

Policy Actions to Address Health Disparities in Malnutrition Care and Diabetes Management

Moderator: Connecticut Representative Michelle Cook,
Women In Government State Director

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#AccessToHealthCare

ADVOCATING FOR POLICIES TO PROMOTE GOOD NUTRITION FOR HEALTHY AGING AND HEALTH EQUITY

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defeat **malnutrition** today



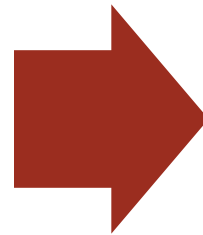


Agenda

- The Nation's Challenges to Healthy Aging
- Nutrition Policies
- Questions

Who are we?

Coalition of over 120 national, state, and local stakeholders and organizations, including community, healthy aging, nutrition, advocacy, healthcare professional, faith-based, and private sector groups, including Women in Government



Working to create policy change toward a greater emphasis on screening for, detecting, treating and preventing malnutrition

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The Nation's Challenge to Healthy Aging: Malnutrition

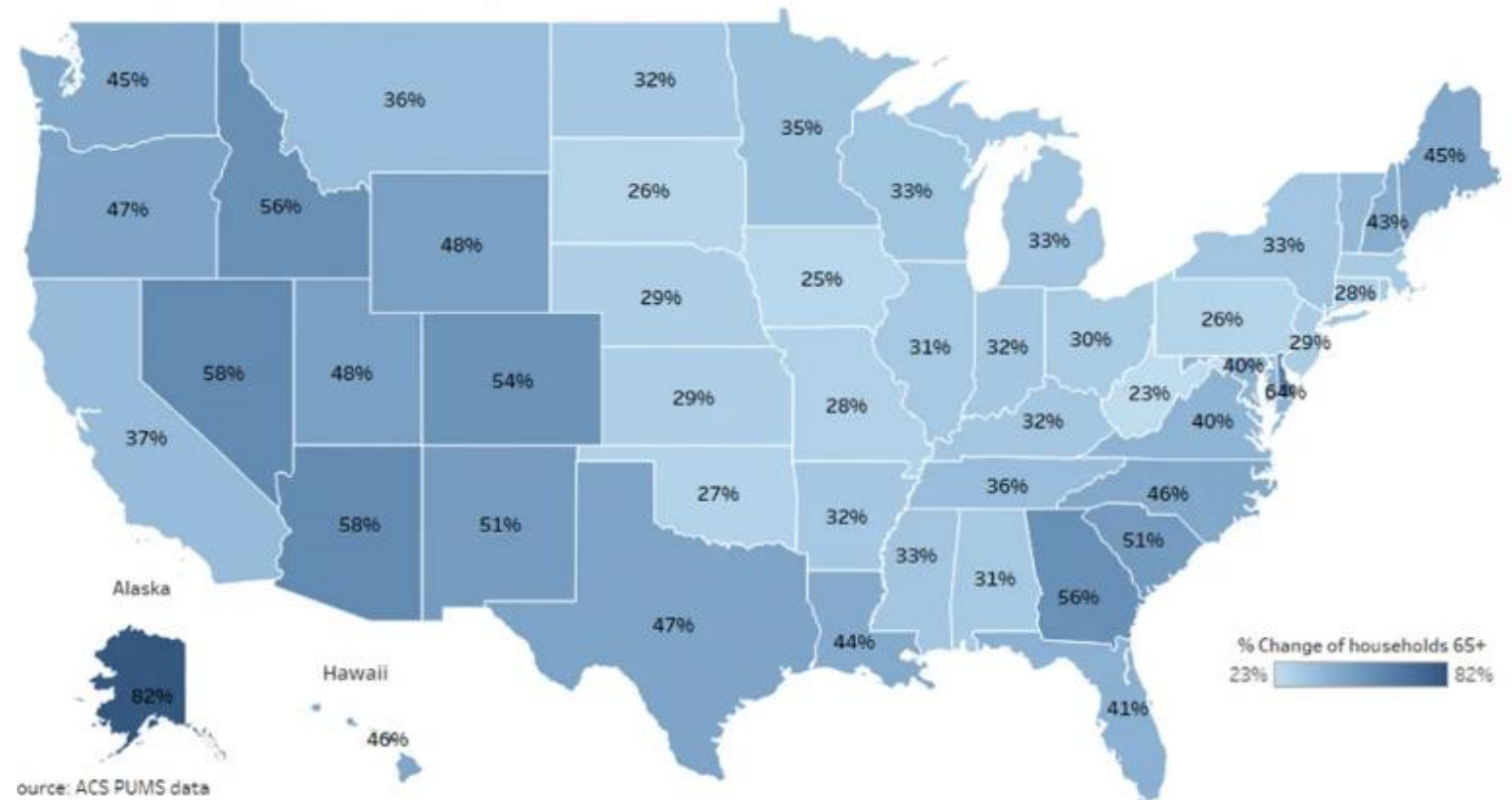
Older Adult Population is Increasing

How fast older adults (65+) have increased by state in the last decade

By 2040, 80.8 million Americans will be 65+

Maine, Florida, West Virginia, And Vermont have highest % of older adults

Healthy aging starts with good nutrition



Source: National Association of Realtors/ACS PUMS data, 2022

Nutrition's Role in Healthy Aging: Maintaining Functionality is Key

Healthy People 2030 focuses on reducing health problems and improving quality of life for older adults

