

***FC* Evaluation Process**

Year	Project
2011-2012	Chef Charles Revision Project
2015-2016	Statewide <i>FC</i> Evaluation Project
2017-2018	Fidelity checklist validation study Physical activity needs and preference assessment
2018-2019	Fidelity assessment Program satisfaction assessment
2019-2020	Statewide <i>FC</i> Evaluation Project

FC-Related Publications

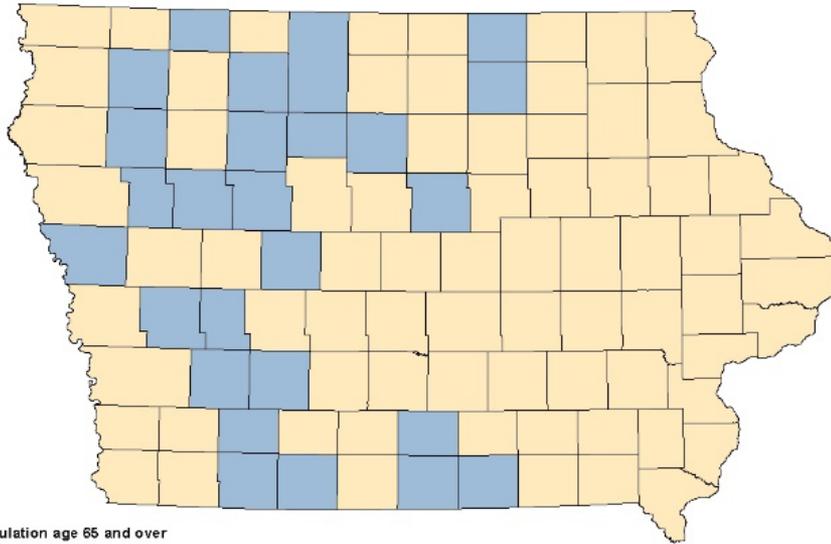
- Bahl, M., Yap, L., Francis, S.L., Montgomery, D., & Lillehoj, C. SNAP-Ed Program for Older Adults: Facilitators' Perspectives. *Journal of Nutrition Education and Behavior*. 51(4), 486-491.
<https://doi.org/10.1016/j.jneb.2018.10.012>
- Yap, L., Francis, S.L., Shelley, M.C., Montgomery, D., Lillehoj, C.J. Food Safety Practice Gaps for Older Adults. *Journal of Extension*. (online), Article RB11. Available at: <https://joe.org/joe/2019february/rb11.php>
- Lillehoj, C.J., Yap, L., Montgomery, D., Shelley, M., Francis, S. L. Nutritional risk among congregate meal site participants: benefits of a SNAP-Ed Program. *Journal of Nutrition in Gerontology and Geriatrics*. 1-14.
<https://doi.org/10.1080/21551197.2018.1516592>
- Francis, S.L., MacNab, L., & Shelley, M. A theory-based newsletter nutrition education program reduces nutritional risk and improves dietary intake for congregate meal participants. *Journal of Nutrition in Gerontology and Geriatrics*, 33: 91-107.

Extension Nutrition and Wellness Programs for Older Adults

Sarah L. Francis, PhD, MHS, RD
Associate Professor

Aging Population

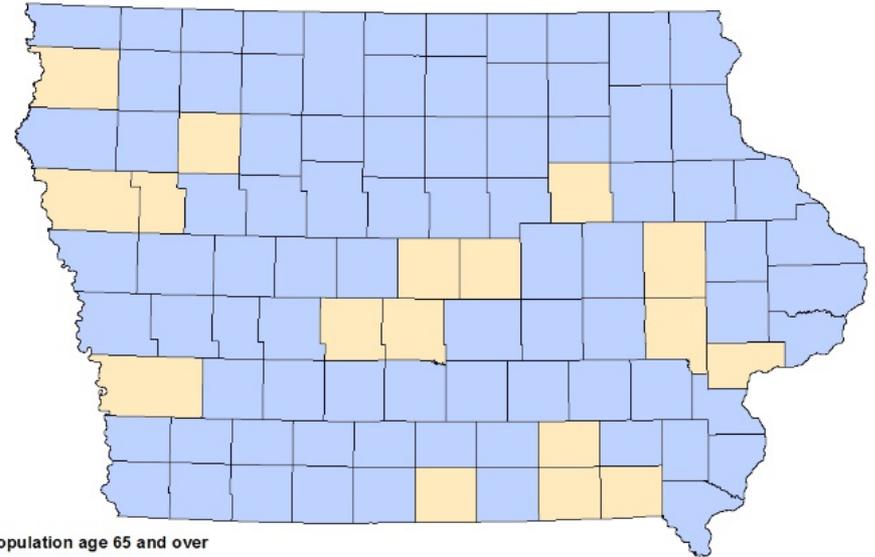
2010



Population age 65 and over

- Less than 20%
- 20% or more

2040



Population age 65 and over

- Less than 20%
- 20% or more

http://www.aoa.acl.gov/Aging_Statistics/Profile/index.aspx

Nutrition and Wellness Programs for Older Adults

- Wellness and Independence through Nutrition (WIN)
- Nutrition Education With Seniors (NEWS) You Can Use
- Stay Independent



