



Interventions, Tools and Resources to Address Malnutrition

SPEAKERS

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Interventions, Tools and Resources to Address Malnutrition – Part 1



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Presentation Objectives

- Brief overview of Malnutrition initiatives.
- Learn how to begin the conversation regarding malnutrition in older adults with a variety of agencies and how to take the next steps.
- Share ready to use educational materials that reframe the message about malnutrition in a more positive light for older adults and caregivers, that focus on simple, affordable, nutrient dense foods.
- “MALNOURISHED” awareness messages targeted to the older adults and their caregivers/families, healthcare setting and long-term setting will be shared.

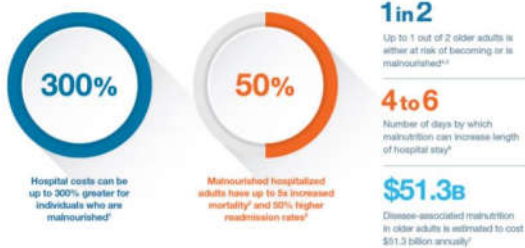
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“Older Adult Malnutrition is a Critical Health & Public Safety Issue”

-Defeatmalnutrition.today

Malnutrition is a Critical Public Health and Public Safety Issue



<http://defeatmalnutrition.today/sites/default/files/documents/Malnutrition%20Legislative%20Toolkit%20Infographic.pdf>

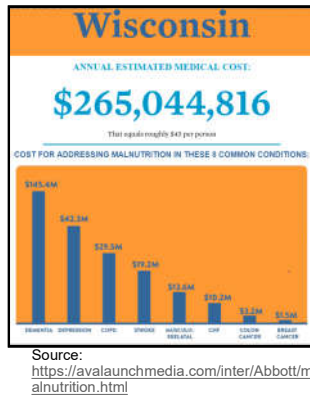
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Malnutrition- A Hidden Health Condition

Malnutrition often goes hand-in-hand with eight chronic diseases...

Dementia, Depression, COPD, Stroke, Musculoskeletal, CHF, Colon & Breast Cancer



Brief Overview

Malnutrition

- Defined as a nutrition imbalance including under-nutrition and over-nutrition.
- Malnutrition is a leading cause of morbidity and mortality among older adults. **Due to an array of causes and contributors.**
- Older adults, across all population groups, are at an increased risk for developing malnutrition.

(Moveira et al, 2016).

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There is a general lack of awareness that malnutrition is linked to acute illness, chronic disease, and poor health outcomes.

Physicians, and other healthcare professionals, receive limited nutrition training in medical school.

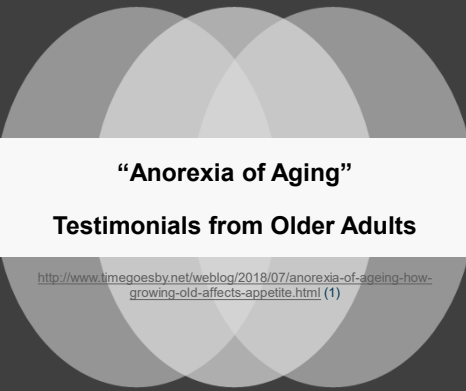
Many healthcare providers and the public, are unaware of the prevalence in older adults and have limited access to resources.

Care coordination is often fragmented.

Malnutrition is not included in national health objectives

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“Anorexia of Aging”

Testimonials from Older Adults

<http://www.timegoesby.net/weblog/2018/07/anorexia-of-ageing-how-growing-old-affects-appetite.html> (1)



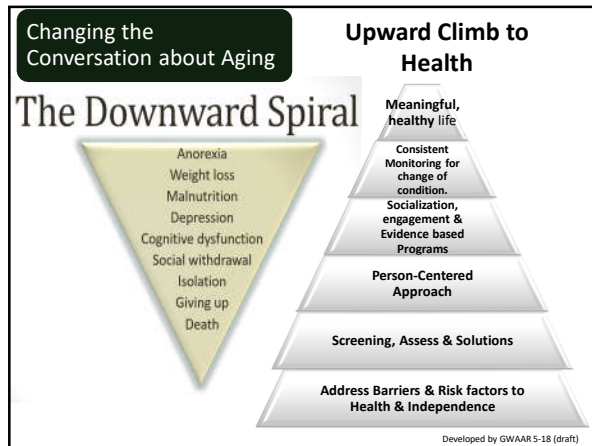
*“I’ve noticed this last year (my 76th) that **food is losing its charm** and I **forget to eat**. I’m losing about a pound a month but I’ve been about 20 pounds over for years. But **I can see I’m losing muscle** so I’m working on eating a healthier diet.” ¹*