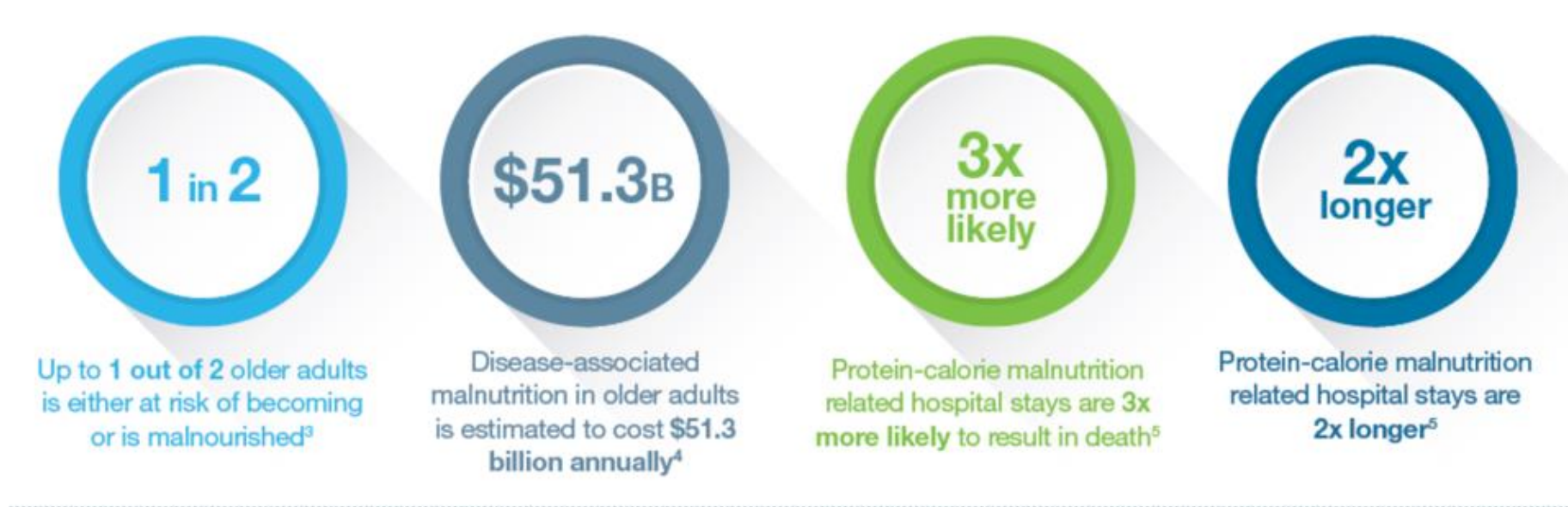
- They are seeking comments on their objectives, and we will comment



Source: The Malnutrition Quality Collaborative. National Blueprint: Achieving Quality Malnutrition Care for Older Adults, 2020 Update. <https://defeatmalnutrition.today/blueprint>

Older Adult Malnutrition is a Growing Issue

Older adult malnutrition leads to poorer patient and health system outcomes and increased healthcare costs

