

MALNUTRITION IN OLDER ADULTS RESOURCES- SUMMER 2018

Initiatives/Resources

- [The Malnutrition Quality Collaborative. National Blueprint: Achieving Quality Malnutrition Care for Older Adults.](#) Washington, DC: Avalere and Defeat Malnutrition Today. March 2017.
- [Malnutrition Prevention Commission](#) (Ohio Department of Health). March 2018. 40-page report.
- **Malnutrition- A Hidden Health Condition. Interactive State map showing cost impact per state.** Malnutrition is thought of as a distant issue - but this condition often goes hand-in-hand with eight chronic diseases, and it costs the U.S. \$15.5 billion annually in direct medical costs. Look up your state at: <https://avalaunchmedia.com/inter/Abbott/malnutrition.html>
- [Defeat Malnutrition Today.](#)
 - **Malnutrition Quality Improvement Initiative** (MQii)
 - Toolkit <http://mqii.defeatmalnutrition.today/mqii-toolkit.html>
 - Resource Page <http://defeatmalnutrition.today/resources>
 - [Defeat Malnutrition Today. Advancing Policies for Quality Malnutrition Care in Older Adults, a State Legislative Toolkit.](#) Washington, DC: Defeat Malnutrition Today, June 2017
 - Defeat Malnutrition Today: [Dialogue Proceedings- Advancing Patient-Centered Malnutrition Care Transitions](#) (15 pages) & [Infographic-Malnutrition Transitions of Care](#) (2 pages)
- **ASPEN Malnutrition Resources**
 - **Malnutrition Awareness Week.**™ Sept. 24-28, 2018. [Free webinars](#) during the week.
 - [Malnutrition Definitions](#) from ASPEN
 - **Nutrition Care Algorithm** for Adult Hospitalized Pts, **Nutrition Care Pathway, Ask About Your Nutrition Poster** for general public (2017) and more can be found at this [link](#)
- [Malnutrition Readiness Assessment Questionnaire \(MQii\)](#) Assess your hospitals level of readiness and recommendations based on your stage. Additional [MQii Tools and Resources](#)
- [NCOA- Community Malnutrition Resource Hub \(National Council on Aging\)](#)
 - This Resource Hub is designed to help 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 you develop and implement a malnutrition plan.
 - [Fact Sheets & Websites](#)
 - [Toolkits](#)
 - [Malnutrition Infographics.](#) Check these out, you can use these now. For example.
 - [Malnutrition-An Older Adult Crisis](#)
 - [Placemat: 6 Questions to ask your doctor after a hospital stay](#)
 - [“Ways to Eat Well as you Get Older”](#)
 - [Compilation of Publications & Articles related to Malnutrition](#)
- **ChooseMyPlate.gov**
 - <https://www.choosemyplate.gov/recipes-cookbooks-and-menus>
 - **My Plate, My Wins. Healthy Eating Solutions for Everyday Life.** Includes short videos to make practical, small changes, stories and more. Excellent resource.
 - <https://www.choosemyplate.gov/older-adults>
 - [Choosing Healthy Meals as You Get Older](#)
 - [Go4Life from the National Institute on Aging](#)
 - [What's On Your Plate? Smart Food Choices for Healthy Aging](#)

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- [Know Your Food Groups](#)
- [How Much Physical Activity Do Older Adults Need?](#)
- **UK Malnutrition Task Force:** An independent group of experts across health, social care and local government united to address avoidable and preventable malnutrition in older people.
 - [Small Appetites Campaign](#)
 - [Nutrition Ed Resources](#)
- **Food is Medicine Coalition.** Association of medically tailored food & nutrition service providers.

Miscellaneous:

- **What Does it Feel like to Be Old and Alone** (Video) <https://www.youtube.com/watch?v=V5EsxU84ay4>
- Jon Bon Jovi started [JBJ Soul Kitchen](#). Read all about it at this [link](#).
- **Senior Mobile Markets**
 - Feeding America (Eastern WI)
 - Seniors, age 55 plus. Free of Charge. No means testing.
 - Provide healthy and nutritious foods in a farmer's market-style distribution.
 - <https://feedingamericawi.org/>
- **Mobile Food Pantries**
 - Second Harvest Food Bank of Southern WI
 - <https://www.secondharvestmadison.org/find-food/mobile-pantries>
- **Pop-Up Pantries**
 - Feed My People Food Bank- West Central WI
 - [Read more](#)
 - <http://www.fmpfoodbank.org/>

WI Nutrition Education for Older Adults & Caregivers

- **Eat Well, Age Well & Eat Well, Care Well.** Nutrition Education Materials from GWAAR focusing on nutrient density, healthy recipes, brain health and other topics relevant to older adults & caregivers.
- **Beneficial Bites.** Nutrition Education Materials that highlight a specific food monthly with various resources.

Additional Studies/Articles

- **Anorexia of Ageing: How Growing Old Affects Appetite.** Friday, 13 July 2018 from the *Times Goes By* Blog. <http://www.timegoesby.net/weblog/2018/07/anorexia-of-ageing-how-growing-old-affects-appetite.html> Be sure to read the powerful and insightful comments as well as the post.
- **How Your Age Affects Your Appetite.** By Alex Johnstone From *The Conversation* 2 July 2018
- **"Taking a Bite out of Older Adult Malnutrition". Beneficial Bites for Healthy Living (Evidence Informed Nutrition program in WI. In the process of being evaluated for Evidence based status.)**
- **Hunger in Older Adults. Challenges and Opportunities for the Aging Services Network.** Developed for Meals on Wheels America. Prepared by Jean L. Lloyd, M.S. Feb. 2017

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Additional Resources

- **WebMD has a good list of strategies to help overcome lack of hunger.**
<https://www.webmd.com/healthy-aging/features/nutrition-challenges-older-sick#1>
- **Demographic Data**
 - [County Health Rankings & Road Maps](#). (Robert Wood Johnson Foundation) . [Wisconsin Link](#)
 - [Demographics of Aging in WI](#). WI Dept of Health Services
- **Data/Advocacy**
 - [State Economic Burden of Disease Associated Malnutrition](#) can be found in the toolkit
 - [Wisconsin State Legislative -District Health Profiles](#)
- **Screening:**
 - [Validated Malnutrition Screening Tools](#)
 - [EveryONE Project Social Determinants of Health. Screening tool & guide](#) from [AAFP](#).
 - [AARP Tool- 2 Question Screen for Food Insecurity](#)
 - [Depression Screening. Article with variety of tools](#)

Collective Impact: A systems change model.

“The Collective Impact approach is premised on the belief that no single policy, government department, organization or program can tackle or solve the increasingly complex social problems we face as a society. The approach calls for multiple organizations or entities from different sectors to abandon their own agenda in favor of a common agenda, shared measurement and alignment of effort. Unlike collaboration or partnership, Collective Impact initiatives have centralized infrastructure- known as a backbone organization-with dedicated staff whole role is to help participating organizations shift from acting alone to acting in concert.”

- **Conditions that distinguish Collective Impact:**
 - A common agenda/common goal
 - A shared measurement system (Data driven)
 - Mutually reinforcing activities (Bring what you do best to the group)
 - Continuous communication (Builds relationships, trust & fairness)
 - A backbone organization
- **Preconditions:**
 - Influential champion(s)
 - Adequate financial resources
 - A sense of urgency for change
- **How to Operationalize:**
 - Phase I- Initiate Action (Get the lay of the land. What is being done?)
 - Phase II- Organize for impact (Common goals & shared objectives)
 - Phase III- Sustain action and impact (Prioritize areas for action in coordinated & sustainable way)