

Developing a Recipe to Achieve Comprehensive Senior Malnutrition Care and Prevention

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Background

- Malnutrition is one of the greatest threats to successful aging for seniors today
 - Up to 1 out of 2 seniors are at-risk
 - It disproportionately affects seniors health and well-being, and is associated with poor health outcomes and greater healthcare costs
- Malnutrition is a multifaceted condition with both clinical and social risk factors that are often bidirectional or synergistic
 - Clinical risk factors include: chronic conditions, frailty, depression, polypharmacy, poor oral health, age and impaired swallowing
 - Social risk factors include: lack of transportation, food insecurity, poverty, social isolation and limited access to federal assistance programs
- There are many existing efforts and initiatives that have worked to advance senior malnutrition care, in both clinical and community-based settings



Approach: A Visioning Session

- On February 8, 2018, West Health hosted a Senior Malnutrition Visioning Session in Washington D.C.
- The interactive event brought together national leaders from diverse fields, including healthcare, aging, senior nutrition, policy and research
 - Participants engaged in constructive dialogue and exchange of innovative ideas to advance comprehensive malnutrition care and prevention for seniors through practice innovations and community-based solutions
- The output of the session was a multi-year visual that highlights key areas and opportunities to target on the road to achieving comprehensive senior malnutrition care

Visioning Session Output: A Multi-Year Roadmap

Through improvements in the identification of senior malnutrition and risk for malnutrition, community intervention, evaluation of best practices and research, and advancing policies that provide incentives for quality measurement and reimbursement for malnutrition related activities, the incidence of senior malnutrition can be reduced and avert an ever-growing threat to successful aging.

