

Community Preventive Services Task Force Recommendations

Older adults are at higher risk for malnutrition. Malnutrition is caused by too much, too little, or an imbalance of protein, calories, or other nutrients which lead to adverse effects on a person's body and how it functions. The [Community Preventive Services Task Force \(CPSTF\)](#) recently released their [findings and recommendations](#) about Older Americans Act home-delivered and congregate meal programs in order to reduce malnutrition, improve energy and protein intake, and improve health and well-being.

This is based on a systematic review of 20 studies.

Key findings/results of the review:

▶ Dietary Behaviors

Home-Delivered Meals Participants meeting Recommended Daily Allowances (RDA) for:



CALORIES



7.1

percentage points

PROTEIN



5.9

percentage points



▶ Food and Nutrition Security

Older adults who are malnourished:



CONGREGATE MEAL PARTICIPANTS



9.0

percentage points

HOME-DELIVERED MEAL PARTICIPANTS



15.5

percentage points



Nutrition and Aging Resource Center