

# The Role of Older Americans Act Nutrition Programs

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# 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

Indicators	Home-delivered	Congregate	National
Age 75+	70%	57%	32%
Live Alone	56%	48%	27%
Below Poverty	24%	14%	7%
3+ ADLs	31%	8%	6%

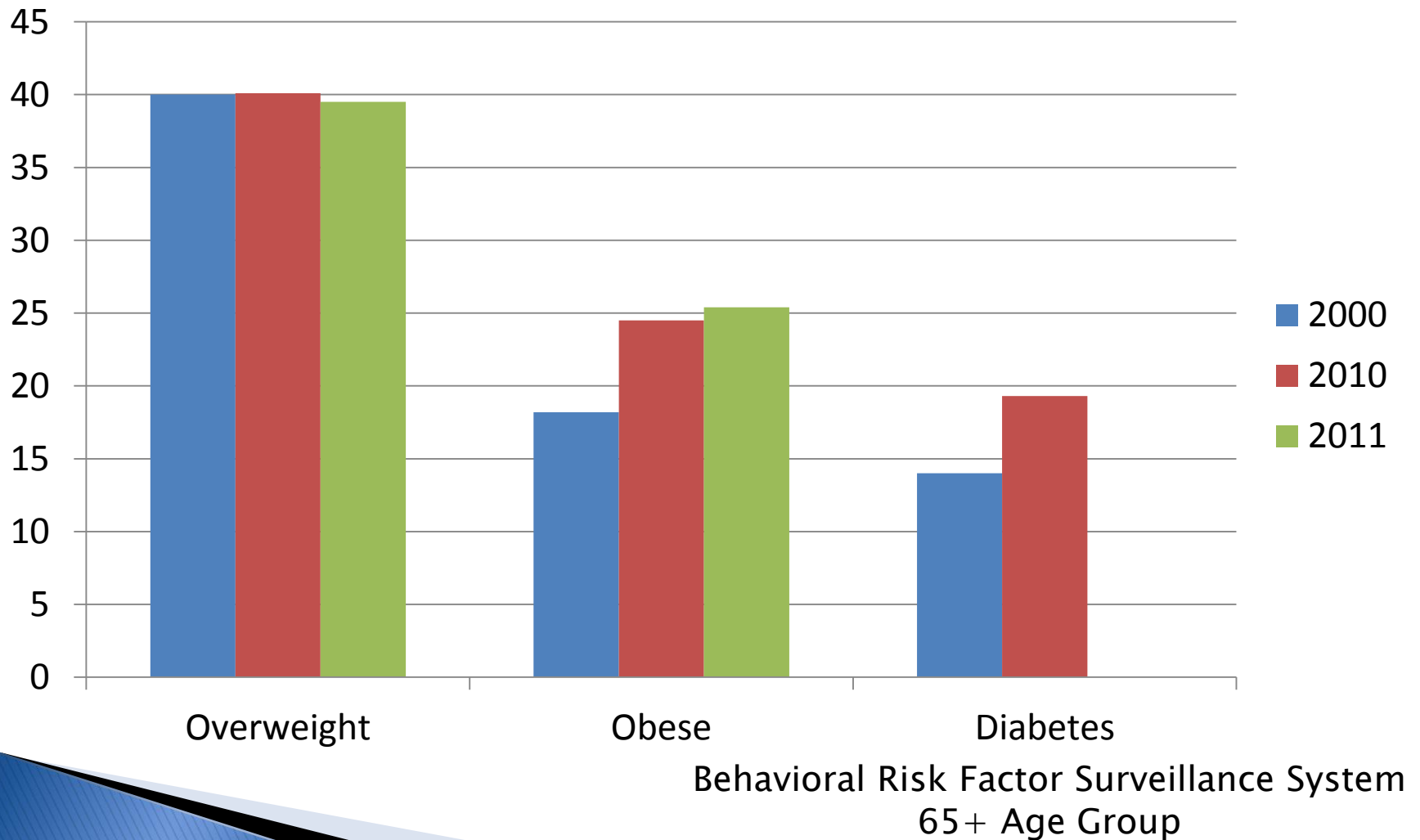
Issue Brief, July 2010, Mathematica Policy Research, Inc.