Promoting Awareness of Food Assistance and Nutrition Among Iowans Age 50+

Funded by USDA's SNAP Program, an equal opportunity provider and employer through the Iowa Department of Human Services and Iowa State University Extension and Outreach Services

2019-2020 WIN Counties

- Adams,
- Appanoose,
- Black Hawk,
- Boone,
- **Carroll,**
- Clinton,
- Dallas,
- **Des Moines,**
- **Dubuque,**
- **Greene,**
- Guthrie,
- Linn,
- Madison,
- Mills,
- Monona,
- Muscatine,
- Page,
- Pocahontas,
- Polk,
- Pottawattamie,
- **Ringgold,**
- Scott,
- Tama,
- Van Buren,
- Warren,
- Washington

Bolded counties indicate new counties

WIN Objectives

- Promote food assistance outreach efforts toward Iowans age 50 years and older.
- Increase awareness of food assistance and how it can help maintain good health and independence for mid-life and older adults ages 50 years and older.
- Increase the number of eligible Iowans ages 50 years and older applying for food assistance.

2019-2020 WIN Materials

- **WIN Guide** – booklet describing what food assistance is, how to apply for assistance, and addresses common food assistance myths
- **WIN Guide discussion points** - talking points highlighting WIN Guide content; for use by volunteers who meet with older adults on a one-to-one basis
- **Food Assistance prescription pad (New)**—for use by medical professionals to provide to patients (age 50+ years) identified for food insecurity risk; premade prescription will provide the hotline number and a brief statement as to how food assistance can help them.

2019-2020 WIN Materials

- **WIN Outreach Video (New)**—to promote SNAP awareness to older lowans and their family members in locations or facilities serving them.
- **WIN Display Series (New)**—This will be a series of 3-4 tabletop displays that discuss SNAP, how to apply for it, and address common myths associated with it.
- **Education Programs**— 20-30 minutes sessions to be offered at locations serving older lowans.
 - WIN BINGO
 - Gardening- How to Grow Your Wallet! Container Gardening DVD
 - Gardening- How to Grow Your Wallet! Gardening Game
 - To Your Good Health!

2013-2018 WIN Outcomes

- Reached 7,747 older adults directly
- Referred 190 older adults for SNAP application assistance
- Trained 132 volunteer WIN Educators
- Potential economic impact (\$315,552)



News You Can Use

Nutrition Education
with Seniors

Funded by: Polk County Iowa through the Department of Community, Family and Youth Services

IOWA STATE UNIVERSITY
Extension and Outreach

NEWS Program Goals

- Enhance participant:
 - Knowledge of the relationship between good nutrition and good health
 - Ability to alter present food habits to include supplement foods along with other nutritious foods to improve their overall diet

NEWS Program Description

- Participants receive monthly NEWS You can Use Newsletter
- Cooking demonstrations offered monthly by a Commodity and Supplemental Food Program (CSFP) employee using a script



August 2019

Protect Your Eyes With Lutein!

The leading cause of blindness among people age 60 years and older is age-related macular degeneration or AMD. AMD occurs when there is a decline within the macular of the eye. The macular is the part of the eye that helps ensure you have clear and sharp vision.

AMD symptoms include:

- Blurry reading vision
- Seeing blank or blurry spots in front of you
- Seeing color not as bright
- Distorted vision (e.g. straight lines appearing bent)



Image from the National Eye Institute, National Institutes of Health

If you have experienced any of these symptoms, see your local eye doctor.

The antioxidant lutein can help prevent or slow the progression of AMD. Lutein protects the cells in the eye from damage—think of it as sunblock for the eye. Lutein is found primarily in dark green, orange and yellow vegetables.

Keep your eyes healthy by:

- **Eating lutein-rich foods:** kale, spinach, winter squash, green peas, Brussel sprouts, & broccoli.
- **Quitting smoking, if you smoke:** smoking can advance the damage AMD can cause.
- **Wearing sunglasses:** Sunlight may promote AMD so always wear sunglasses in sunny weather.

This information was modified from <https://www.aoa.org/patients-and-public/caring-for-your-vision/nutrition/nutrition-and-age-related-macular-degeneration>



Simply Spinach

Selection:

- Choose cans without leaks, dents, or bulges this could mean the spinach is unsafe to eat.
- Check the "Best by" or "Best if used by" date on the can.

Storage:

- Store unopened cans in a cool, clean, dry place.
- After opening, keep the **spinach** in a tightly covered glass or plastic container for up to four days in the refrigerator or up to two months in the freezer.

Nutrition:

- 1 cup of **canned spinach**:
- Provides 50 calories and 5 grams of fiber.
- Contains 1 gram of omega-3 fat.
- Counts as one ounce equivalent from the MyPlate vegetable group.

Uses:

- Include **spinach** in omelets, casseroles, pastas, and soups.