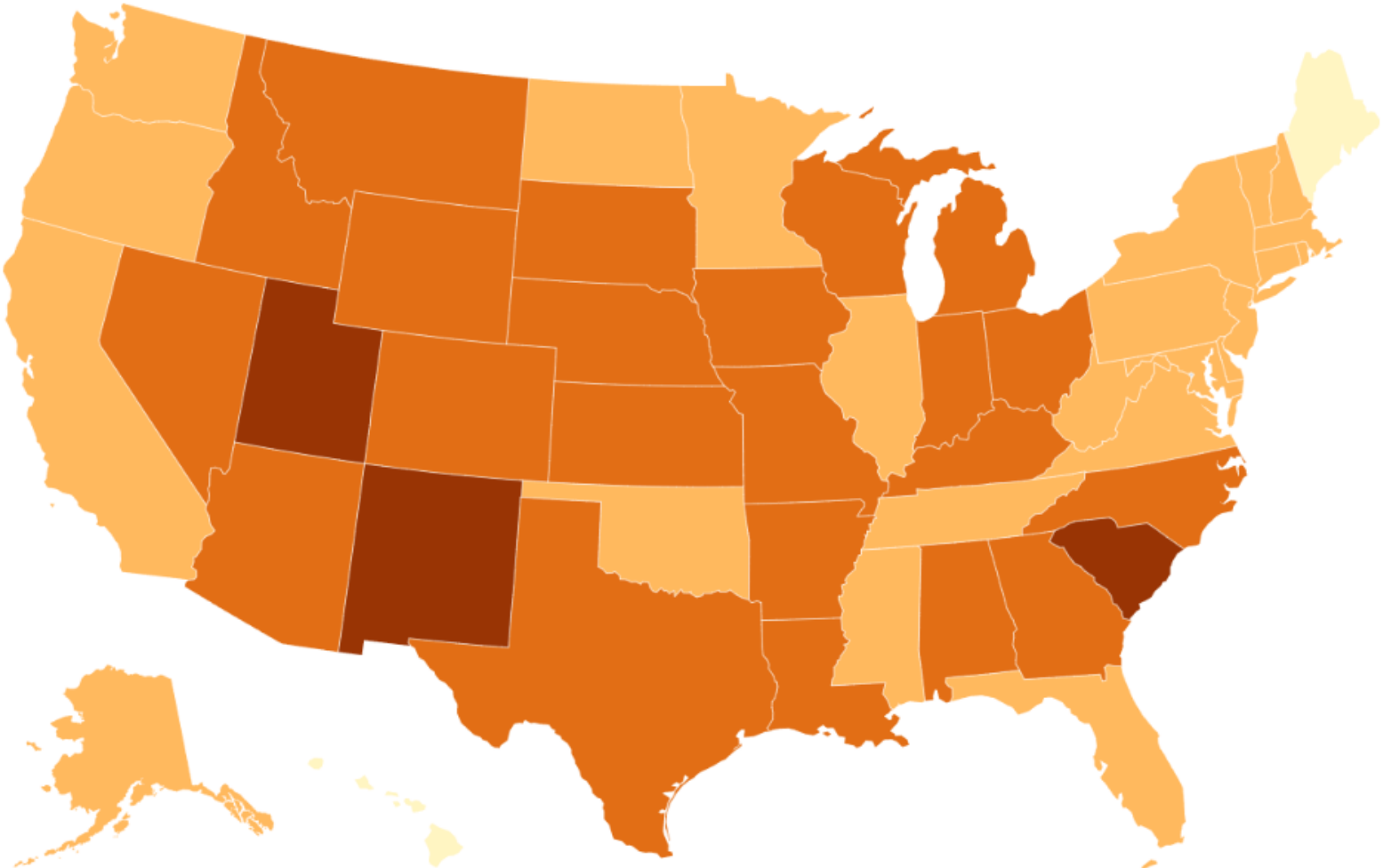


Source: The Malnutrition Quality Collaborative. National Blueprint: Achieving Quality Malnutrition Care for Older Adults, 2020 Update. <https://defeatmalnutrition.today/blueprint>

Deaths from Malnutrition Have More Than Doubled in the Past Two Years

Annual Malnutrition Deaths per 10,000 Residents Ages 65+, 2020-22

Less than 1 1-2.9 3-5.9 More than 6



KFF Health News

te: Data for 2022 is provisional as of March 2023.
rce: U.S. Centers for Disease Control and Prevention.

Malnutrition in Older Adults is A Health Equity Issue

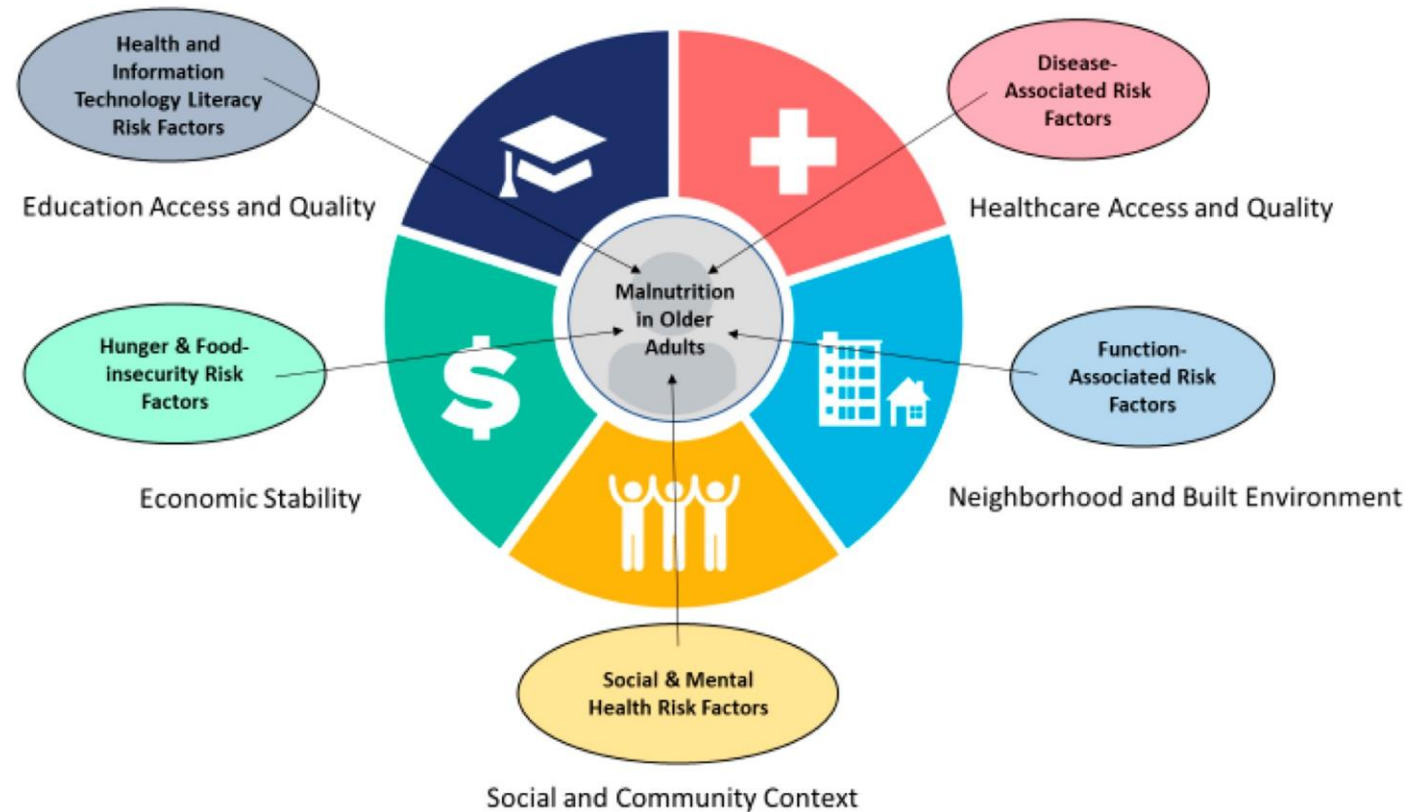
Social determinants of health contribute to risk factors for food insecurity and malnutrition