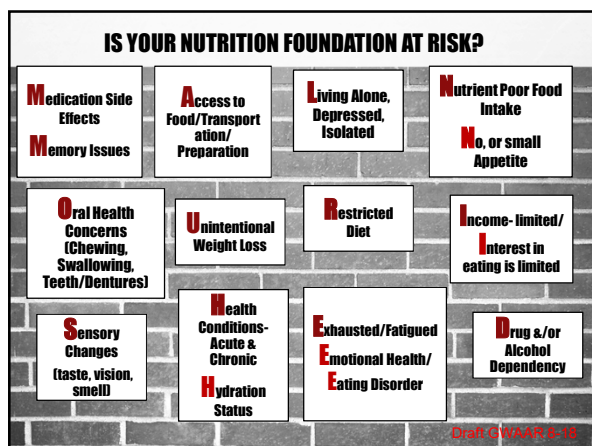
*“If I stop eating, **eventually it will likely be** to do so. I have many more years than most, but I feel like I’m at an **unmanly** level, at least marginally, and*

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Malnutrition Due to an array of causes and contributors...



A Sense of Urgency for Change...

"Time to Act is Now!"




Malnutrition National Initiatives

A Strong Foundation to Build Upon!

- <http://defeatmalnutrition.today/>
- [National Blueprint: Achieving Quality Malnutrition Care for Older Adults](#)
- [NCOA- Community Malnutrition Resource Hub](#)
- [Advancing Patient-Centered Malnutrition Care Transitions](#)
 - Key recommendations, action steps for operationalizing and more are in the [report](#). Infographic at this [link](#)

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MALNUTRITION AWARENESS WEEK™

aspen AMERICAN SOCIETY OF PARENTERAL AND ENTERAL NUTRITION

Malnutrition has a negative impact on patient outcomes—higher infection rates, poor wound healing, longer lengths of stay, higher frequency of readmission, and increased costs.

JOIN US TO INCREASE AWARENESS

Malnutrition Awareness Week™ Sept 24-28, 2018

<http://www.nutritioncare.org/maw/>

Playing to each agency's strength makes a strong team!

Collective Impact



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Malnutrition in Older Adults

Beginning the Conversation-
Wisconsin
Summer 2018

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PLEASE JOIN US FOR A DISCUSSION ABOUT MALNUTRITION IN OLDER ADULTS

The Problem of Older Adult Malnutrition

Older adult malnutrition is a growing crisis in America. Malnutrition affects up to 1 in 2 older adults living in the community and is associated with increased risk of complications including hospital readmission, medication use, hospital costs, long-term care, and even death. For example, malnutrition is associated with a 50% increase in hospital readmission rates and a 40% increase in long-term care costs. For more information, visit www.malnutritioninolderadults.org.

The goals for this day:


- Increase our understanding of the medical and nutritional indicators related to older adults and malnutrition.
- Gain an understanding of what local agencies are currently doing to address malnutrition in older adults.
- Develop local action plans.

Please join us in person for the conference or view our presentation together to address the increasing and complex problem.

**7.23.18 | 10:00-11:00 am | The Rice Lake City Hall
90 S Main Street 3rd
Rice Lake WI 54601-1502
(Get directions here)**

Alison and I are so excited to see you at our meeting - Brian Keller

**7.23.18
RICE LAKE CITY HALL**



Please RSVP at least 2 days before the meeting.

Phone: (920) 861-1234
Cell: (920) 861-1234
Email: brian.keller@rice-lake.org

- Held in 3 Locations throughout the State.
- Strategically invited agencies identified as potential champions

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Who to Invite

- Meal Partners
- Supplemental Food Partners
- Food Purchase Partners
- Outreach & Benefits Assistance Partners
- Community Coalition Partners
- Access Partners
- Advocacy Partners
- Healthcare Partners
- Funding Partners
- Nutrition Education & Awareness Partners
- Isolation/Loneliness/Depression Partners
- Prevention/Wellness Partners

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Objectives for the “Conversation”

- Opportunity to dialogue and connect.
- Gain awareness of Current Malnutrition Initiatives.
- Initiate Action (Get the lay of the land. What is being done?)
 - Access
 - Screening
 - Data Collection
 - Awareness & Education
- Discuss Collective Impact & Brainstorm Opportunities
- Discuss Deliverables & Next Steps


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What’s your “Why”?

How has malnutrition affected you, your family, or your clients?