NEWS Outreach

- Estimated monthly reach :
 - 2,200 OAs through CSFP
 - 1,000 through Senior Services
- About 1,300 OAs attending monthly recipe demonstrations

NEWS Outcomes 2014-2018

CHARACTERISTIC	NUMBER	PERCENT (%)	
Gender (n=2,861)	Male	1,060	37.0
	Female	1,801	63.0
Age (n=2,735)	50-59	14	0.8
	60-69	1,377	50.3
	70-79	993	36.3
	80+	351	12.8
Number of recipe demonstrations attended in last 3 months (n=2,908)	0	901	31.0
	1	1,303	44.8
	2	506	17.4
	3	198	6.8

NEWS Outcomes 2014-2018

CHARACTERISTIC	NUMBER	PERCENT (%)	
Made a recipe featured in the newsletter (n=2,910)	Yes	1,904	65.4
	No	1,006	34.6
Made food choices based on nutrition information in the newsletter(n=2,902)	Yes	2,385	82.2
	No	517	17.8
Found the budget-friendly tips in the newsletter helpful (n=2,891)	Yes	2,573	89.0
	No	318	11.0
Like the recipes provided in the newsletter (n=2,446 out of 2,791)	Yes	2,194	89.7
	No	252	10.3

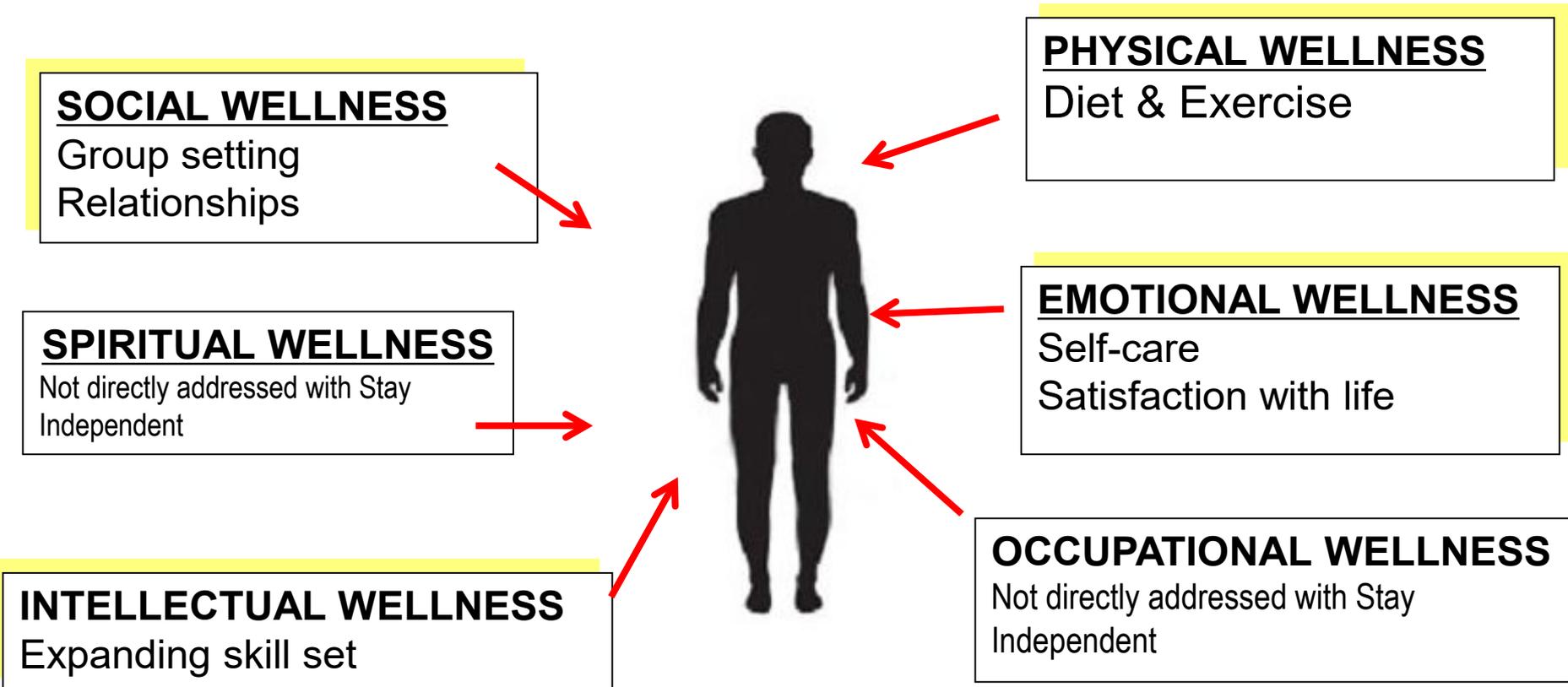
Stay Independent: A Healthy Aging Series

<https://www.extension.iastate.edu/humansciences/stay-independent>

Nutritional Risk--lowans

- 21.7 % of community-residing older lowans “at risk” for malnutrition or “malnourished”
 - 48.3% reported eating < 3 meals daily
 - In comparison to those in the “Normal” group, the “at risk” group had lower intakes of:
 - Meals
 - Protein foods: legumes and eggs; dairy
 - Fruits or vegetables
 - Fluids
- (Francis, Noterman, Shelley, unpublished data)

Whole Person Wellness



<https://cdn.ymaws.com/www.nationalwellness.org/resource/resmgr/pdfs/sixdimensionsfactsheet.pdf>

