

Innovative Models Reaching Food Insecure Seniors

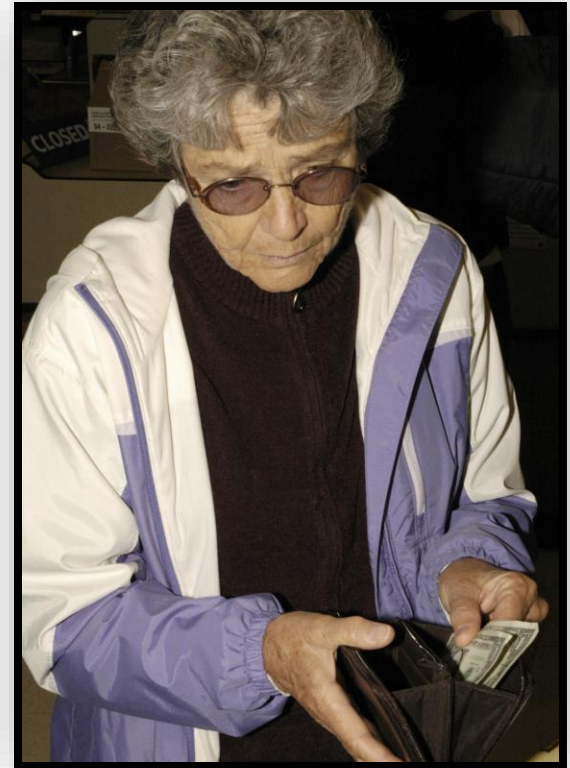
Congregate and Home Delivered Meals

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Times are Tough!

- Many older lowans are finding themselves in a financial pinch.
- Growing proportion of older adults are food insecure



Screening for Food Insecurity

- In the past 30 days
 - Food did not last and did not have money to get more
 - Could not afford to eat balanced meals
 - Cut the size of meals because there wasn't enough money for food
 - Ever skip meals because there wasn't enough money for food
 - Eat less than you felt you should because there wasn't enough money to buy food
 - Were you ever hungry but didn't eat because you could not afford enough food

— Journal of Nutrition. Lee, Johnson, Brown, Nord. May 2011

Food Insecurity Harms Health

50%
more likely to
have diabetes

3X
more likely to suffer
from depression

60%
more likely to have
congestive heart failure
or a heart attack

30%
more likely to
have at least one
ADL impairment

2X
as likely to report
gum disease and asthma

<https://www.mealsonwheelsamerica.org/theissue/research/hunger-in-older-adults> Feb-2017

Senior Hunger Leads to Malnutrition which is related to

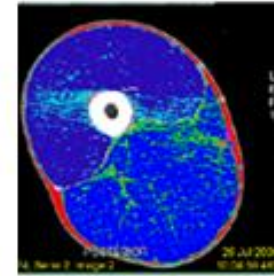
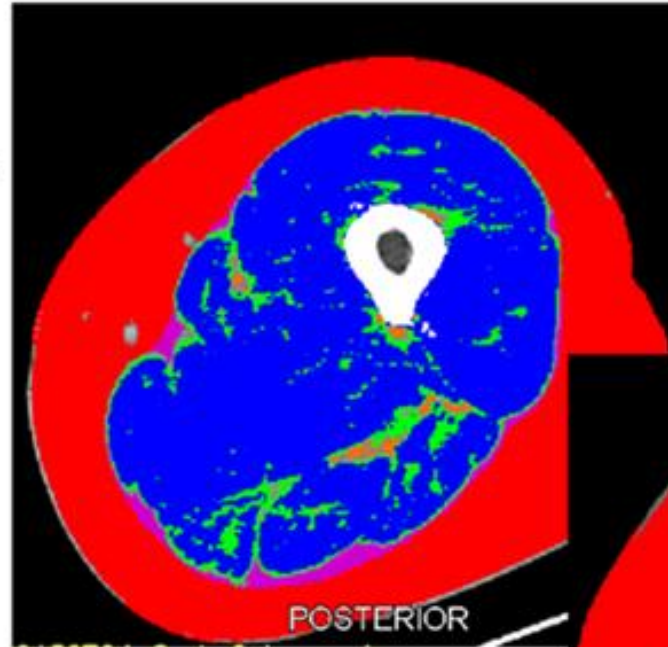
- Cognitive decline
- Loss of muscle - sarcopenia
- Impaired physical function
- Decreased independence
- Immune impairment
- Delayed recover
- Premature institutionalization
- Decreased quality of life



