



Massachusetts  
Councils On Aging

## **Fridays on Aging**

### ***Advocacy and Volunteerism***

*May 7, 2021*



[www.mcoaonline.com](http://www.mcoaonline.com)  
413-527-6425

[@masscouncilsonaging \(FB\)](https://www.facebook.com/masscouncilsonaging)  
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The screenshot shows the homepage of the Massachusetts Councils On Aging website. At the top, there is a dark blue navigation bar with links for Programs, Latest News, Elder Network, Resources, Grants, Tools, About Us, Members, My Account, Login, and Logout. Below this is a light blue header with the MCOA logo on the left and a secondary navigation bar on the right containing links for Coronavirus, Virtual Senior Center, Advocacy, Training, Employment, MyMCOA, and a 'Find Your COA' button. The main content area features a large background image of diverse hands clasped together. On the left side of this image, the text '#pulltogether' is displayed in a large blue font, followed by the tagline 'Because councils on aging are communities on aging' in a smaller blue font. Below the tagline is a green button with the text 'Get the latest on the Coronavirus/COVID-19'. In the top right corner of the main content area, there is a font size adjustment control with the text '- A A A+'. The word 'Home' is visible in the top left corner of the main content area.

**City of Boston Age Strong Commission - 617-635-4366**



SHARE: [Join Our Email List](#)



## What We're Up To

### Scaling Up Document from EOEA

Whether scaling-up planning is underway or yet to begin, consider this document as a repository of state guidance and thoughtful prompts to assist your decision-making. Using this tool in conjunction with review of local/regional vaccination and positivity rates, and collaboration with your local board of health and municipal leaders, will provide a tailored approach for your community.

Please review the document and provide any feedback to Tara at [tara@mcoaonline.com](mailto:tara@mcoaonline.com). If you would like to discuss in your regional meeting, Tara is available upon request.

See the tool: <https://mcoaonline.com/scaling-up-document-from-oea/>

### Aging Mastery Program

Join Susan Stiles (Senior Director Product Development and Strategy at National Council on Aging) for a discussion on Aging Mastery. She will share program updates including information on how sites have adapted both the Core Curriculum and the Starter Kits to virtual classes. And she'd like to hear from you about your organization's plans are for continuing to run Aging Mastery and what barriers there are to running the program. Come prepared with questions!

**May 14th 10-11am**

Sign up here: <https://fs16.formsite.com/mcoa/tlycsqh2xx/index.html>



**Latest News - Weekly Brief Archive**  
<https://mcoaonline.com/news/weekly-brief-archive/>



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# MALNUTRITION: AN OLDER ADULT CRISIS

## JUST 4 STEPS CAN HELP IMPROVE OLDER ADULT MALNUTRITION CARE



**UP TO 1 OUT OF 2 OLDER ADULTS** are at risk for malnutrition<sup>1</sup>



**\$51.3 BILLION** Estimated annual cost of disease-associated malnutrition in older adults in the US<sup>2</sup>



Protein-calorie malnutrition related hospital stays are **2X LONGER**<sup>3</sup>

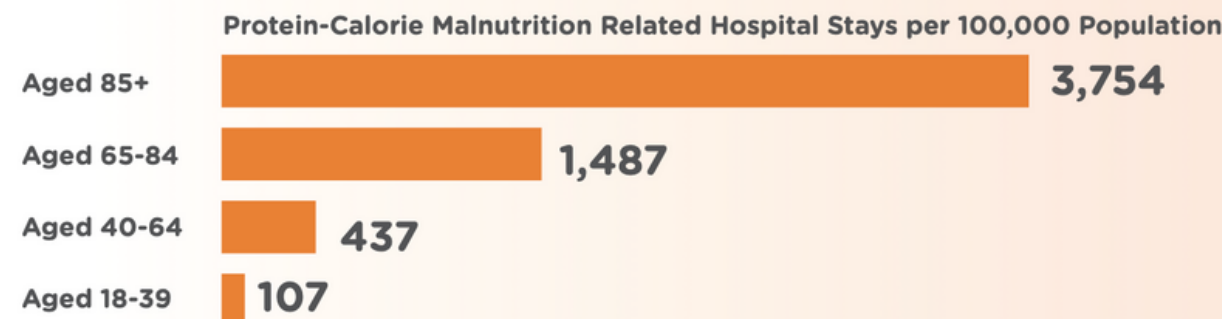


**MALNUTRITION LEADS TO** more complications, falls, and 30-day readmissions<sup>3,4</sup>



Protein-calorie malnutrition related hospital stays are **3X MORE LIKELY** to result in death<sup>3</sup>

### MALNUTRITION IS HIGHEST IN OLDER ADULTS<sup>3</sup>



**SCREEN** all patients



**ASSESS** nutritional status



**DIAGNOSE** malnutrition



**INTERVENE** with appropriate nutrition

### FOCUSING ON MALNUTRITION IN HEALTHCARE HELPS:

- ✓ Decrease healthcare costs<sup>5</sup>
- ✓ Improve patient outcomes<sup>5</sup>
- ✓ Reduce readmissions
- ✓ Support healthy aging
- ✓ Improve quality of healthcare



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## Malnutrition Screening Tool (MST)

### STEP 1: Screen with the MST

1 Have you recently lost weight without trying?

No	0
Unsure	2

If yes, how much weight have you lost?

