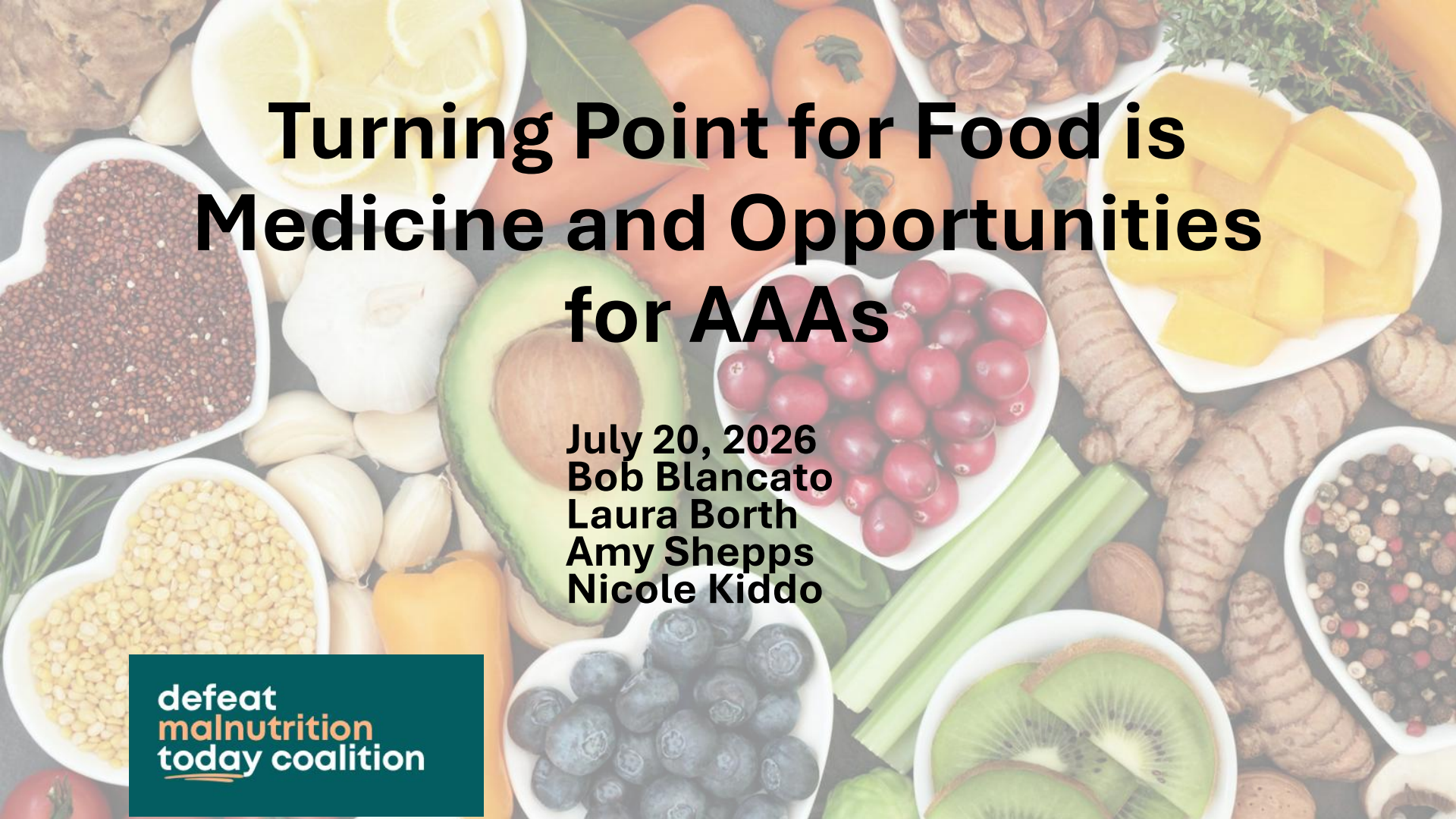




Turning Point for Food is Medicine and Opportunities for AAAs

July 20, 2026
Bob Blancato
Laura Borth
Amy Shepps
Nicole Kiddo

defeat
malnutrition
today coalition

Speakers



- **Bob Blancato**, Moderator, National Coordinator Defeat Malnutrition Today
- **Amy Shepps**, Director, Corporate Reimbursement, Abbott
- **Nicole Kiddoo**, Executive Director, Lewis Mason Thurston AAA
- **Laura Borth**, Policy Director, Defeat Malnutrition Today