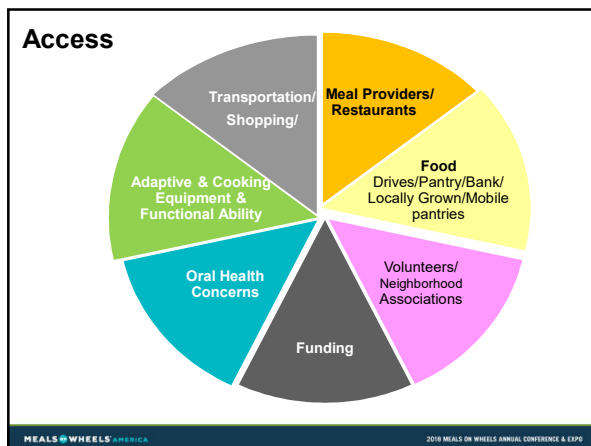
Defeat Malnutrition
Today is currently collecting malnutrition stories.



Access | What are the common barriers you hear about?



*“Unfortunately, **lack of appetite and low energy go hand-in-hand** and I now have trouble staying upright long enough to fix oatmeal and it’s too easy to pop a frozen waffle in the toaster and settle for an orange or a banana as the fruit of the day.”¹*







“Pay What You Want (PWYW)” Restaurants

- Menu has no prices, pay what you want
- Modeled after **Panera Cares**
<http://paneracares.org/>
- **Addresses Social Challenges**
- **Food waste**
 - ~40% of food that is thrown away is good to eat
 - Demo by 2 chefs took “a day’s worth of waste” from a local grocery store, which was 30-plus boxes of bread, produce and other ingredients!
- **Access to Quality Food** for all
- **Kitchen training**
- **Volunteer opportunities**

Donation or Community Restaurants

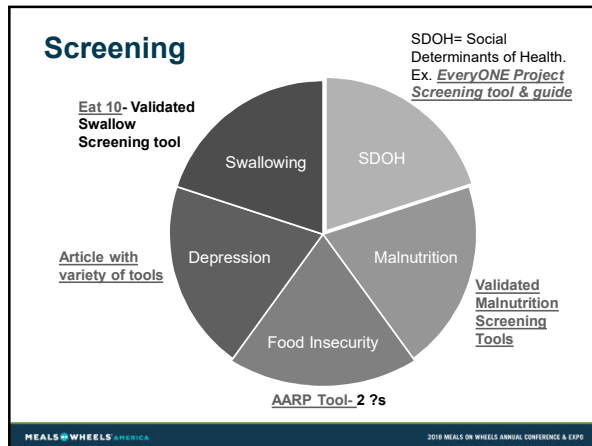
- Jon Bon Jovi started **JBJ Soul Kitchen**
- If you are unable to pay for your meal, you can volunteer as your payment.
- One hour of volunteer time earns a dining certificate that feeds the volunteer & up to 4 family members.
- Read all about it at this [link](#).





Screening & Referral

What Malnutrition Risk Screening tool do you use?



Referral Form

There is value in having a template for all agencies to use.

Ability to customize to meet local/regional needs.

Additional Nutrition Assistance Referral Page (Optional)

Participant's Name: _____ Date: _____

Recommended Referral(s) or Follow Up: *(Please note date when referrals were made)*

☐ Recommend medication management review

☐ Recommend fall prevention screening and follow up

☐ Rec. Dietitian visit for:

- ☐ Education on _____
- ☐ Counseling on _____
- ☐ Drug/nutrient interaction _____
- ☐ Vitamin, Herb and Supplement questions _____

☐ Rec. Health Literacy Assessment

☐ Rec. Caregiver Support follow up call

☐ Rec. Benefit Specialist Referral for Food Share and _____

☐ Rec. Chores Assistance

☐ Rec. Grocery Shopping/Delivery Assistance

☐ Rec. Transportation options _____

☐ Referral for Friendly Visitor or Phone Buddy

☐ Referral for Dental Assessment

☐ Rec. Vision Assessment ☐ Rec. Hearing Assessment

☐ Rec. Relieving Air or Food Storage Equipment (Specify) _____

☐ Rec. Swallow Evaluation/Assessment

☐ Rec. Dementia or Memory Screen

☐ Ref. to Dementia Care Specialist ☐ Rec. Adult Day Care

☐ Rec. Share the Care Program ☐ Lifetime/Personal Emergency Service Referral

☐ Rec. follow up call regarding Lease Closet

☐ Rec. assessment for Adaptive equipment (Contact ADRC or Center for Independent Living)

☐ Rec. Special Needs Registry Referral to Emergency Management

☐ Rec. CARE (Community Supplemental Food Program) ☐ Rec. TEFAP (The Emergency Food Assistance Program) ☐ Rec. Food Pantry

☐ Rec. Senior Dining Meals _____

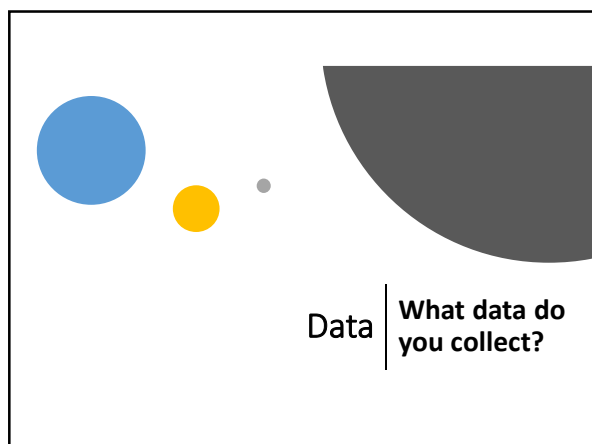
☐ Rec. Pet Visitation & or Adoption

☐ Rec. Referral for Pet Emergency Evacuation/Shelter (Humane Society?)