Opportunities to Improve Nutrition for Older Adults and Reduce Risk of Poor Health Outcomes.
Jane Tilly. Administration for Community Living. March, 2017

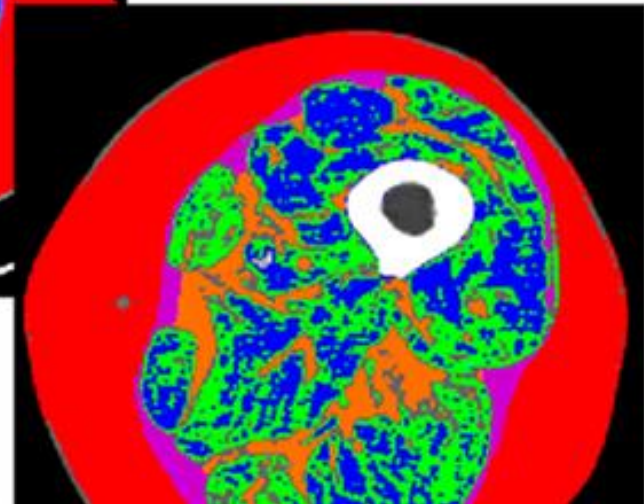
Sarcopenia: Age-associated loss in muscle mass and function

Female 70 yrs.
BMI = 23.3



Male 43 yrs.

Female 85 yrs.
BMI = 24.6



Nutrition is the heart of health

- Without adequate nutrition, the body wears out faster



Older Americans Act Nutrition Program

■ Purpose

- to reduce hunger and food insecurity
- to promote socialization
- to promote the health and well-being of older individuals by assisting such individuals to gain access to nutrition and other disease prevention and health promotion services to delay the onset of adverse health conditions resulting from poor nutritional health or sedentary behavior

OAA Nutrition Program

- Iowa Department on Aging
- Area Agencies on Aging
 - Congregate meals
 - Home delivered meals
 - Nutrition education
 - Nutrition Counseling
 - Variety of community based supportive services for seniors

