



BRIDGING THE MALNUTRITION GAP

The National Blueprint: Achieving Quality Malnutrition Care for Older Adults (Avalere), describes how collaborative efforts among key stakeholders is greatly needed to defeat malnutrition. The blueprint emphasizes an increased focus on improving *transitions of care*. The causes of malnourishment are multiple and complex, but with increased partnerships, education, improvement in screening processes and more focus on the specific needs of the individual, we have the unique ability to provide the appropriate nutrition resources to improve nutritional status and facilitate healthy aging.

THE CYCLE OF THE MALNOURISHED HOSPITALIZED PATIENT

DID YOU KNOW THAT MALNOURISHED INDIVIDUALS WHO ARE HOSPITALIZED...

- ◆ Are 1.6 X's more likely to be **readmitted**
- ◆ Have 2 X's **longer** hospital stays
- ◆ Have 5 X's increased **mortality**
- ◆ Have up to 300% **greater** medical costs

When we create and foster relationships with the medical community, we can help improve the transition of care for seniors who are returning to their homes. Educating social workers and dietitians who work in clinical settings about available OAA nutrition programs, community resources and how to best make referrals, helps to fine tune a senior's discharge plan.

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| ⇒ SNAP application assistance | ⇒ Food Banks |
| ⇒ Congregate Meals | ⇒ Food Pantries |
| ⇒ Home Delivered Meals | ⇒ Nutrition Education/Consultation |

CONNECTING SENIORS WITH FOOD PANTRIES & FOOD BANKS

What is the Difference?

A Food Pantry is a distribution center where individuals can receive food. The food is supplied from a food bank. Want to start a food pantry at your location? Contact Lowcountry Food Bank and ask about their Wellness Pantry program.

A Food Bank stores food that will be delivered to local food programs (like food pantries). The food is donated from local retailers, grocery stores, restaurants, and government commodities for example. Connect with your local food bank to find out about Mobile Food Pantries.

Food Pantry & Food Bank

Finder Maps

Use the links below to find food resources in local communities: Food Pantries, Food Banks and Farmers Markets (SNAP participating markets)

- <https://www.foodbanks.net/state/sc.html>
- <https://www.feedingamerica.org/find-your-local-foodbank>
- <https://gis.dhec.sc.gov/>

ANNOUNCING...

The SCDOA, in collaboration with the **Waccamaw** region, will be conducting a pilot project with Assessors. Assessors will be trained with a Nutrition Tip Sheet to provide to seniors during the nutrition screening portion of the assessment process. The projected outcome is that seniors will have a greater understanding of their nutrition score and will be armed with information to present to their Physician.