Malnutrition is linked to food insecurity

Substantial disparities in malnutrition diagnoses and readmissions exist

- Non-Hispanic Black have the highest rate of malnutrition-related hospitalizations and diagnosis of malnutrition
- Black older adults are 3.8X as likely and Latino older adults were 3X times as likely to experience food insecurity compared to white seniors (2021)

With effective screening, assessment, diagnosis, and intervention, malnutrition can be identified and addressed



Overlay of older adult malnutrition risk factors and social determinants of health domains

Nutrition Related Policies



2022 White House Conference on Hunger, Nutrition, and Health



First White House Conference on Nutrition in >50 years

A roadmap to end hunger and improve nutrition by 2030

- Universal screening for food insecurity in all federal health programs
- Increased funding for OAA nutrition programs.

Federal agencies are taking action with more changes rolling out regularly

USDA Nutrition Assistance



Many barriers for enrolling older adults in SNAP

Senior Hunger Prevention Act of 2023 was introduced by Senators Casey (D-PA), Gillibrand (D-NY), and Fetterman (D-PA) to make it easier for older adults to enroll federally

States can make similar changes to streamline state enrollment and provide education about SNAP too

- Other USDA nutrition programs also support nutrition for older adults
 - Senior Farmer's Market Nutrition Program (SFMNP) provides access to fresh produce
 - Child and Adult Care Food Program provides meals at adult day care centers.
 - Commodity Supplemental Food Program (CSFP) supplements the diets of low-income older adults

Streamline SNAP Applications and Support Flexibilities Examples



- Pandemic-SNAP Flexibilities
 - Waiver of face-to-face interviews at both initial application and recertification
 - Extension of certification periods and periodic reports
- Disaster-SNAP Streamlined Process
 - Benefits delivered within 7 days of applying
 - Issue 1 month of benefits while full application is reviewed
- Adjunctive Eligibility
 - WIC considers applicants income-eligible if they receive Medicaid benefits and uses an online system to confirm
 - Medicaid for older adults could use a similar system
- Older Adult Simplified Application Project
 - Simplified, 2-page application
 - Waives recertification interview, extends certification period to 36 months
 - Includes data match for identity, medical expenses (Medicare), and income to determine eligibility

Older Americans Act (OAA) Nutrition Programs

OAA programs have 3 purposes:

- To reduce hunger, food insecurity, and malnutrition
- To promote socialization
- To promote health and well-being

OAA programs include Native American-specific programs

OAA programs are not fully funded by federal government, also rely on:

- State/local government funding
- Charitable donations
- OAA participant contributions