Available Nutrition & Wellness Lessons

- 3 Meals a Day
- Feast on Fruits and Vegetables
- Power Up with Protein
- Exercise Your Independence
- Cooking for 1 or 2 (created Fall 2018)
- Brain Health (pilot-testing phase)

Current Program Options

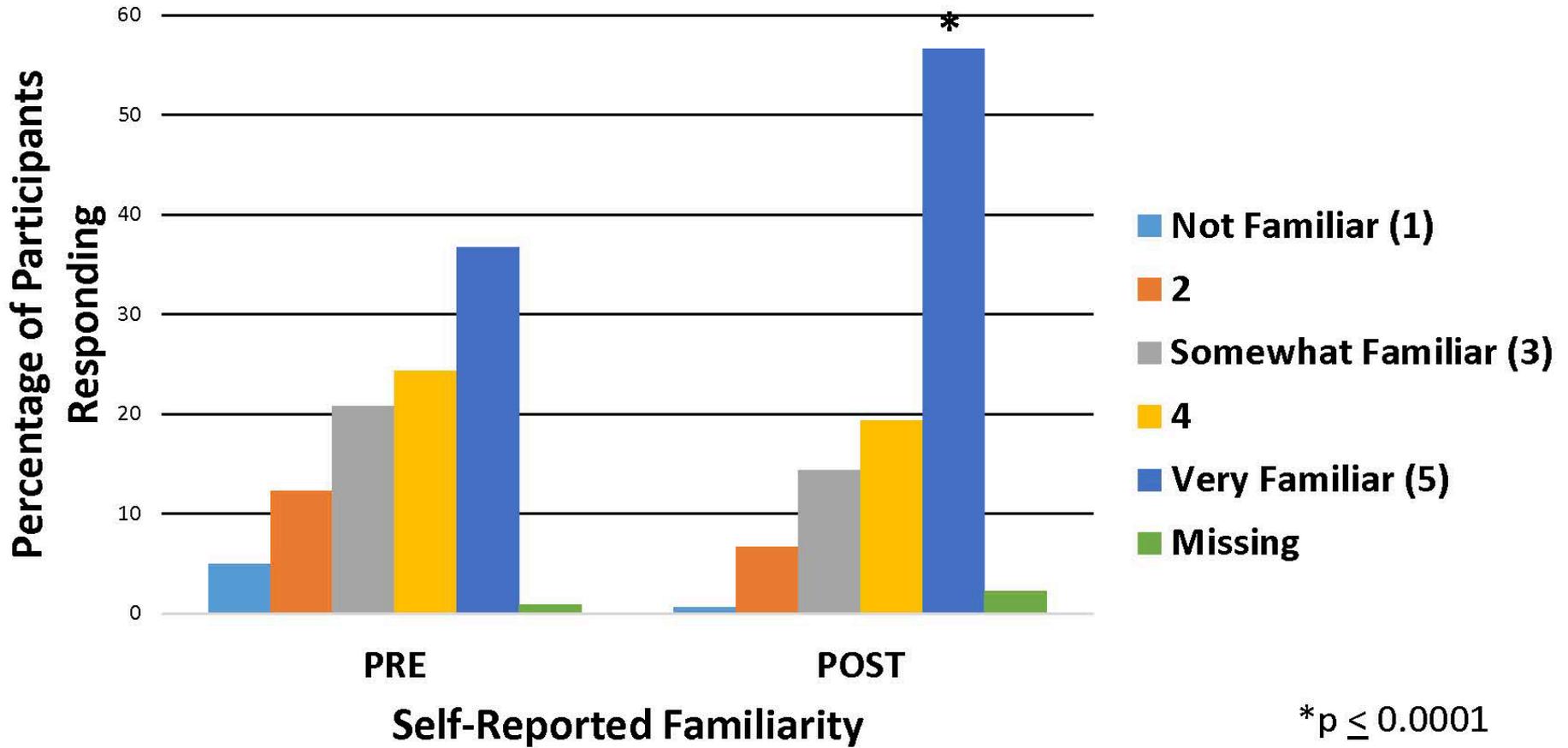
	MINI-LESSONS	IN-PERSON LESSONS
DURATION	<ul style="list-style-type: none"> • 20-30 MINUTES 	<ul style="list-style-type: none"> • 45-60 MINUTES
DELIVERY METHOD	<ul style="list-style-type: none"> • Group viewing of pre-recorded lessons with discussion afterwards 	<ul style="list-style-type: none"> • Interactive group education session
CONTENT	<ul style="list-style-type: none"> • Short overview 	<ul style="list-style-type: none"> • In-depth explanation
EDUCATOR	<ul style="list-style-type: none"> • Any Extension employee who has been trained by a Nutrition and Wellness Specialist 	<ul style="list-style-type: none"> • Nutrition and Wellness Specialists only
INTERACTIVE ACTIVITIES	<ul style="list-style-type: none"> • Taste testing (optional) 	<ul style="list-style-type: none"> • Critical thinking: <ul style="list-style-type: none"> • Games • Application activities • Taste testing • Physical activity
Supplemental Materials	<ul style="list-style-type: none"> • PowerPoint slides 	<ul style="list-style-type: none"> • PowerPoint slides • Extension publications

