

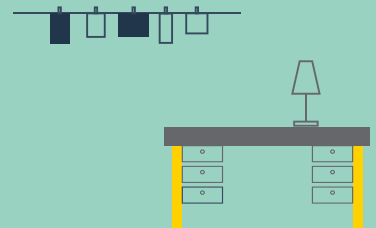
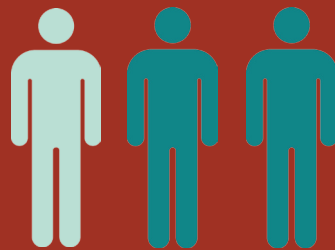
Impact of **NUTRITION** on Successful Aging in Place

Proper nutrition is an essential element to supporting member independence, reducing hospital admissions, and deferring nursing home stays. Enabling members to reside at home and stay in their communities is key to the successful management of Frail & Elderly, Dual Eligible, and other At-Risk populations.

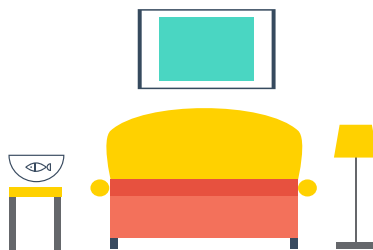
“Although health status has multiple contributing factors, **nutrition is one of the major determinants of successful aging...** Primarily, nutrition helps promote health and functionality.”

Academy of Nutrition and Dietetics

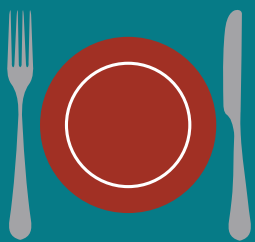
At least **1/3 of patients** are admitted to hospitals with **malnutrition** which affects clinical outcomes and results in **higher medical costs**.¹



5 of the 8 causes of death in adults 65 years and older have a known **nutrition effect**.²



Weight loss is a risk factor for **readmission** to hospitals within 30 days.³



Increased spending on **home-delivered meals** is associated with **fewer residents in nursing homes** with low care needs.⁴

Being **underweight** is one of the strongest predictors for **hospital readmissions**.⁵



Home-delivered meals:

- **Reduce** hospitalizations
- **Lower** chronic disease risk and symptoms
- **Improve adherence** to medications and other treatments
- **Improve** well-being and member retention



¹Tappenden KA, et al, *JPEN*, 2013;37:482-497. ²Bernstein M, et al, *J Acad Nutr Diet*, 2012;112(8):1255-1277. ³Allaudeen N, et al, *J Hosp Med*, 2011;6(2):54-60. ⁴Thomas KS, et al, *Health Affairs*, 2013;32(10):1796-1802. ⁵Mudge AM, et al, *J Hosp Med*, 2011; 6(2):61-67.