthcare costs can be up to 300% greater for those who are malnourished. We must defeat malnutrition today! [www.defeatmalnutrition.today/blueprint](http://www.defeatmalnutrition.today/blueprint)
- #Malnutrition can increase the length of a hospital stay by 4-6 days. Learn more here: [www.defeatmalnutrition.today/blueprint](http://www.defeatmalnutrition.today/blueprint)
- The *National Blueprint* on #Malnutrition Care focuses on ending gaps in malnutrition awareness and care. Learn more here: [www.defeatmalnutrition.today/blueprint](http://www.defeatmalnutrition.today/blueprint)

### FOR MORE INFORMATION:

The full report can be found at [www.defeatmalnutrition.today/blueprint](http://www.defeatmalnutrition.today/blueprint)

The *National Blueprint: Achieving Quality Malnutrition Care for Older Adults* was developed by the Defeat Malnutrition Today coalition, Avalere Health, and the Malnutrition Quality Collaborative.