The Role of Older Americans Act Nutrition Programs

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National Resource Center on Nutrition and Aging
Overview

- Role of OAA Nutrition Programs
- Senior Hunger
- Parallel Systems
- National Resource Center on Nutrition and Aging
Role of OAA Nutrition Programs
Goals of OAA Nutrition Programs

- **Promote**
  - Health and well-being
  - Socialization

- **Delay**
  - Adverse health conditions through access to nutrition and other disease prevention and health promotion services

- **Reduce**
  - Hunger
  - Food insecurity
## Services Are Targeted to Vulnerable Populations

<table>
<thead>
<tr>
<th>Indicators</th>
<th>Home-delivered</th>
<th>Congregate</th>
<th>National</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 75+</td>
<td>70%</td>
<td>57%</td>
<td>32%</td>
</tr>
<tr>
<td>Live Alone</td>
<td>56%</td>
<td>48%</td>
<td>27%</td>
</tr>
<tr>
<td>Below Poverty</td>
<td>24%</td>
<td>14%</td>
<td>7%</td>
</tr>
<tr>
<td>3+ ADLs</td>
<td>31%</td>
<td>8%</td>
<td>6%</td>
</tr>
</tbody>
</table>

## Services Allow Seniors to Remain in Their Homes

<table>
<thead>
<tr>
<th>Home-delivered</th>
<th>Congregate</th>
</tr>
</thead>
<tbody>
<tr>
<td>91%</td>
<td>59%</td>
</tr>
</tbody>
</table>

Health Profile of Older Americans

![Bar chart showing prevalence of overweight, obese, and diabetes among the 65+ age group from 2000 to 2011.](chart)

Behavioral Risk Factor Surveillance System
65+ Age Group
Health Profile of Older Americans

Hypertension Awareness
Behavioral Risk Factor Surveillance System
65+ Age Group
Requirements of the Older Americans Act
Sections 331, 336, 339

- Services required to be provided
  - Meals, nutrition education, nutrition counseling
  - Evidence based practice

- Services that may be provided
  - Nutrition screening & assessment, as appropriate

- Services that may not be funded
  - Vitamin/mineral supplements
Requirements of the Older Americans Act

- Meals
  - 1/3 DRI; Dietary Guidelines for Americans, 2010;
  - Design meals to meet special dietary needs (cultural/ethnic preferences, health, religious needs)
  - Design “appealing” meals, i.e. food/menu choice, include participant input
What are the Dietary Reference Intakes (DRIs)?

- Introduced in 1997
- Reference values of nutrients, primarily used by nutrition & health professionals
- Basis for
  - assessing & planning diets
  - federal nutrition & food programs
What is the purpose of the DRIs?

- Maintain nutritional adequacy
- Promote health
- Reduce risk of disease
- Provide a measure of excess
What are the Dietary Guidelines for Americans 2010?

- Brief science-based statements & text published by federal government
- Promotes health & prevent disease
- Updated every 5 years.
Highlights of the Dietary Guidelines for Americans 2010

- Addresses majority of Americans are overweight or obese
- Research supported
- Total diet = Energy balanced + nutrient dense
## Consumers Value Program Participation

<table>
<thead>
<tr>
<th></th>
<th>Home Delivered</th>
<th>Congregate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat more balanced meals</td>
<td>86%</td>
<td>79%</td>
</tr>
<tr>
<td>Better able to avoid sodium &amp; fat</td>
<td>81%</td>
<td>76%</td>
</tr>
</tbody>
</table>
Senior Hunger
## Senior Hunger

<table>
<thead>
<tr>
<th>Threat of Hunger (Marginal Food Security)</th>
<th>% of Seniors</th>
<th>Approximate Number of Seniors</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>14.85%</td>
<td>8.3 mil</td>
</tr>
<tr>
<td></td>
<td>1 in 7</td>
<td></td>
</tr>
</tbody>
</table>

*Senior Hunger in America 2010: An Annual Report, J. Ziliak and C. Gundersen, 2010*
Factors accounting for Food Insecurity among Seniors

- African American or Hispanic Populations
- At poverty or near poverty
- Under age 70 (specifically age 60-64)
- Unmarried (divorced or separated)
- Renters
- Living with grandchildren
- Less than 12 years of formal education

Senior Hunger in America 2010: An Annual Report, J. Ziliak and C. Gundersen, 2010
Factors accounting for increase in Food Insecurity 2009-2010

- Near poor
- Whites
- Widows
- Non-metro
- Retired
- Women
- Households with no grandchildren

Consequences of Hunger

At Risk Of Hunger

Increased ADLs

Disparity between chronological and physical age
## Consequences of a Poor Diet

<table>
<thead>
<tr>
<th>Age Related Conditions</th>
<th>Chronic Diseases</th>
<th>Acute Conditions</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Hearing loss</td>
<td>• Heart Disease</td>
<td>• Dehydration</td>
</tr>
<tr>
<td>• Macular Degeneration</td>
<td>• Hypertension</td>
<td>• Pressure Ulcers</td>
</tr>
<tr>
<td>• Oral Health Problems</td>
<td>• Diabetes</td>
<td>• Infections</td>
</tr>
<tr>
<td>• Sarcopenia</td>
<td>• Osteoporosis</td>
<td>• Pneumonia</td>
</tr>
<tr>
<td>• Cognition</td>
<td>• Some cancers</td>
<td>• Fractures</td>
</tr>
<tr>
<td></td>
<td>• COPD</td>
<td>• Gum Disease</td>
</tr>
<tr>
<td></td>
<td>• Renal Disease</td>
<td></td>
</tr>
</tbody>
</table>
Consequences of a Poor Diet