☐ Rec. Pet Food be provided with HDM for _____ (type of pet)

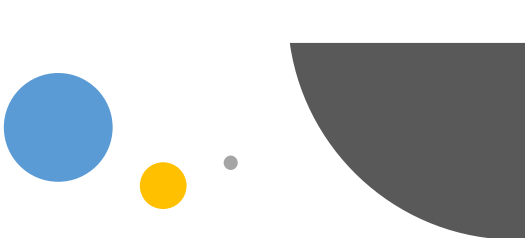
☐ Rec. Mental Health Referral. Specify concern: _____

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How to Use Data

- Advocacy & Funding
- To make the business case and calculate ROI.
- Risk Stratification
- Improve quality of care and reduce cost
- Data driven decisions
- Can we act to change things based on what we find?

[illegible]

Awareness & Education | What are you doing?

2017 Awareness Poster



ASK ABOUT YOUR NUTRITION

Are you or your loved one experiencing any of these?



**UNPLANNED
WEIGHT LOSS**



**LOSS OF
APPETITE**



**NOT ABLE TO EAT
OR ONLY ABLE
TO EAT SMALL
AMOUNTS**



**FEELING WEAK
OR TIRED**



**SWELLING
OR FLUID
ACCUMULATION**

If you or your loved one have any of these problems, ask about your nutrition! Nutrition is important to your recovery and has been shown to promote positive outcomes. Ask if you can be evaluated by a registered dietitian or nutrition support clinician.

nutritioncare.org/home
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Small Appetite Campaign (UK)

6 small meals








are as good as

3 main meals






www.smallappetite.org.uk


<http://www.malnutritiontaskforce.org.uk/campaign/>






Eat Well, Age Well.

Beneficial Bites- Nutrition Education



- Highlights 1 food per month
- Interactive Activity
- Newsletter Column
- MOWs Insert
- Recipe Cards
- Some ppts
- 7 years worth of materials



Hands On Nutrition Education (HONE)

Examples of Activities Throughout



- ▶ Draw their own food plate
- ▶ Pantry Evaluation
- ▶ Metamucil and Kidney Beans
- ▶ High Fiber Case Study
- ▶ Bean Soup in a Bag
- ▶ Measuring stations with meat/protein foods
- ▶ Calcium vitamin D assessment
- ▶ Mystery flavoring



Partner with a Retail RDN or Retail Store

Grocery Store Tours

Cooking Classes

- For 1 or 2
- Nutrition for Brain Health
- Diabetes
- Heart Healthy
- Gluten Free

Scavenger Hunts for Families

Cooking Classes

Dining Site Location

Reframing the Message...

Public Service Messages (Examples)

"Protein throughout the day, helps muscles stay"




Berries, Beans, & Leafy Greens

Make Every Bite Count

Hydrate to Think Straight

Eat to Replete

DRAFT- GWAAR 7-18 PVK

REMEMBER...Berries, Beans, Leafy Greens!

The MIND Diet

DRAFT- GWAAR 7-18 PVK

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Take Aways from Conversations

- Eye Opening! Learned new information & gained insight as to available community resources
- There is a need & opportunity for collaboration!
- Public has information overload= confusion
- Depression/Loneliness/Dementia big concerns.
- Food pantries seeing increase in the # of seniors
- Data collection & Screening is minimal
- Sparked conversation after the meeting ended
- Potential Champions were identified.
- Collective Impact Potential Discussed
- Generated Excitement to more forward

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Deliverables for Discussion

Task: Reduce incidence of malnutrition in older adults in WI.

Possible Deliverables/Goal(s):

- Develop a statewide Malnutrition Prevention Commission
- Develop Interagency Referral Form Template
- Determine Measurement Metrics
- Advocacy
- Best Practice Sharing
- Compilation Resource Identifying Champions
- Development of Training materials for various healthcare settings
- Statewide Education and Awareness Campaign.
- Integrate malnutrition goals from National Initiatives
- Secure Funding for Pilot Programs
- Develop Nutrition Care Pathways and algorithm for Community Older Adults

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“

Change is a process, not an event.

If we don't try we will never make a difference....

Thank you all for your passion and dedication!