# Services Allow Seniors to Remain in Their Homes

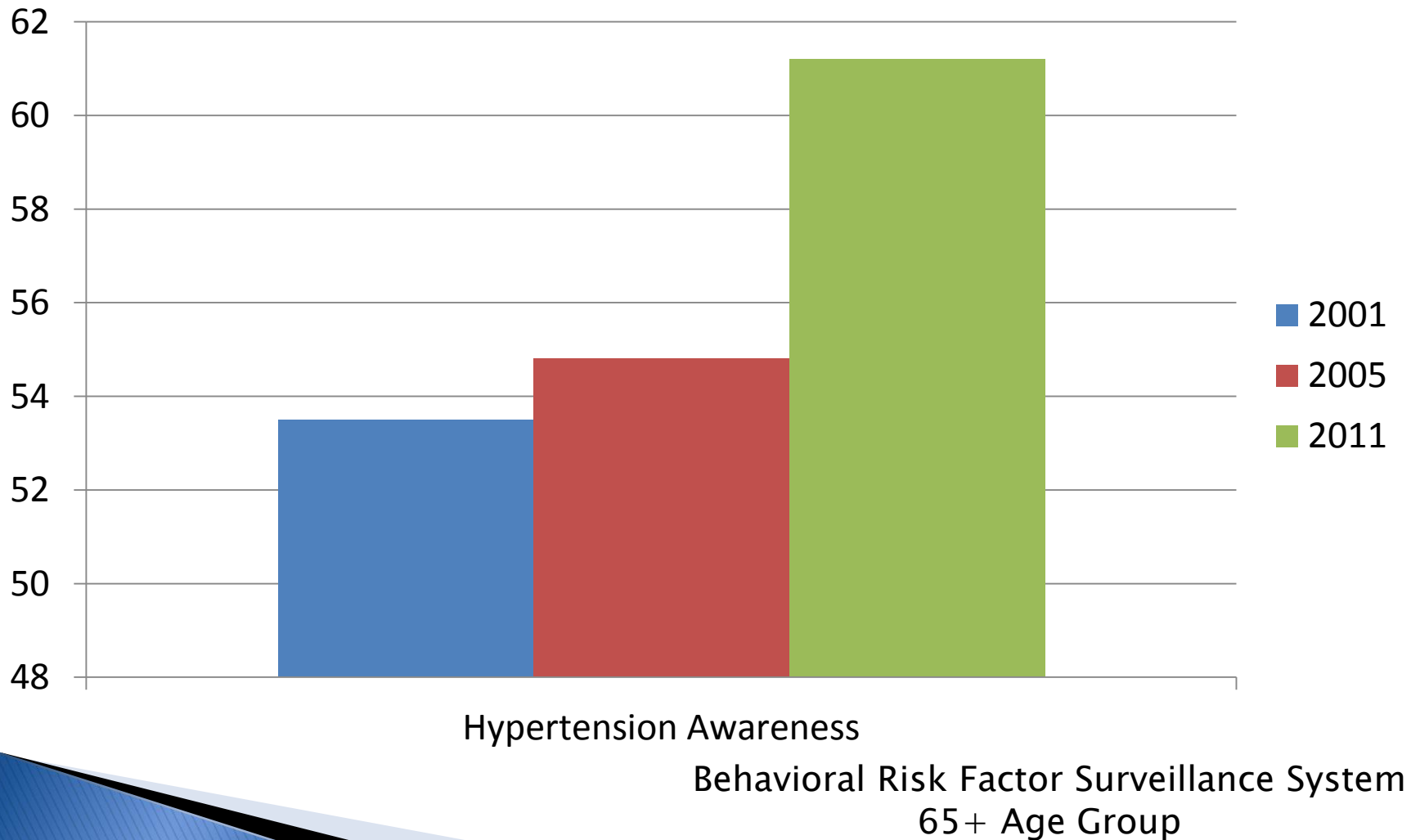
Home-delivered	Congregate
91%	59%

Issue Brief, July 2010, Mathematica  
Policy Research, Inc.

