

MAY 2017

MALNUTRITION CONNECTION

Providing Malnutrition Awareness and Advocacy Information to Share

May is Older Americans Month!

New Resource Helps Community-based Organizations Combat Malnutrition among Older Adults

Up to 1 out of 2 older adults are at risk for malnutrition, which can worsen chronic conditions and make it difficult for older adults to stay independent. The National Council on Aging, Defeat Malnutrition Today, Maryland Department of Aging, Meals on Wheels America, Brandman Centers for Senior Care, and a panel of expert reviewers have developed a new Community Malnutrition Resource Hub to help local organizations learn more about and combat this issue.

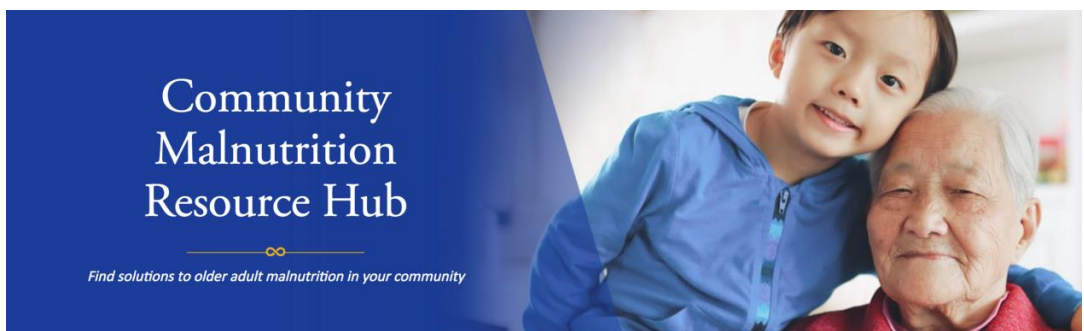
This **Resource Hub** is designed to inform and assist community-based organizations, public health leaders, health care professionals, and other organizations interested in reducing malnutrition among older adults. It includes practical resources, tools, and ideas to help develop and implement a malnutrition plan.

“The Resource Hub enhances linkages across the care continuum and provides a platform where community-based organizations can gain an understanding of

malnutrition’s impact along with valuable, “shovel-ready” materials to use across settings, roles, and responsibilities,” said Judy Simon, MS, RD, LDN, nutrition and health promotion programs manager for the Maryland Department of Aging, and chair of the Healthy Aging Dietetic Practice Group, Academy of Nutrition and Dietetics. She added “The Resource Hub also puts into practice specific community recommendations included in the recently released *National Blueprint: Achieving Quality Malnutrition Care for Older Adults*.”

There are several different topic areas to explore in the Resource Hub. “**Build a Knowledge Base**” has multiple sections including: Reports/Books, Fact Sheets/Websites Videos/Webinars, Toolkits, Training/Continuing Education, Infographics, Publications/Articles, and Consensus/Policy Statements. “**Support Integration Across Professional Roles**” offers information on how different health care professionals can help to combat malnutrition.

“**Existing Organizations and Programs**” includes resources on Community and Federal Assistance Programs, National Organizations, International Programs, and Awareness Efforts to help end malnutrition. Finally, “**Implement Assessments and Tools**” has practical tools to use at a community level including: Malnutrition Screening and Assessments, Menus and Meal Plans and Patient Education Materials. Support for the Resource Hub was provided by Abbott Nutrition.



HOW TO ACCESS THE RESOURCE HUB

For more information: www.ncoa.org/ResourceHub

Sample Social Media Content:

- Check out the new Community #Malnutrition Resource Hub to help fight malnutrition among older adults: www.ncoa.org/ResourceHub
- Combat #seniors #malnutrition in your community using the new @NCOAging Resource Hub: www.ncoa.org/ResourceHub
- #Malnutrition makes it hard for #seniors to stay independent. See ways your organization can help at: www.ncoa.org/ResourceHub
- 10% of #seniors face #malnutrition. Make a plan to help your community with new @NCOAging Resource Hub: www.ncoa.org/ResourceHub