

NOVEMBER 2022

# MALNUTRITION CONNECTION

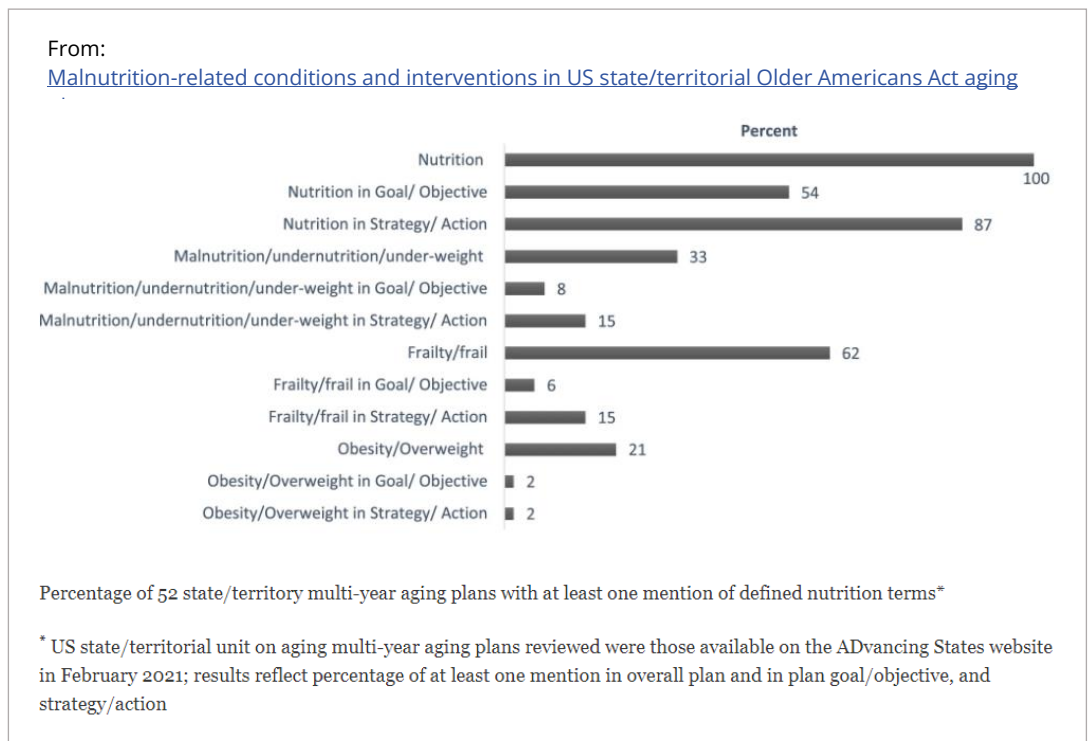
Providing Malnutrition Awareness and Advocacy Information to Share

## Including Malnutrition-related Conditions and Interventions in State Older Americans Act Aging Plans

The federal Older Americans Act (OAA) supports a number of home and community-based services for older adults, including congregate/home delivered meals and nutrition services for older Native Americans. The latest [OAA reauthorization](#), signed into law in 2020, for the first-time recognized malnutrition prevention as part of the purpose of OAA nutrition programs and added malnutrition screening to the OAA disease prevention/health promotion services definitions. Subsequently, states were [directed](#) by the Administration on Community Living to include programming to address malnutrition in the multi-year aging plans they are required to develop by the OAA, beginning with plans taking effect on or after October 1, 2022.

This is an important opportunity for states to do more to impact older adult malnutrition because to date there has been limited focus on malnutrition in state multi-year OAA plans. A recently published [study](#) collected baseline information on how state multi-year OAA plans available in 2021 included malnutrition and related nutrition conditions (sarcopenia, frailty, obesity) and nutrition interventions. The study found that malnutrition, sarcopenia, frailty, and obesity were mentioned infrequently, if at all, in the state plans. Specifically, mentions of malnutrition were found in 33% of all plans but only in 8% as goals/objectives and 15% as strategies/actions. Nutrition intervention mentions were nearly nonexistent.

Malnutrition contributes to disability and poor health outcomes, particularly later in life. Including malnutrition – as now required – in state multi-year OAA plans and addressing it through OAA nutrition programs and services will help ensure a healthier future for older Americans. **In the coming months, look for new Defeat Malnutrition Today resources on including malnutrition in state multi-year OAA plans.**



### Upcoming Webinar

November 30, 2022 | 1pm ET

[Click to Register](#)

***“The Links between Food Insecurity, Nutrition, and Mental Health: Impacts on Healthy Aging and Community-based Resources and Services that can Help”***