Many OAA nutrition programs may have waitlists

OAA law up for renewal in 2024



New CMS Global Malnutrition Composite Score

Data collection started in 2023, reporting out starts in 2024

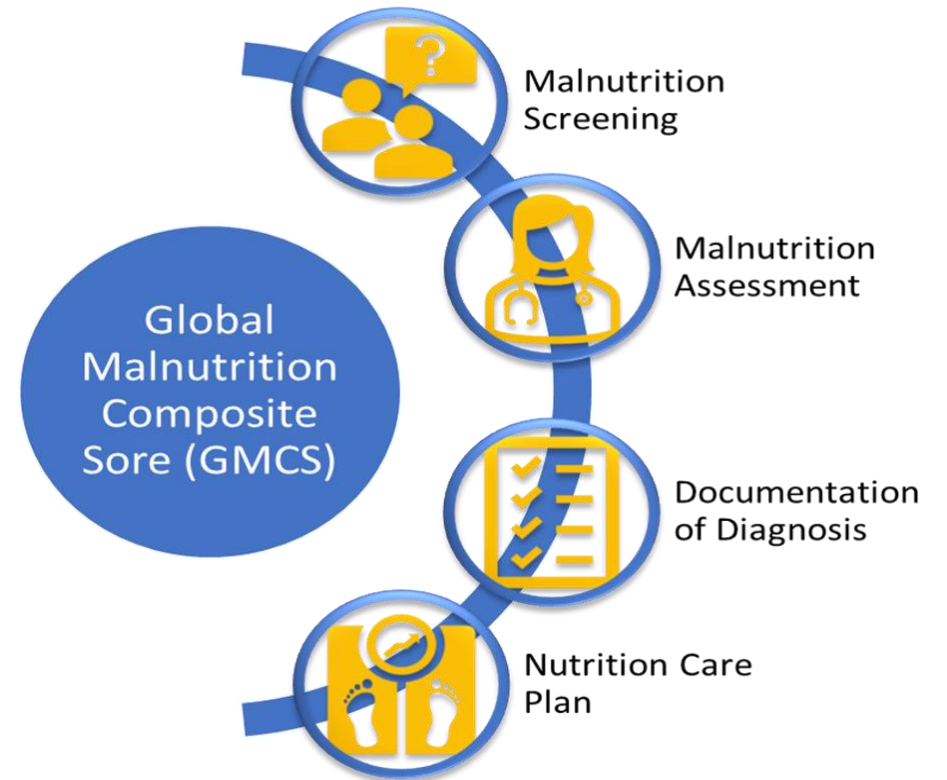
First nutrition-focused quality measure

Measure will improve patient health outcomes

Advance CMS's own Equity Plan for Improving Quality Care in Medicare

Help meet Joint Commission requirements & not-for-profit hospital community health requirements

A Recommended rural health measure



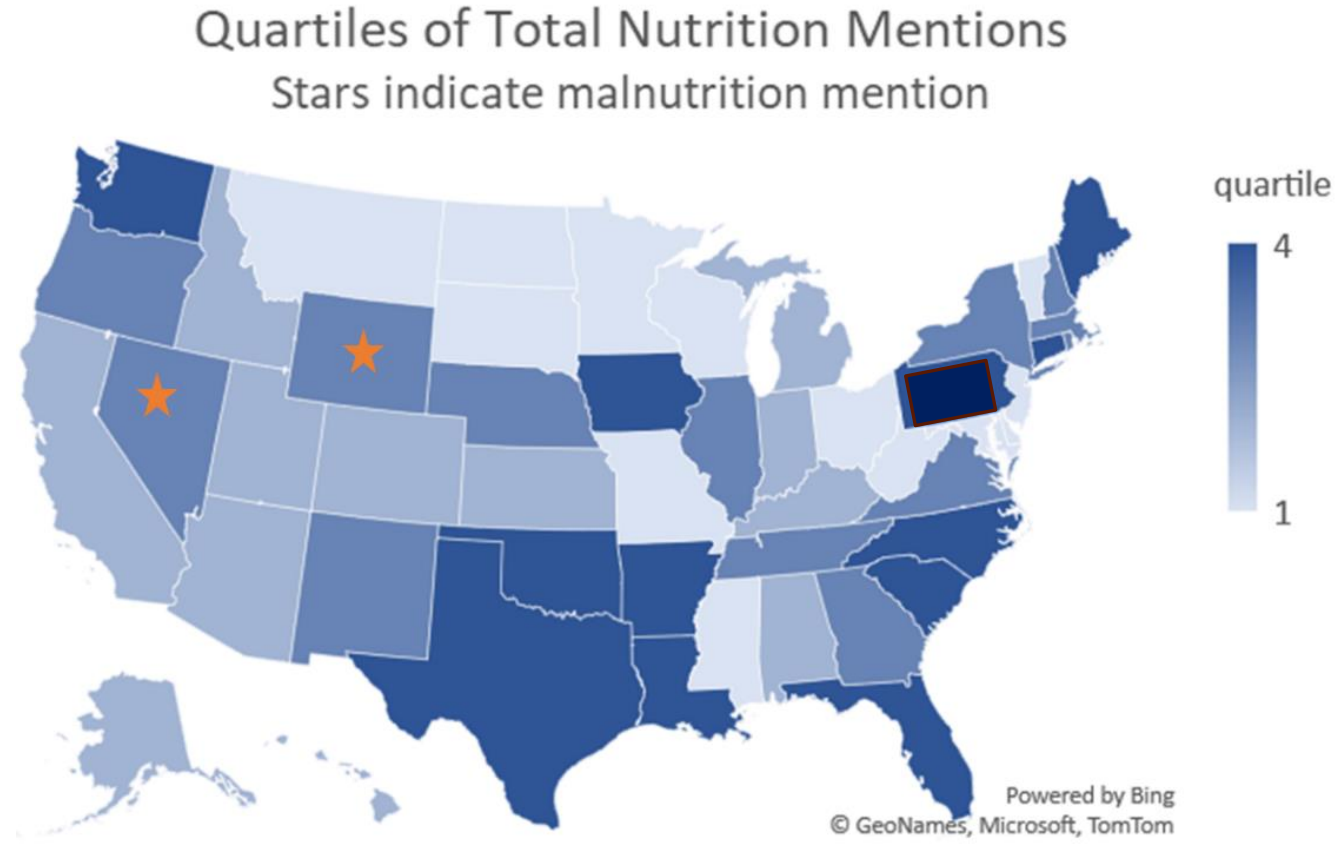
Valladares AF, McCauley SM, Khan M, D'Andrea C, Kilgore K, Mitchell K. Development and Evaluation of a Global Malnutrition Composite Score. *J Acad Nutr Diet.* 2022; 122(2): 254-258.