Resources: CMS Quality Measures

- Background: CMS Quality Measures
 - Quality Measures.
<https://www.cms.gov/medicare/quality/measures>. Accessed October 2025.
 - CMS Quality Reporting and Value-Based Programs & Initiatives. <https://mmshub.cms.gov/about-quality/quality-at-CMS/quality/programs>. Accessed October 2025.
 - Hospital Inpatient Quality Reporting (IQR) Program Measures.
<https://qualitynet.cms.gov/inpatient/iqr/measures>. Accessed October 2025.

Resources: Hospital IQR Program

- Hospital IQR Program: Age Friendly Hospital Measure
 - Demographic Turning Points for the United States: Population Projections for 2020 to 2060.
<https://www.census.gov/content/dam/Census/library/publications/2020/demo/p25-1144.pdf>. Accessed October 2025.
 - 4Ms Framework of an Age Friendly Health System.
<https://www.ihl.org/partner/initiatives/age-friendly-health-systems>. Accessed October 2025.
 - Singer G, Naranjo G.. *J Acad Nutri Diet*. 2023;123(9):A15 [Abstract].
 - Age Friendly Hospital.
<https://qualitynet.cms.gov/inpatient/iqr/measures#tab2>. Accessed October 2025.

Resources: Hospital electronic quality measures

- Hospital IQR Program: Electronic Clinical Quality Measures (eCQMs)
 - Hospital Inpatient Quality Reporting (IQR) Program Measures. <https://qualitynet.cms.gov/inpatient/iqr/measures>. Accessed October 2025.
 - Ness SJ, et al. *Clin Nutr*. 2018;37(5):1569-1579.
 - Trevisan C, et al. *J Am Med Dir Assoc*. 2019;20(5):569-582.e7.

Resources: Malnutrition Care Score

- Hospital IQR Program: Malnutrition Care Score (MCS)
 - Valladares AF, et al. *JPEN J Parenter Enteral Nutr*. 2021;45(2):366-371.
 - Malnutrition Quality Improvement Initiative.
<https://malnutritionquality.org/gmcs-for-iqr/>. Accessed October 2025.
 - Global Malnutrition Composite Score: Frequently Asked Questions.
https://www.cdrnet.org/vault/2459/web//November%202023%20GMCS%20FAQs_.pdf. Accessed October 2025.
 - New Resource: CNM GMCS Matrix.
<https://malnutritionquality.org/new-resource-cnm-gmcs-matrix/>. Accessed October 2025.