# Health Profile of Older Americans



# Health Profile of Older Americans





# Requirements of the Older Americans Act

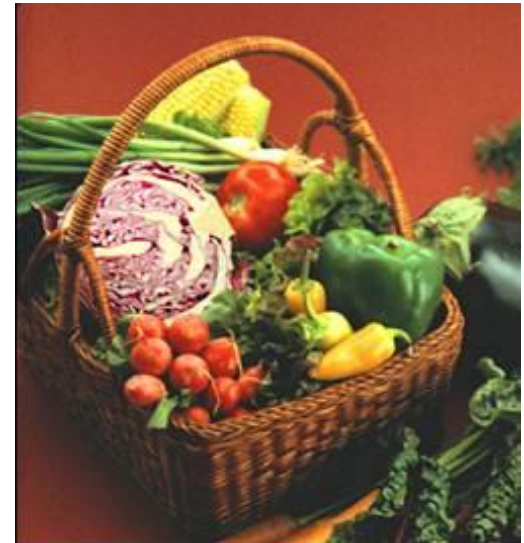
## Sections 331, 336, 339

- ▶ 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

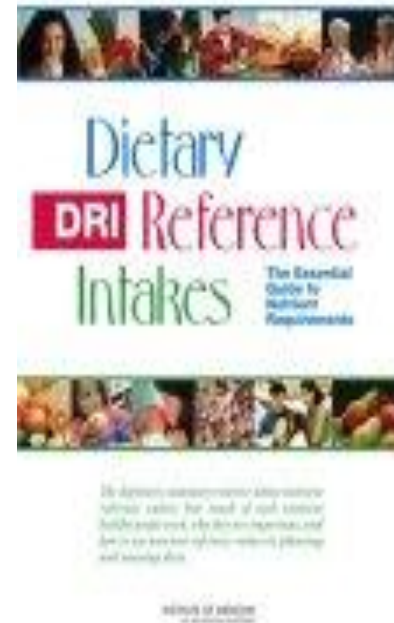
## ▶ Meals

- 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)?

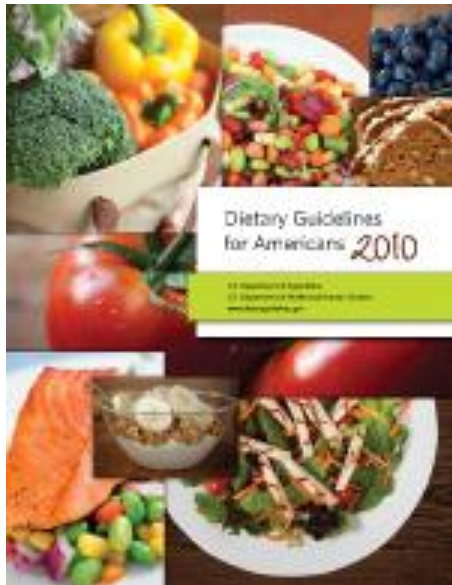
- ▶ Introduced in 1997
- ▶ Reference values of nutrients, primarily used by nutrition & health professionals
- ▶ Basis for
  - assessing & planning diets
  - federal nutrition & food programs



# 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

	Home Delivered	Congregate
Eat more balanced meals	86%	79%
Better able to avoid sodium & fat	81%	76%



# Senior Hunger



# Senior Hunger

	% of Seniors	Approximate Number of Seniors
Threat of Hunger (Marginal Food Security)	14.85% 1 in 7	8.3 mil

