

Background and Purpose

A. Goal:

To further enhance collaborative community malnutrition transitions of care for recently discharged home delivered meal (HDM) recipients at risk for malnutrition through high-value nutrition care interventions provided through registered dietitian nutritionists (RDN) home visitations.

B. Objectives:

- Increase post-acute care generated malnutrition referrals to the Area Agencies on Aging (AAA) HDM program.
- Integrate bi-directional closed-loop malnutrition-focused intra- and inter-organizational communication pathways for aging services and healthcare entities.
- Demonstrate the added-value of an RDN in-home comprehensive malnutrition assessment.
- Characterize HDM recipients' nutritional status and social determinants of health (SDoH) including Medicaid recipients.

C. Overview of Project:

The University of Utah in partnership with Utah AAA, Utah State Department of Health and Human Services as well as other key stakeholders received a 2019 Administration for Community Living Nutrition Innovations Grant to implement an added-value collaborative malnutrition-focused transitions of care process aimed at breaking the cycle of malnutrition and re-hospitalization. This project will enhance healthcare and community partnerships to test an innovative evidence-based program in demonstrating the value of aging services network in addressing malnutrition.

D. Project Results:

- The integration of bi-directional communication between the AAA and healthcare entities provided improved malnutrition educational and therapeutic coordination.
- The incorporation of the social determinants of health into the Comprehensive Malnutrition Assessments (CMA) Provided a more in-depth insight to characterize the needs of HDM recipients.
- The more in-depth CMA provided the RDN with data to develop more actionable nutrition therapy and follow-up which resulted in notable improvements in meeting estimated nutritional needs, physical nutritional status, fall risk, and timed get-up and go for the intervention group compared to controls.

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