

From: Administration for Community Living <acl@public.govdelivery.com>
To: Kester, Tonykester@aging.sc.gov
Date: 3/15/2017 9:38:21 AM
Subject: New Issue Brief Available: Opportunities to Improve Nutrition for Older Adults and Reduce Risk of Poor Health Outcomes

March 15, 2017

New Issue Brief Available: Opportunities to Improve Nutrition for Older Adults and Reduce Risk of Poor Health Outcomes

A new Issue Brief is now available that addresses opportunities to improve nutrition for older adults and also reduce the risk of poor health outcomes. It is available at this address, <http://nutritionandaging.org/wp-content/uploads/2017/03/Malnutrition-Issue-Brief-final-3-2017.pdf>.

During National Nutrition Month we focus time on the issue of nutrition, because as people age, they may experience malnutrition. Appetite and the body's ability to process food may decrease with age, while health conditions and use of medications that can affect nutrition status may increase. In addition, limited ability to shop for and prepare food can affect a person's access to it. Factors like isolation and depression also can affect nutrition.

Malnutrition may lead to poor health in older adults. Fortunately, states, aging and health services providers, and health plans can access evidence about opportunities to improve older adults' nutrition status. Interventions include provision of meals and meal enhancements. These interventions can improve the nutrition status of many older adults who are at risk of undernutrition in the community or in the hospital. Evidence shows that Older Americans Act nutrition programs also help older adults.

The issue brief offers examples for states and others to consider about how they might improve older adults' health and well-being through malnutrition interventions for community-living older adults and those experiencing hospitalization.

Examples the issue brief describes could assist state and local officials from State Units on Aging, Medicaid programs, and health care organizations that serve older adults. Please note that this issue brief does not address nutrition in group residences like nursing homes and assisted living.

[BACK TO TOP](#)

Please do not respond to this e-mail. [Contact Administration for Community Living](#)

SUBSCRIBER SERVICES

[Manage Preferences](#) | [Unsubscribe](#) | [Help](#)

This email was sent to kester@aging.sc.gov using GovDelivery, on behalf of: Administration for Community Living · One
Massachusetts Avenue · Washington, D.C. 20001