*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

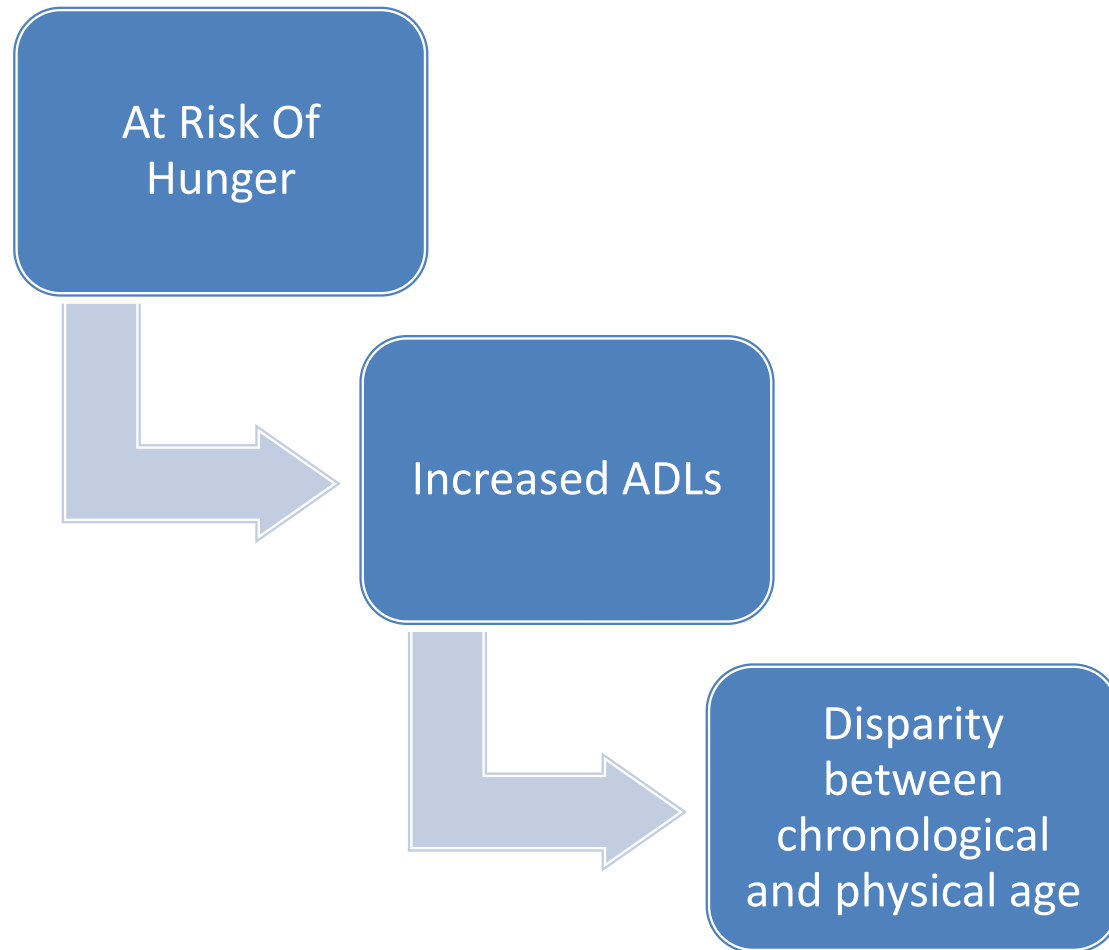
*Senior Hunger in America 2010: An Annual Report*, J. Ziliak and C. Gundersen, 2010

# Factors accounting for increase in Food Insecurity 2009-2010

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

*Senior Hunger in America 2010: An Annual Report*, J. Ziliak and C. Gundersen, 2010

# Consequences of Hunger



# Consequences of a Poor Diet

## Age Related Conditions

- Hearing loss
- Macular Degeneration
- Oral Health Problems
- Sarcopenia
- Cognition

## Chronic Diseases

- Heart Disease
- Hypertension
- Diabetes
- Osteoporosis
- Some cancers
- COPD
- Renal Disease

## Acute Conditions

- Dehydration
- Pressure Ulcers
- Infections
- Pneumonia
- Fractures
- Gum Disease

# 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 a 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 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



# 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



# National Resource Center on Nutrition and Aging

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](http://www.nutritionandaging.org)





# Momentum Series

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](http://www.nutritionandaging.org/momentum)

# Resources

# Resources

- ▶ National Resource Center on Nutrition and Aging:  
[www.nutritionandaging.org](http://www.nutritionandaging.org)
- ▶ Administration on Aging <http://www.aoa.gov/>
- ▶ AGing Integrated Database <http://www.agidnet.org/>
- ▶ Behavioral Risk Factor Surveillance Survey  
<http://www.cdc.gov/brfss/index.htm>
- ▶ USDA National Agricultural Library:  
<http://fnic.nal.usda.gov/>



# 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**
  - **National Heart Lung Blood Institute Recipes:**  
<http://www.nhlbi.nih.gov/health/>

# Resources

National Foundation to End Senior Hunger

[www.nfesh.org](http://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](http://www.ers.usda.gov/media/327699/efan02013_1_.pdf)
- ▶ USDA ERS-Food Security  
<http://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-us/measurement.aspx#survey>

# Resources

- ▶ Position of the Academy of Nutrition and Dietetics: Food and Nutrition for Older Adults: Promoting Health and Wellness. *J Acad Nutr Diet.* 2012;112:1255-1277.
- ▶ Position of the American Dietetic Association, American Society for Nutrition, and Society for Nutrition Education: Food and Nutrition Programs for Community-Residing Older Adults. *J Am Diet Assoc.* 2010;110:463-472.