Resources: Collaborating on quality initiatives

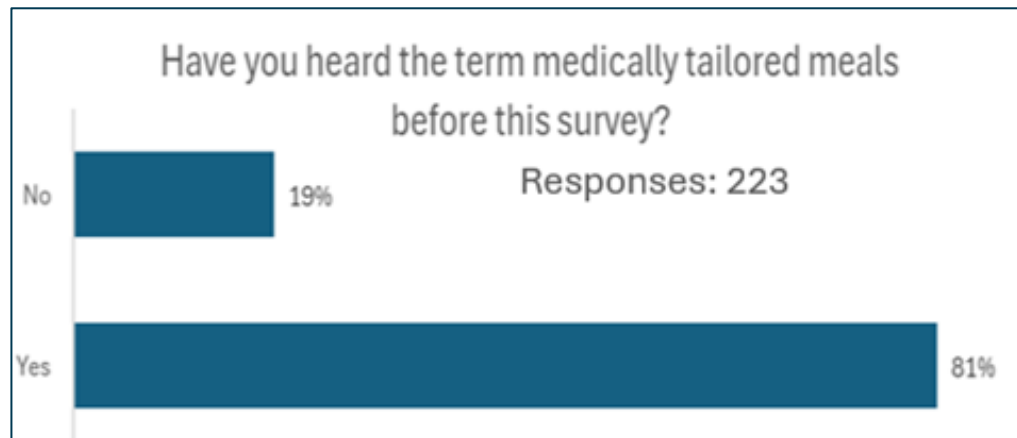
- Strategies to Collaborate on Hospital-Wide Quality Initiatives
 - Nutrition and Delivering Age-Friendly Care.
<https://malnutritionquality.org/nutrition-and-delivering-age-friendly-care/>. Accessed October 2025
 - Malnutrition Quality Improvement Initiative.
<https://malnutritionquality.org/mqii-toolkit/>. Accessed October 2025.
 - MQii Toolkit / Select Your Quality Improvement Focus.
<https://malnutritionquality.org/mqii-toolkit/select-your-quality-improvement-focus/>. Accessed October 2025.

Other Resources

- Older Adult Guidelines:
 - Volkert D, et al. *Clin Nutr.* 2022;41(4):958-989.
 - Wunderle C, et al. *Clin Nutr.* 2023;42(9):1545-1568.
 - Riddle E, et al. *J Acad Nutr Diet.* 2024;124(7):896-916.e24.
- Additional References:
 - Skipper A, et al. *J Acad Nutr Diet.* 2020;120(4):709-13.
 - Ness SJ, et al. *Clin Nutr.* 2018;37(5):1569-1579.
 - Care Compare.
<https://www.medicare.gov/care-compare/?redirect=true&providerType=Hospital>. Accessed October 2025
- Zelig R, Ritter-Gooder P. Revised 2025 Scope and Standards of Practice for Registered Dietitian Nutritionists in Post-Acute and Long-Term Care Nutrition. Commission on Dietetic Registration. www.cdrnet.org/focus. Accessed October 2025.
- Malmstrom TK, et al. *J Am Med Dir Assoc.* 2013;14(8):531-532.
- Newman AB, et al. *Am J Clin Nutr.* 2005;82(4): 872-878
- Papadopoulou SK, et al. *J Nutr Health Aging.* 2020;24(1):83-90.
- Damluji AA, et al. *Circulation.* 2023;147(20):1534-1553.

Setting the Table Network Survey

- October 2024 Survey
 - 223 Responses
 - over 30 states
 - 94% provide Congregate and Home Delivered Meals