State Hospital Quality of Care Regulations

State regulations also shape the quality of care that patients receive, including nutrition

Yet, state hospital regulations rarely include nutrition OR malnutrition

Starred states (Colorado and Nevada) could be templates for including malnutrition in state quality of care hospital regulations



Source: Borth and Whitmire, 2023 <https://www.lidsen.com/journals/geriatrics/geriatrics-07-03-246>

State Hospital Quality Regulations

Example: Nevada

- NAC 449.339 Dietary services: Nutritional status of patients. (NRS 449.0302)
 - A hospital shall carry out a program for the systematic **nutritional risk-screening** of its patients to detect actual and potential **malnutrition** at an early stage.
 - If it is determined that the nutritional status of a patient is at risk, nutritional care for that patient must be:
 - Planned and provided based on an assessment of his or her nutritional status by a licensed dietitian or the attending physician, or both; and
 - Integrated into his or her plan of care.
 - The response of the patient must be monitored and reassessed as needed.
 - Pertinent dietary information must be included in a patient's transfer records or discharge records, or both, to ensure continuity of nutritional care.

Older Americans Act (OAA) State Aging Plans and Master Plans on Aging



Federal Administration on Community Living requires state OAA programs to develop multi-year plans to foster healthy aging

In a recent review of state OAA plans

- Only 33% mentioned malnutrition
- Only 8% had malnutrition as a goal

Multi-sector (or Master) Plans on Aging provide blueprint to guide/structure state and local policies, programs, and funding toward promoting aging well in local communities

- Half of states are developing or have a MPA, but few mention nutrition

OAA State Aging Plan Example: Ohio

Strategies | Healthy Living

To advance the goal and achieve the objectives above, the state will implement and invest in the following evidence-informed strategies. The policies, programs, and services within each strategy category are listed in Attachment E.

Outcome	Strategy Categories
 Improve Nutrition	<ul style="list-style-type: none">• SNAP enrollment• Community-based healthy food access (=)• Retail-based supports and incentives (=)• Healthy eating incentives (=)• Workplace supports• Disease management (=)• Malnutrition prevention and treatments (=)

Malnutrition prevention and treatments

Across strategies, meals should be adjusted for cultural considerations and preferences and medically tailored to the maximum extent practicable

- [Community gardens](#) **SHIP**
- [Mobile produce markets](#) (=) Expand access to nutrition services, such as [SNAP](#), [Commodity Supplemental Food Program*](#), [The Emergency Food Assistance Program*](#), and [The Child and Adult Care Food Program*](#)
- [Nutrition service programs for older adults](#), including congregate, grab-and-go (pick-up) and home-delivered meals
- Expand nutrition education through the [Supplemental Nutrition Education Program – Education \(SNAP-Ed\)*](#) and [The Abbott Nutrition and Health Institute*](#)
- Increase malnutrition screening, assessment, diagnosis, intervention, and monitoring/evaluation, such as [nutrition counseling*](#), [medical nutrition therapy*](#), and emphasizing nutrition in care coordination*
- Improve discharge planning for malnourished patients, such as [Meals on Wheels*](#)
- [Stepping Up Your Nutrition \(SUYN\)](#)

Master Plan for Aging

Example: California

- California will pursue Affordable Aging through three strategies:
 - **Protection from Poverty & Hunger**
- Initiatives for 2021-2022
 - Share a series of public health education tools, with culturally competent and equity-targeted approaches, that address healthy aging priorities (e.g. nutrition)
 - Map and identify opportunities – at federal, state, and local level - to address older Californians’ needs for nutrition
- These could be broadened to include malnutrition
 - Example: Improve nutrition through malnutrition screening and treatment or malnutrition prevention



Malnutrition Awareness Week

Held every fall since 2012

Increases malnutrition awareness across the country

National and state legislators can officially recognize the importance of Malnutrition Awareness Week.

In 2024, proclamation requests were submitted to Puerto Rico, DC, and all states except Vermont and Hawaii. Over half were fulfilled.

National MAW Resolutions came from the U.S. House of Representatives (HR 708) and U.S. Senate (S371)



MAW 2023 reached over 802 MILLION worldwide!
Thank you for your support!