STAY INDEPENDENT OUTCOMES

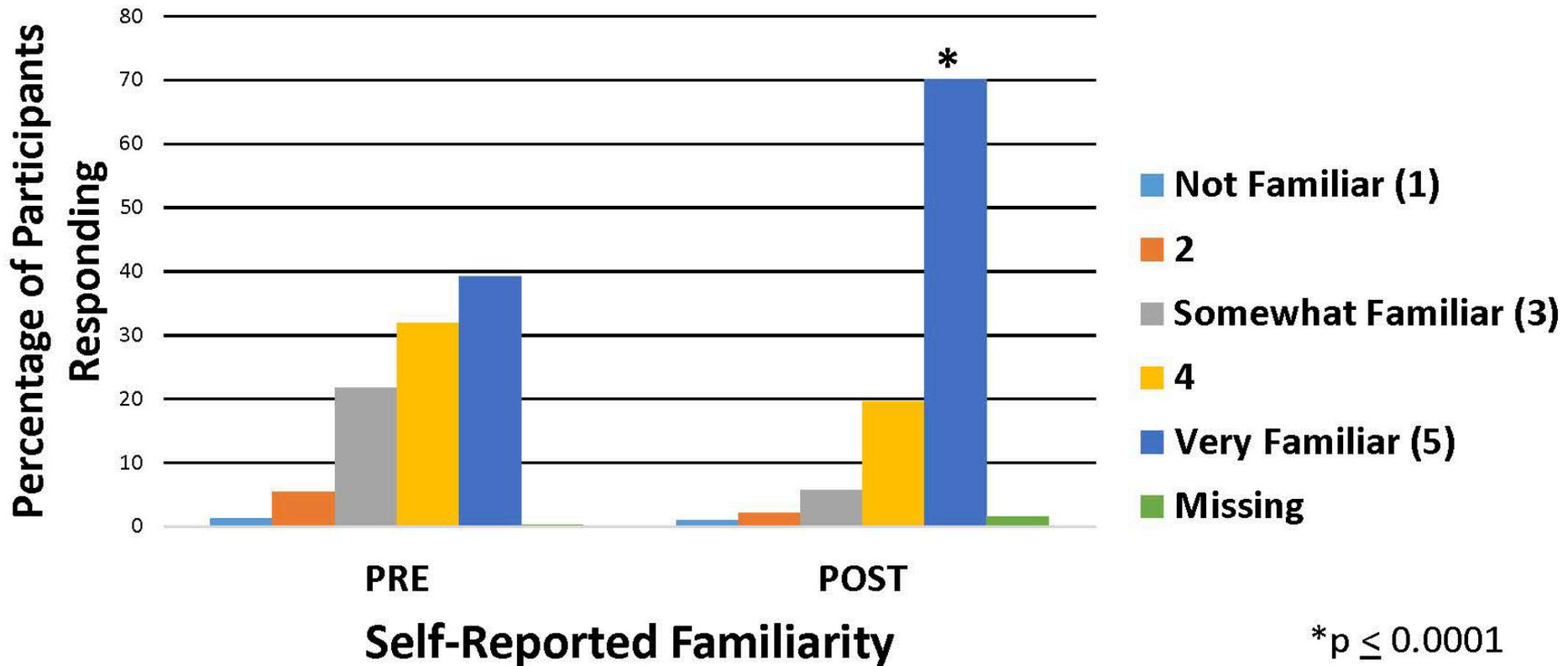
Characteristics of Participants

		Number (Percent)			
		Meals (n=341)	Produce (n=331)	Protein (n=252)	Exercise (n=233)
Age (years)	60-65	30 (8.8)	30 (9.1)	29 (11.5)	21 (9.0)
	66-70	42 (12.3)	46 (13.9)	42 (16.7)	37 (15.9)
	71-75	50 (14.7)	44 (13.3)	37 (14.7)	32 (13.7)
	76-80	56 (16.4)	53 (16.0)	47 (18.7)	47 (20.2)
	81+	138 (40.5)	139 (42.0)	79 (31.3)	88 (37.8)
	Missing	25 (7.3)	19 (5.7)	18 (7.1)	8 (3.4)
Gender	Male	70 (20.5)	70 (21.1)	51 (20.2)	56 (24.0)
	Female	268 (78.6)	259 (78.2)	196 (77.8)	175 (75.1)
	Missing	3 (0.9)	2 (0.6)	5 (2.0)	2 (0.9)
Race	White	314 (92.1)	310 (93.7)	233 (92.5)	226 (97.0)
	American Indian or Alaska Native	11 (3.2)	9 (2.7)	10 (4.0)	2 (0.9)
	Other	7 (2.0)	7 (2.1)	4 (1.6)	1 (0.4)
	Missing	9 (2.6)	5 (1.5)	5 (2.0)	4 (1.7)