2-13 lb	1
14-23 lb	2
24-33 lb	3
34 lb or more	4
Unsure	2

Weight loss score:

2 Have you been eating poorly because of a decreased appetite?

No	0
Yes	1

Appetite score:

Add weight loss and appetite scores

MST SCORE:

### STEP 2: Score to determine risk

**MST = 0 OR 1  
NOT AT RISK**

Eating well with little or no weight loss

If length of stay exceeds 7 days, then rescreen, repeating weekly as needed.

**MST = 2 OR MORE  
AT RISK**

Eating poorly and/or recent weight loss

Rapidly implement nutrition interventions. Perform nutrition consult within 24-72 hrs, depending on risk.

**STEP 3: Intervene with nutritional support for your patients at risk of malnutrition.**

Notes: \_\_\_\_\_  
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Ferguson, M et al. *Nutrition* 1999 15:458-464

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 88205/May 2013 LITHO IN USA  
 www.abbottnutrition.com/rdtoolkit





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### **Nutrition Community Checklist: A Self-Assessment**

This assessment helps you identify available food and nutrition resources in your community and consider next steps to decrease older adult malnutrition. If you prefer to complete this via phone or video, contact Tara Hammes at tara@mcoaonline.com or 413-923-2160.

#### **FOOD**

- 1 What are the local supermarkets?
- 2 What are the local corner stores?
- 3 Where else do older adults shop for food?
- 4 What are the farm stands?
- 5 What are the farmers' markets?
- 6 Is there a Brown Bag program?
- 7 Is there a Commodity Supplemental Food Program?
- 8 In what food bank territory are you?
- 9 What are the local food pantries and meal programs (aka soup kitchens)?
- 10 Who runs your home-delivered meals program (meals-on-wheels)?
- 11 Do you have a meal program in your center?
- 12 Where are the older adult meal programs?
- 13 Does the COA have it's own café/bistro?
- 14 Which COVID-19 federal food distribution programs did you participate in?
- 15 Are there community gardens? Does the COA have it's own garden?
- 16 What are the food rescue programs (unused food picked up from restaurants/grocery stores)?
- 17 What are the mobile markets?
- 18 What are the community supported agriculture programs?

<https://mcoaonline.com/wp-content/uploads/2020/10/Nutrition-Community-Checklist-Self-Assessment.pdf>



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## Apply for SNAP!

SNAP Average Award by City/Town (age 60, single, living alone)		
January 2021*	July 2020*	February 2020
Combined data (Excel)		
<i>*figures do not reflect temporary supplemental COVID-19 benefits</i>		

January 2021

BOLTON	18	\$133.67
BOSTON	22,782	\$145.91
BOURNE	370	\$133.10
BOXBOROUGH	23	\$147.57



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## Nutrition Advocacy

\*\*\*Nutrition Updates\*\*\*

**Cooking as Self-Care** – Considering all we went through in 2020, it is MCOA’s hope these sessions provide some relief from older adult malnutrition and social isolation. Your feedback is welcome along the way.

Encourage your local community access channel to schedule the Cooking as Self Care (CASC) segments. Each show runs under 30 minutes and can be found and downloaded from Massachusetts Media eXchange (MMX). MMX is a video sharing platform hosted by MassAccess for the use of community media stations across the Commonwealth. For more information, visit <https://www.massaccess.org/mmx/>

Cooking as Self Care 2021 Full Schedule	
January	video, recipe handout, MA-Grown Produce Availability Calendar, <del>Older Adults and Food Safety</del>
February	video, recipe handout, African Heritage Diet food list, African Heritage Diet brochure, Bowl Template, MA-Grown Produce Availability Calendar
March	video, recipe handout, MA-Grown Produce Availability Calendar
April	video, recipe handout, Blue Zones meal planner, Food Safety and Eating Out, Global Foods for a Healthy Plate
May	
<i>MCOA 2020 Fall Conference – Cooking as Self Care recipe</i>	

Screenshot



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**413-923-2160**

<https://mcoaonline.com/advocacy/malnutrition/>