SAVE THE DATE → **Malnutrition Awareness Week 2024 #ASPENMAW24**
SEPTEMBER 16-20, 2024

MALNUTRITION AWARENESS WEEK™
aspen | American Society for Parenteral and Enteral Nutrition

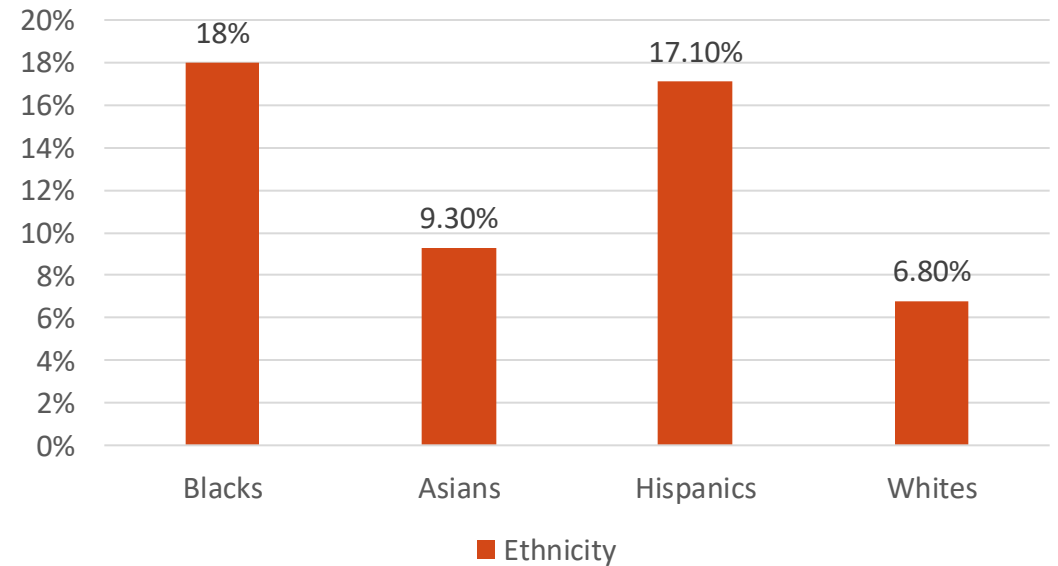
The banner features a dark teal background with a yellow circular graphic on the left containing the text 'MALNUTRITION AWARENESS WEEK™' and the 'aspen' logo. To the right, white and yellow text announces the 2023 success. An orange arrow points to the 2024 dates, which are in white and orange text.

Dietetics and Nutrition Workforce Size and Diversity

Who delivers nutrition care? Do they reflect the experiences and culture of the populations they serve?

