Let’s Talk
Malnutrition.

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Agenda

The problem of older adult malnutrition:
What’s new?
Malnutrition care makes a difference!
Quality measures can help drive change
Science-based solutions
Improved patient and healthcare outcomes
Community malnutrition resources
Supporting providers and older adults

The Problem of Older Adult Malnutrition
Malnutrition Defined

**What is malnutrition?**
Malnutrition means poor nutrition whether-

**What are the causes of malnutrition?**

- Clinical
  - Disease-associated malnutrition
- Functional/Mental Health
  - Limited ability to shop, prepare food
- Socioeconomic
  - Finances

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What’s New?
Greater link made between malnutrition and food insecurity

- 3,000,000 Americans were food insecure in 2014
- 50% projected increase for food insecure older adults by 2025
- 2x More likely to report fair/poor health status and have higher nutritional risk

Source: Feeding America Senior Hunger Fact Sheet
http://www.feedamerica.org/hunger/senior_hunger_fact_sheet.html

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Acute Care Malnutrition

**What’s new?** Ethical considerations of not treating patients diagnosed with malnutrition

Russo et al. Implementing the Care Plan for Patients Diagnosed with Malnutrition—Why Do We Wait?

- “In past years, the ethical debate involving nutrition was primarily related to terminal or irreversible illness and the withdrawal of artificial nutrition…”
- “…Now, with malnutrition finally recognized to be prevalent and problematic in hospitalized patient populations, the ethical debate is shifting as we ask ourselves and our team members: Why do we wait?”
- What does this mean for patients transitioning home?
- What are the ethical considerations for community nutrition providers?

Post Acute Care Malnutrition

What's new? Malnutrition recognized as part of post-hospitalization syndrome and identified in ER

Fayetteville, NC

- 81-year-old spent months in the hospital being treated/rehabilitated for cancer
- When 115 lb Clarence Blackmon finally returned home, he was hungry - opened the empty refrigerator and called 911
- "I can't do anything, I can't go anywhere. I can't get out of my…chair."
- Requested some food until his homecare visits started

Post Acute Care Malnutrition

Sources:
http://fox13now.com/2015/05/13/elderly-man-with-cancer-calls-911-because-he-has-no-food

What's new?
Malnutrition recognized as part of post-hospitalization syndrome and identified in ER

The majority of family caregivers reported that the older adult in their care did not use any community nutrition resources

Family caregivers wish more older adults in their care were using community resources

Malnutrition care makes a difference!

$157,000,000,000
Annual cost of disease-associated malnutrition (DAM)

$51,300,000,000
Annual cost of DAM for older adults


Impact of a Multidisciplinary Nutrition Program

Hospital Costs  Length of Stay  Readmission

Source: Goates S et al., JPEN, February 2015; vol. 39: online supplement S-74, 79. URL: http://pen.sagepub.com/content/39/2/231/suppl/DC2
Malnutrition Quality Improvement Initiative
Offers a Solution to Enhance Quality of Malnutrition Care in the Hospital

**Malnutrition Care Workflow**

- **Screening**: Nutrition screening using a validated tool for all patients age 65 years and older with a medical or surgical hospital admission.
- **Assessment**: Nutrition assessment using a validated tool for all patients identified as malnourished or at risk for malnutrition.
- **Diagnosis**: Documentation of nutrition diagnosis for all patients identified as malnourished or at risk for malnutrition.
- **Treatment**: Establishment and implementation of a nutrition treatment plan, including intervention and monitoring, for all patients identified as malnourished or at risk for malnutrition.


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**Alliance to Advance Patient Nutrition**

Acute Care Model

- **New opportunity**: Build Community Malnutrition Care Toolkit

Source: [http://www.malnutrition.com](http://www.malnutrition.com)

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**Science-Based Solutions**
Lean Body Mass Loss

Loss of lean body mass, strength, and/or functionality (sarcopenia) can reduce body's ability to heal, fight infectious disease, increase risk of falls, fractures, death.

Average loss of lean body mass with age and consequences can be debilitating

Lean Body Mass Loss

Average loss of lean body mass with age and consequences can be debilitating.

What do older adults think about muscle health?

- New AARP poll of Americans 50+ found 1 in 2 wished they had more strength/energy to participate in activities they enjoy
- Over 1/3rd reported being hospitalized, of these top concerns were:
  - Loss of strength (40%)
  - Muscle loss (21%)

Oral Nutrition Supplements can help make a difference in nutrition interventions

"One of the biggest takeaways from this study, for both healthcare professionals and seniors, is the power of nutrition's impact to our health."

"Preventative measures like a flu shot for seniors have become a standard of medical care. We need to incorporate nutrition as a similar standard of care, especially when it comes to older adults who already are, or are at risk, for malnutrition."

Sources:
- The Lancet. 2017;389(10079):1655-1669
- The Journal of Nutrition. 2017;147(9):1316S-1322S
- The Journal of Nutrition. 2017;147(9):1316S-1322S
Food Insecurity

AARP Foundation factsheets and infographics help define problem

Food insecurity among older adults remains a serious problem, and it is getting worse

In low-income older adults (50+):

• 2 in 5 older adults have a food-related hardship
• 1 in 5 older adults have difficulty buying nutritious foods
• 1 in 5 older adults find it difficult to read food labels

Sources:
http://www.aarp.org/aarp-foundation/our-work/hunger.html
http://www.aarp.org/content/dam/aarp/aarp_foundation/2015-02-Assessing_food_insecurity.png
Older Adult Malnutrition

- National Council on Aging toolkit in English/Spanish helps identify and treat malnutrition
- Includes resources for older adults to locate community nutrition programs

Source: http://www.ncoa.org/nutritiontools

Older Adult Malnutrition

Alliance for Aging Research malnutrition video in English/Spanish helps the older adults and caregivers understand malnutrition

Source: https://www.agingresearch.org/Publications/view/349#.V0teJfkrJpg

Malnutrition Awareness Week

September 26-30, 2016

Source: http://www.nutritioncare.org/maw/
Active Aging Week
September 25 – October 1, 2016

Source: http://www.activeagingweek.com/themedays.php

Oral Nutrition Supplement Reimbursement

Source: http://pathwayreimbursement.com/

Contact Info

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