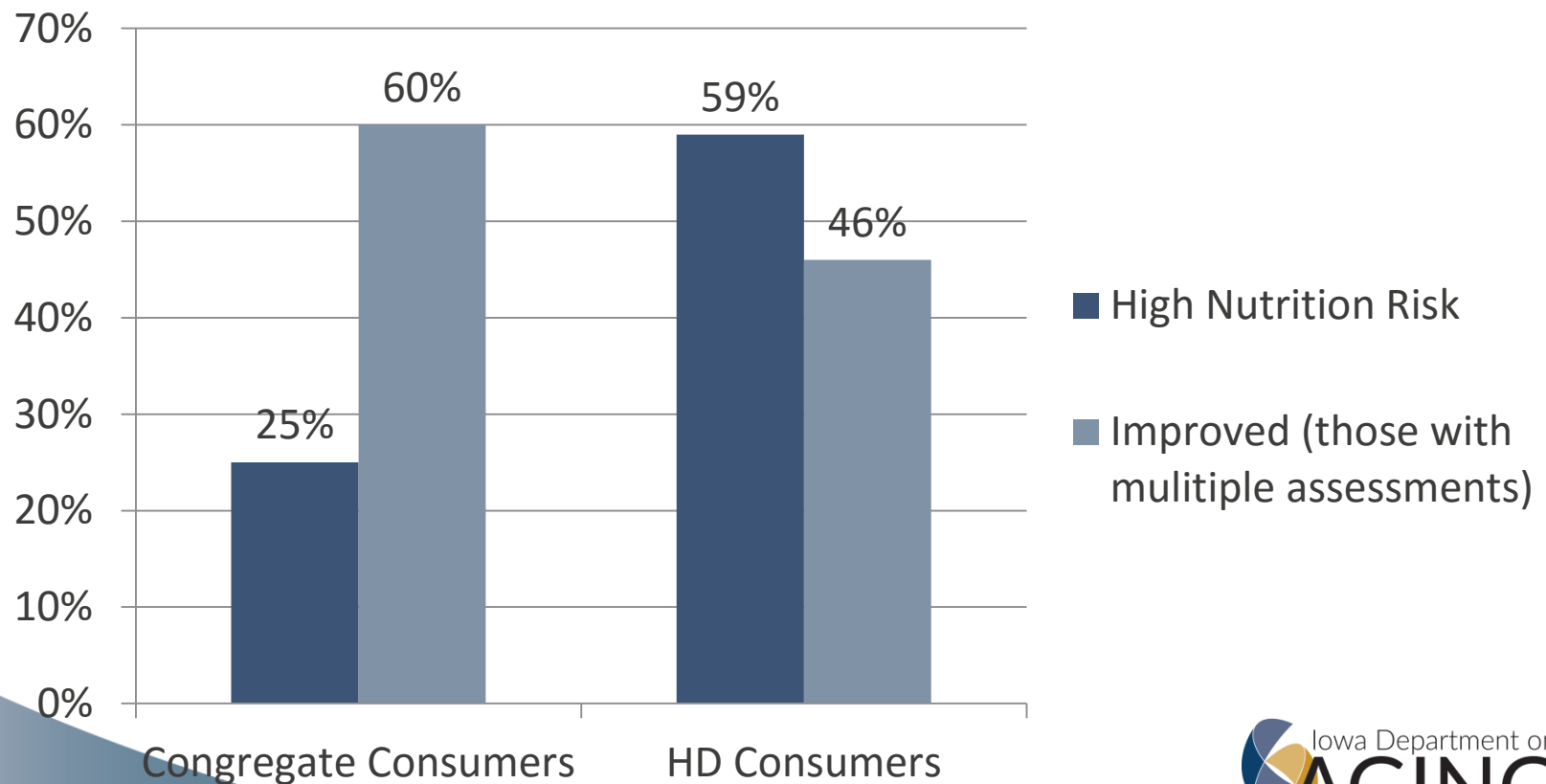
Iowa Typical Meal Participant (SFY 2015)

- Congregate
 - 61% 75+ yrs; 26% 85+
 - 66% female
 - 23% high nutrition risk
 - 49% live alone
 - 57% at/below poverty level
 - 22,676 clients served (declining)
- Home Delivered
 - 68% 75+yrs; 38% 8
 - 68% female
 - 58% high nutrition risk
 - 63% live alone
 - 58% at/below poverty level
 - 11,860 clients served

National Survey-Program
helps them eat healthier
and stay in their own home

Impact of Nutrition

High nutrition risk puts consumers at risk for declining physical health, depression and loss of independence. (2016 IDA)



IDA/AAA Nutrition Program Workgroup 2008

- Identify alternative delivery models successfully used by other nutrition programs
- Expected outcome: Seniors would have expanded access to nutritious meals of restaurant quality and with a choice at alternate times/days

LifeLong Links

866-468-7887

www.lifelonglinks.org

- Service of Iowa AAA
- Call center with options counselors
- Screen and refer to services to help seniors and people with disabilities stay independent
- Provide information on grocery shopping assistance, in home help with meal preparation, assistance with SNAP application, information on food pantries

Addressing Food Insecurity Grant (FIG) for Older Iowans

- Iowa Legislature provided \$250,000 2014-2015
- Address nutrition program system barriers
- Implement innovative and flexible meal delivery systems to reach low-income food insecure seniors not currently receiving meals
- Provided 33,153 meals to 4,034 seniors

Addressing Food Insecurity for Older Iowans: Project Outcomes

Tim Getty

Nutrition Director

Heritage Area Agency on Aging