

JANUARY 2019

# MALNUTRITION CONNECTION

Providing Malnutrition Awareness and Advocacy Information to Share

## Massachusetts Malnutrition Prevention Commission Report Released

In December 2018, the Massachusetts Malnutrition Prevention Commission Report was sent to both Senate and House Elder Committee Chairs. The report summarizes the Commission's activity, meetings, and workgroup highlights. [Click here to read the complete report.](#)

### Recommendations by the Commission include:

#### Data Collection and Management

- Massachusetts Executive Office of Elder Affairs will require all Area Agencies on Aging (AAA), Aging Service Access Point (ASAP) and nutrition service providers to include the Malnutrition Screening Tool (MST) in their intake process.
- Encourage health care, primary care and other providers working in a spectrum of settings such as assisted living facilities, community health centers and other outpatient settings, and food banks to use the MST at intake to identify their clients/patients with high malnutrition risk.
- Encourage hospital discharges to flag "malnutrition risk" and refer to nutrition counseling in community organizations (e.g., ASAP) using Academy of Nutrition and Dietetics MQII discharge protocol.

#### Public Awareness

- Introduce legislation to establish an annual Massachusetts Older Adult Malnutrition Awareness Week in May to align with the national Older Americans Month.
- Encourage healthcare stakeholders to collaborate on conducting the Malnutrition Awareness Campaign at state legislative gatherings and community health promotion events.
- Encourage all member agencies to publish and promote evidence-based malnutrition resources designed for older adults, care providers and professionals via websites, social media and printed materials such as newsletters.

#### Dissemination and Best Practices

- Recommend national research centers or academic institutions to conduct and publish evidence-based malnutrition research as it becomes available.
- Encourage community organizations and health care providers to conduct Medical Nutrition Therapy (MNT) to treat malnutrition.

"Due to our well informed and dedicated members, we had a very productive year. With continued growth in the elder population, and the high cost of health care, the Commission will continue to serve, and we are looking forward to another successful year of malnutrition prevention."

Shirley Y. Chao, Director of Nutrition Services of the Massachusetts Executive Office of Elder Affairs

### The Commission will continue their work in 2019 through:

- Conducting various activities during the "Older Adult Malnutrition Awareness" week.
- Encouraging healthcare stakeholders to conduct Awareness Campaigns at state legislative gatherings and community events.
- Encouraging member agencies to publish and promote evidence-based malnutrition resources designed for older adults, caregivers, providers and professionals via websites, social media and printed materials such as newsletters.
- Distributing and presenting their report to key stakeholders including: Council on Aging, ASAPS/Nutrition Programs, Health Policy Commission, Massachusetts Academy of Nutrition and Dietetics, and Mass Hospital Association.

### Social Media :



- After a year of work, the #MAMalnutritionCommission released their report that highlights next steps the state, agencies, hospitals, providers, etc. can take to defeat #malnutrition NOW! [Click to read the report.](#)
- MA has taken the next step to ending #malnutrition today by releasing their report and recommendations for addressing #malnutrition in the state. Many exciting next steps that you can do in your state too to end #malnutrition! [Click here to read the report.](#)