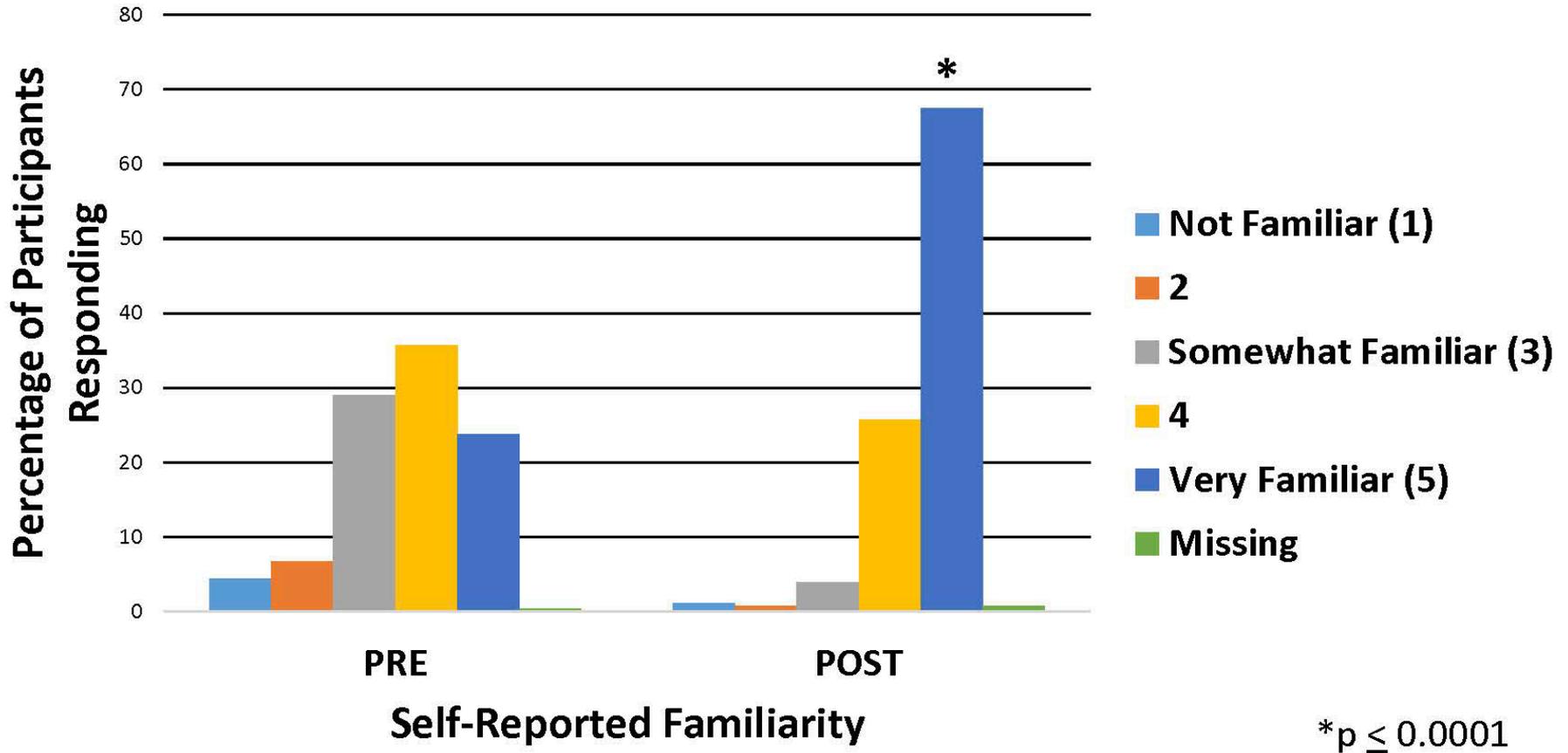
Familiarity with Benefits of Eating 3 Meals Daily (n=341)