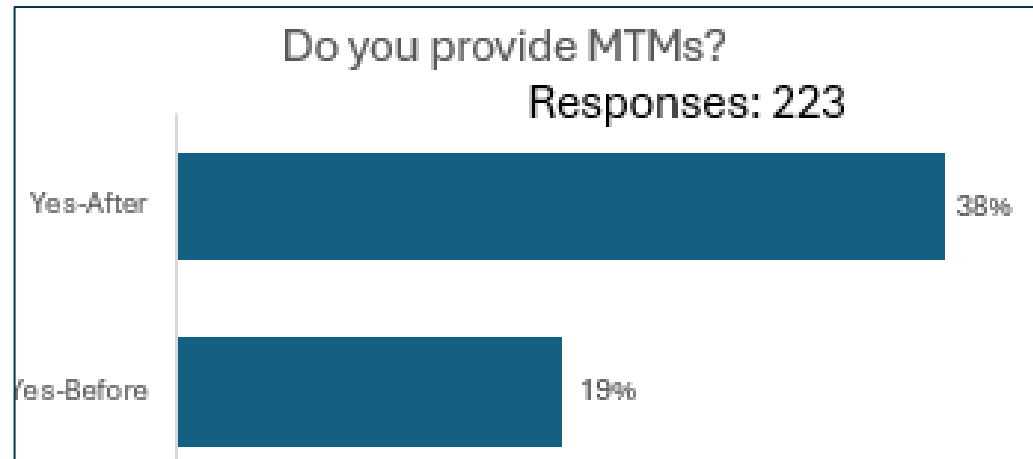


Setting the Table Network Survey

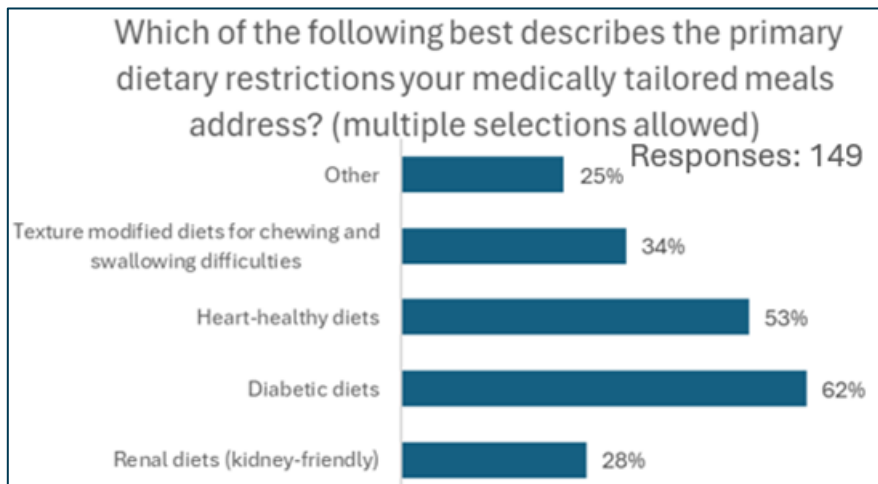
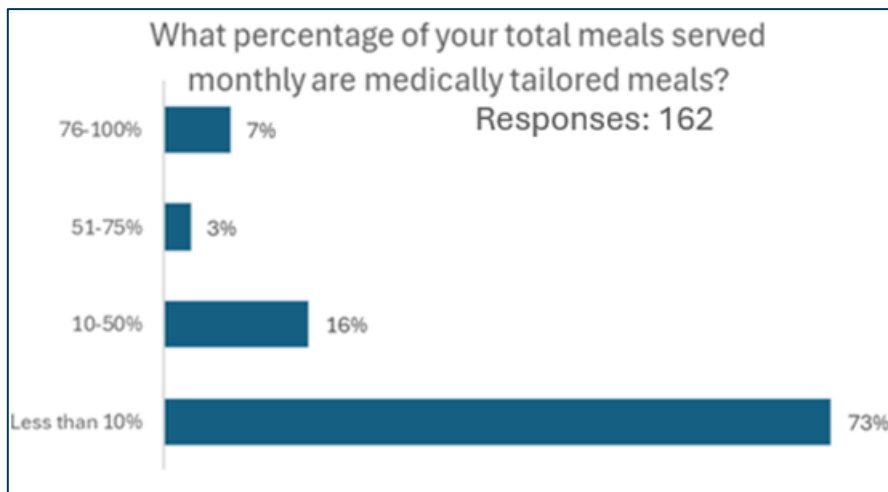
Medically tailored meals are nutritious meals designed to meet the specific dietary needs of individuals with certain chronic health conditions and eating difficulties, including, but not limited to, heart disease, diabetes and HIV, ensuring they receive the appropriate nutrients to manage their health. This includes texture modified foods for those with chewing and swallowing difficulties. They are approved by a Registered Dietitian (Adapted from Food is Medicine Coalition).