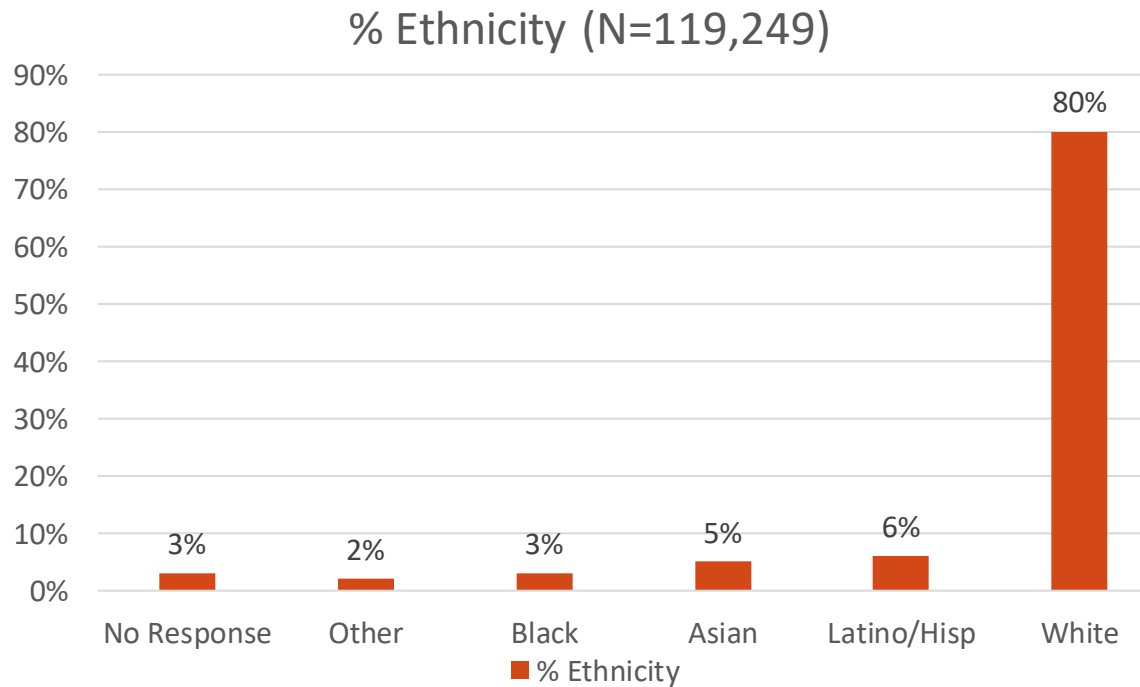


Poverty Among Americans Age 65+
% Ethnicity

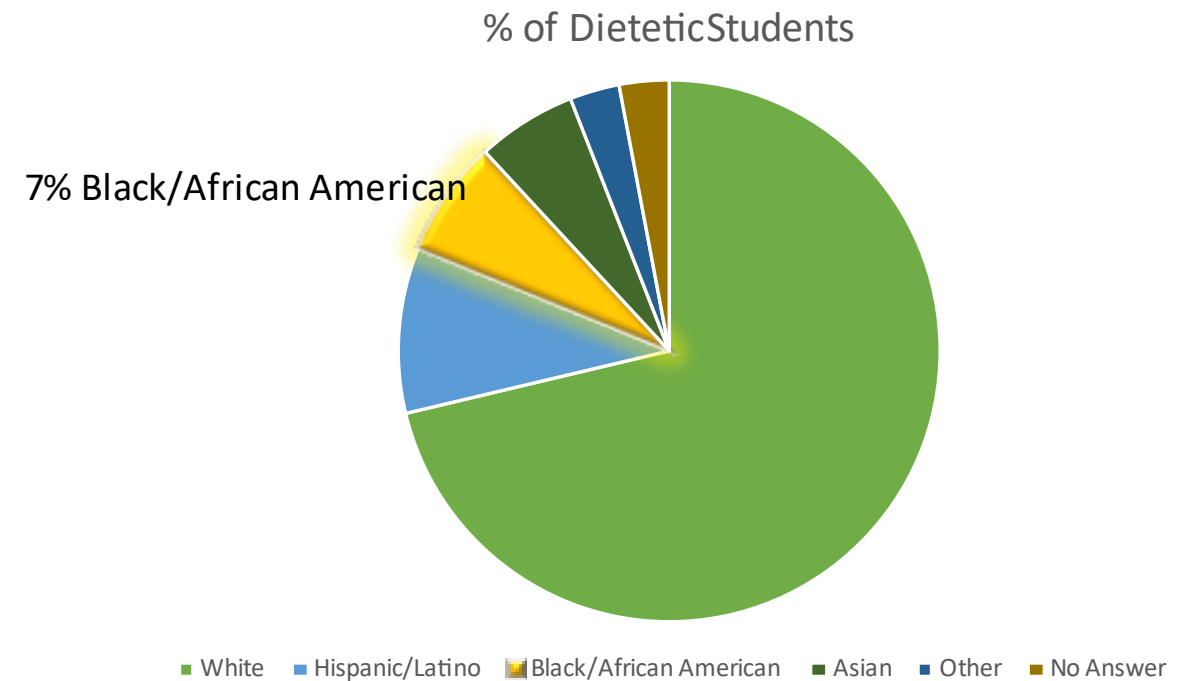


Demographics of U.S. Dietitians and students

ETHNICITY OF US DIETITIANS



ETHNICITY OF DIETETIC STUDENTS



Academy of Nutrition and Dietetics/Commission on Dietetic Registration 2020 Needs Satisfaction Survey

Source: [https://jandonline.org/article/S2212-2672\(20\)31389-7/fulltext](https://jandonline.org/article/S2212-2672(20)31389-7/fulltext)

Other Policy Actions to Support Malnutrition Care and Health Equity

Nutrition education of healthcare professionals

- Include nutrition education in medical schools and interprofessional education/training programs

Nutrition research

- Include more older adults and people of color in nutrition research

Medical Nutrition Therapy (MNT) Act and Treat and Reduce Obesity Act (TROA)

- MNT Act-Expand Medicare coverage of MNT to chronic conditions beyond renal disease and diabetes
- TROA-Expand Medicare coverage of nutrition counseling and other treatments for obesity

2025-2030 Dietary Guidelines for Americans

- Include nutrition recommendations specifically for older adults, including addressing malnutrition

What Can You Do?

The more voices speaking up for quality malnutrition care and health equity, the more likely these issues will be addressed

1. Advocate for nutrition-related policies, including quality malnutrition care, supporting older adults at state and federal level. Wherever possible show linkage between health and nutrition
2. Advocate for including malnutrition policies in state OAA multi-year aging plans and state master plans on aging; educate older adults about SNAP benefits/eligibility and help streamline their enrollment
3. Investigate your state's funding: how much of your state health budget is dedicated to nutrition and or nutrition research? What goes to OAA nutrition programs and work to increase it

RESOURCES

- DMT National Blueprint
 - <https://defeatmalnutrition.today/blueprint>
 - DMT Toolkit for State Legislators
 - https://defeatmalnutrition.today/wp-content/uploads/2023/05/ANHI-2020-National-Blueprint-Toolkit_State_Legislators_AUG_2022_update_0.pdf
 - Bob's contact
 - rblancato@matzblancato.com
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