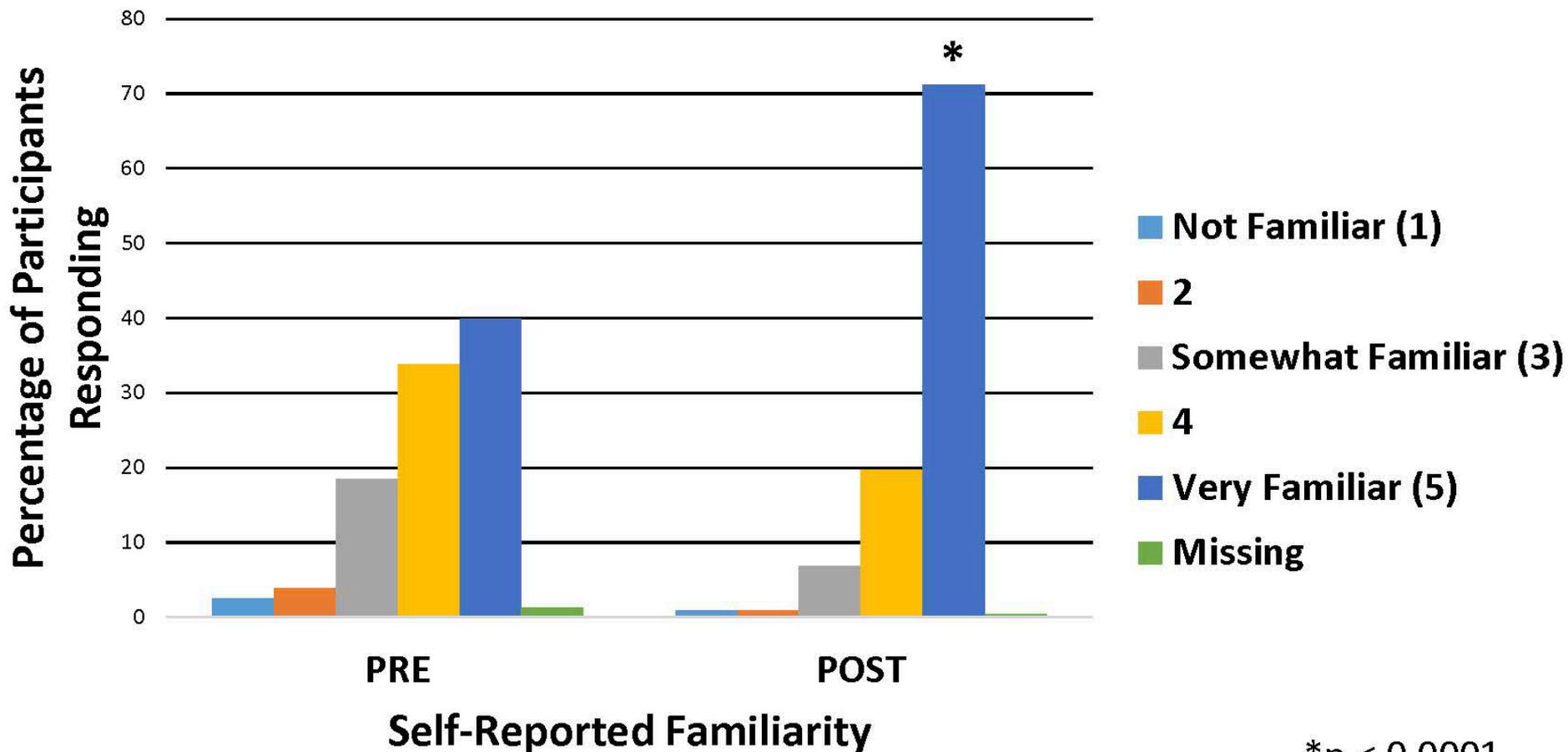
Familiarity with Produce Health Benefits (n=331)



Familiarity with Protein Benefits (n=252)