Medically Tailored Meal Examples:

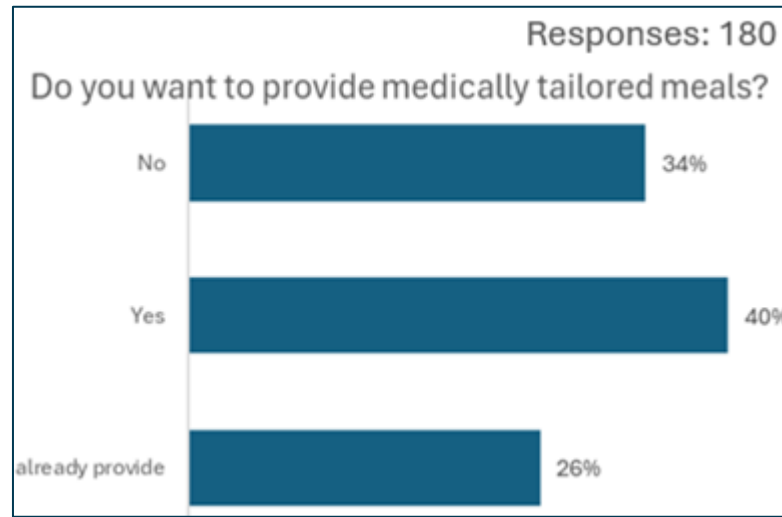
- 3 oz Baked salmon with ½ cup quinoa, 1 cup steamed broccoli, and small pear (diabetic diet)
- 1 cup Pureed chicken and vegetable stew, ½ cup pureed sweet potatoes, and ½ cup pureed peaches (dysphagia diet)
- ½ cup chicken salad on white bread, 1/2 cup sliced cucumber and carrots, ½ cup sliced apple, 2 small shortbread cookies (renal diet)



Setting the Table Network Survey



Setting the Table Network Survey



Setting the Table

Network Survey

We asked Senior Nutrition Programs who already offer MTM for advice on how to start:

- Keep it Simple
- Learn from Others (They want to help you)
- Secure Funding Early
- Definitions will help you target clients
- Document and Share Outcomes

New Malnutrition Blueprint

<https://Defeatmalnutrition.today/national-blueprint>

April 2026

Advancing Malnutrition Care Quality for Older Adults:

Progress, Gaps,
and Strategic
Recommendations
Toward Achieving the
2020 National Blueprint

A top-down view of a variety of fresh and healthy ingredients. In the center is a halved avocado. Surrounding it are several heart-shaped white bowls: one with red quinoa, one with yellow lentils, one with cherry tomatoes, and one with blueberries. Other items include sliced lemons, orange and yellow bell peppers, orange tomatoes, sliced kiwi, cucumber sticks, ginger root, almonds, and various spices. The text "Breakout Session" is overlaid in the center in a large, white, sans-serif font.

Breakout Session

How do you build on existing strengths?

- What nutrition-related services or partnerships does your AAA already provide that could serve as a foundation for Food is Medicine efforts?
- What has helped your organization build successful relationships with healthcare providers or other community organizations, even outside of nutrition?
- What's one lesson from your existing partnerships that could apply to future nutrition collaborations?

Where are the biggest opportunities over the next few years?

- Which healthcare or community partners in your area should know more about what you can offer? Why haven't those conversations happened yet?
- Imagine your local hospital CEO called next month and asked, 'How can our hospital work with your AAA to improve nutrition after discharge?' What would you propose?
- Looking ahead, which of the opportunities we discussed seems most promising to pursue in your community?

What action can you take back with you?

- What's one conversation you could start within the next month to move Food is Medicine forward? Who needs to be involved?
- What's one small step you could realistically take in the next six months to help your organization get involved in Food is Medicine?
- What is one idea you heard today that you'd like to explore or adapt in your own community?

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Coalition of over 130 national, state, and local stakeholders and organizations, including community, healthy aging, nutrition, advocacy, healthcare professional, faith-based, and private sector groups



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

Join us! Defeatmalnutrition.today

Thank You Questions? Contact Us:

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