Increased Healthcare Costs
- Re-Admissions
- Longer Stays
- Slower Recovery
- Premature Institutionalization

Reduced QOL/Independence
- Decreased Mobility
- Depression/Anxiety
- Sleep Disturbance
- Poor Appetite
- Increased Morbidity
- Increased Mortality
Consequences of Poor Diet on Functionality

Malnutrition

Underweight

Obesity

Limits Muscle Strength
Reduces Stamina
Prevents Physical Activity

Decreases ability to:
Perform ADLs & IADLs:
Eat, Walk, Grocery Shop, Prepare Meals
Grip Items & Lift Heavy Objects

Increases Dependency
Increases Need for Caregiver Assistance
Increases Risk for Falls & Fractures

Threatens Independence--Reduces Quality of Life--Increases Healthcare Costs
Role of the Nutrition Program

- Strategic Planning
- Operations/ Meals plus Supportive Services
- Target Services
- Collaborate and Coordinate
- Referrals
- Assessment
Strategic Planning:

- Assess
  - Demographics-Risk Factors
  - Community Hunger and Food Insecurity
  - Community Need
  - Partners
  - Resources
- Develop interventions to address
Operations

- Provide nutritious, appealing meals
  - Meet preferences, special needs for therapeutic, religious reasons
  - Food components that can be eaten later

- Increase number of meals
  - Holiday Meals
  - Emergency Meals
  - Second Meals
  - More than five days
Supportive Services

- Nutrition education on low cost food management
- Menu planning and shopping assistance
- Assist in access/transportation to grocery stores
- Grocery delivery
- Individualized nutrition counseling
- Cooking classes
Target Services

- Prioritize to high risk groups

- Offer services in geographical areas with high need (i.e., rural, food deserts, food swamps)

- Offer services in low income housing
Collaborate and Coordinate

- Hunger network organizations
- Food banks, Food pantries
- HCBS network
- Medicaid Waiver/state HCBS programs
- ADRCs
- Faith-based organizations
Referral to Other Service

- USDA Food Assistance Programs
  - SNAP, SNAP-ED
  - Senior Farmer’s Market Nutrition Program
  - TEFAP
  - CACFP
  - CSFP

- Referral to food banks/pantries, soup kitchens, community gardens

- Referral to supportive assistance programs
Assessing Hunger and Nutrition Risk

- Community nutrition assessments for planning services
  - HCBS uniform assessment forms
  - I & R or ADRC screenings
  - Identify appropriate referrals

- Train all staff: nutrition, case managers, I & R staff about food insecurity

- Include outcome and impact measures about food insecurity on evaluations
Future of Senior Hunger

- Food insecurity between 2007 and 2009:
  - Increased 26% among those 60 and older

- Prediction 2025
  - 75% more will experience food insecurity
  - 33% more suffer hunger
National Resource Center on Nutrition and Aging
Competitive grant announcement – award September 2011 to Meals On Wheels Association of America

Goals:
- Strengthen support of nutrition services
- Demonstrate the value of nutrition services
- Modernize nutrition service provision
- Goals apply to all levels of aging services network: state units on aging, area agencies on aging and local nutrition service providers
Website:
http://nutritionandaging.org
National Resource Center on Nutrition and Aging

- **Product 2012**
  - Perspectives on Nutrition and Aging: A National Summit

- **Products 2013**
  - Proceedings of Perspectives on Nutrition and Aging: A National Summit
  - Momentum Webinar Series
  - Website: http://nutritionandaging.org/
  - On line library
  - Listservs
  - Workgroup Reports & Recommendations
Momentum Series
www.nutritionandaging.org
March 27, 2013

National Nutrition Month

Theme: Eat Right, Your Way, Every Day

Web-based discussion with the Assistant Secretary for Aging, Kathy Greenlee, to highlight the important role nutrition plays in healthy aging.

For more information:
Momentum: Advancing Into Future Readiness
www.nutritionandaging.org/momentum
Resources

- National Resource Center on Nutrition and Aging: [www.nutritionandaging.org](http://www.nutritionandaging.org)
Resources

- Food and Drug Administration- Food Safety
  - http://www.cfsan.fda.gov/list.html
- American Heart Association
  - http://www.americanheart.org/
- American Diabetes Association
  - http://www.diabetes.org/
- National Institutes of Health
Resources

National Foundation to End Senior Hunger
www.nfesh.org

- The Causes, Consequences, and Future of Senior Hunger in America, Ziliak, J., C. Gundersen and M. Haist, 2008
- Senior Hunger in the United States: Differences across States and Rural and Urban Areas, Ziliak, J. and C. Gundersen, 2009
- Senior Hunger in America 2010: An Annual Report, Ziliak, J. and C. Gundersen, 2010
Resources

- USDA Community Food Security Assessment Toolkit
  http://www.ers.usda.gov/media/327699/efan02013_1_.pdf

- USDA ERS-Food Security
Resources