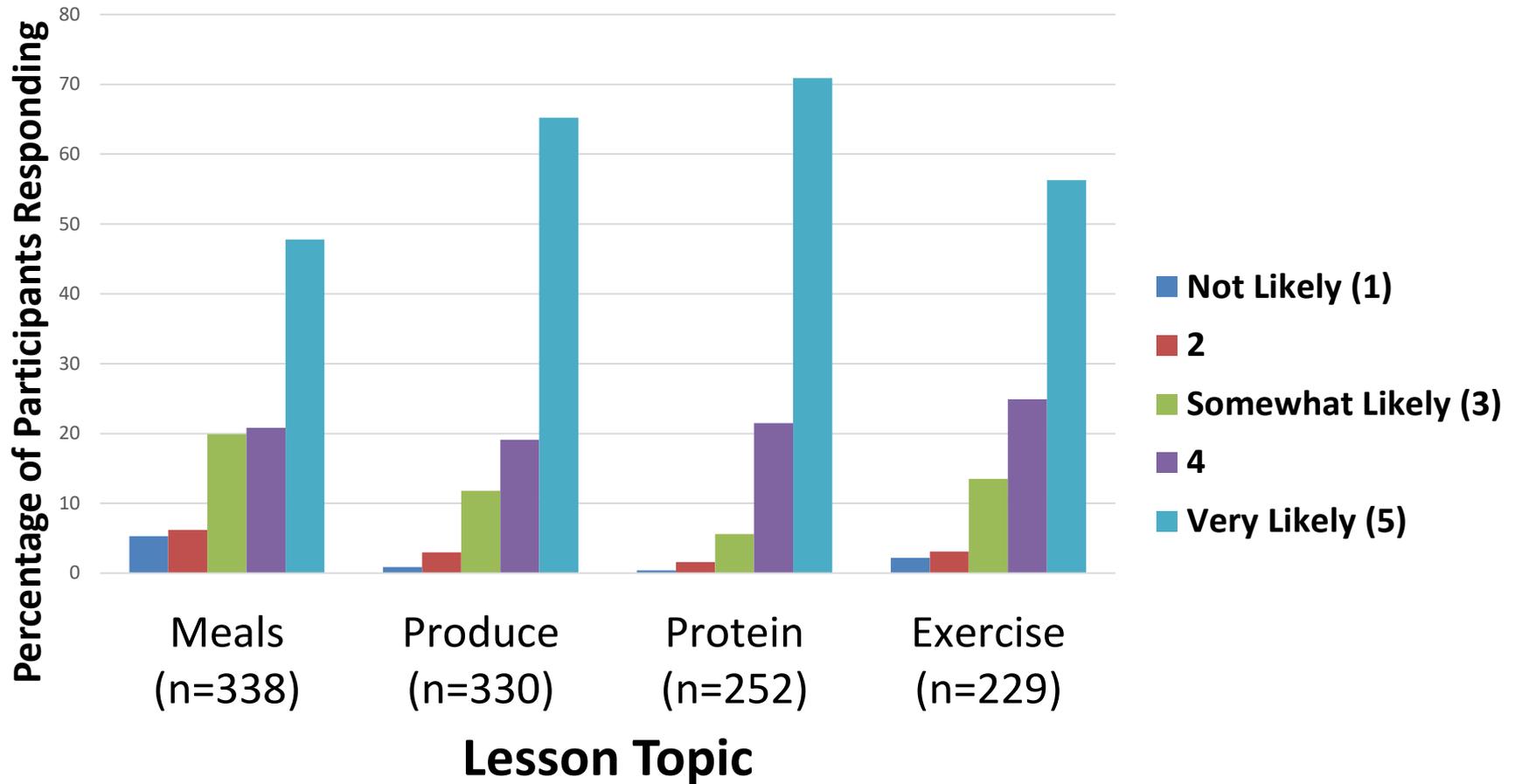


Familiarity with Benefits of Physical Activity (n=233)



* $p \leq 0.0001$

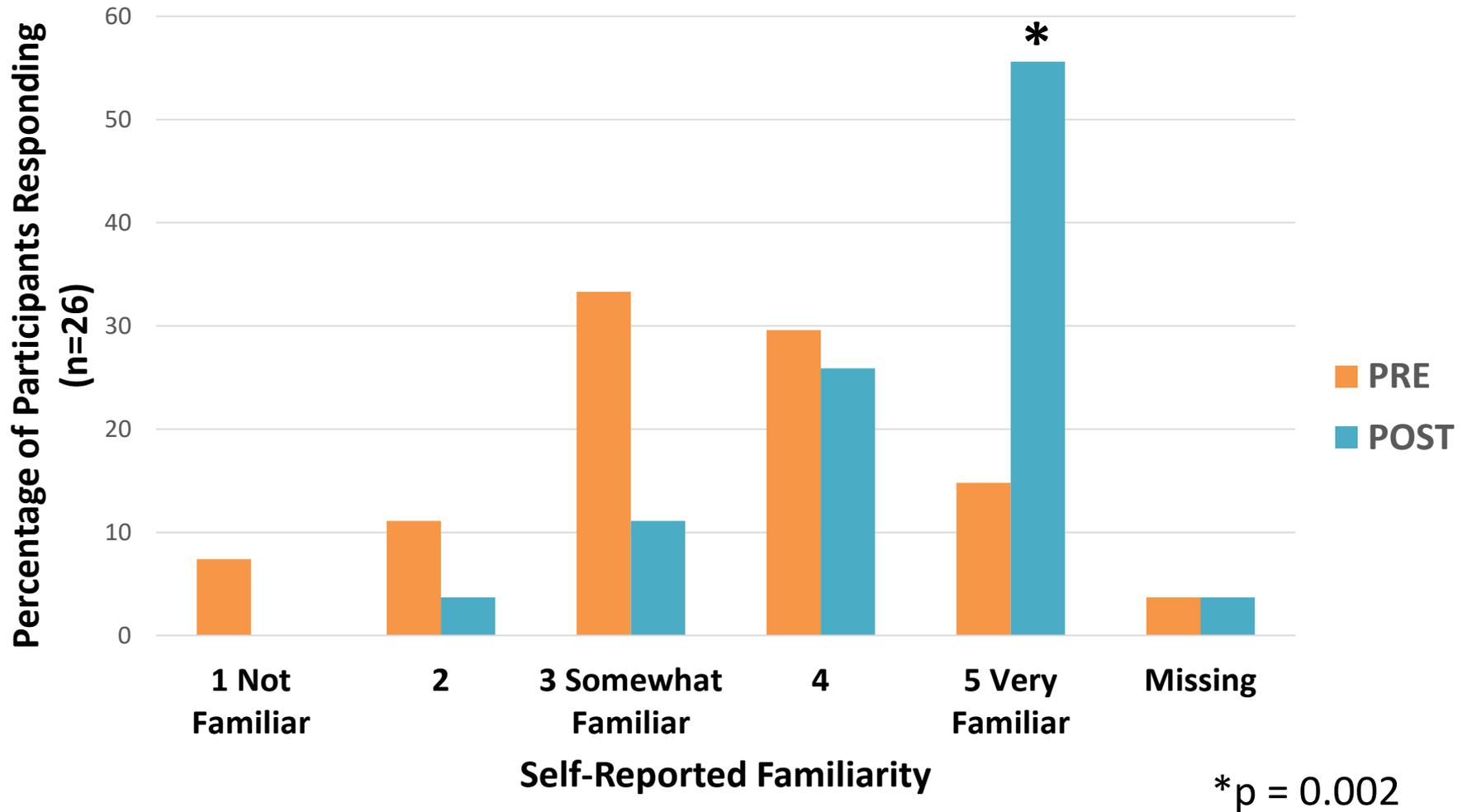
Likelihood of Making Recommended Lifestyle Change



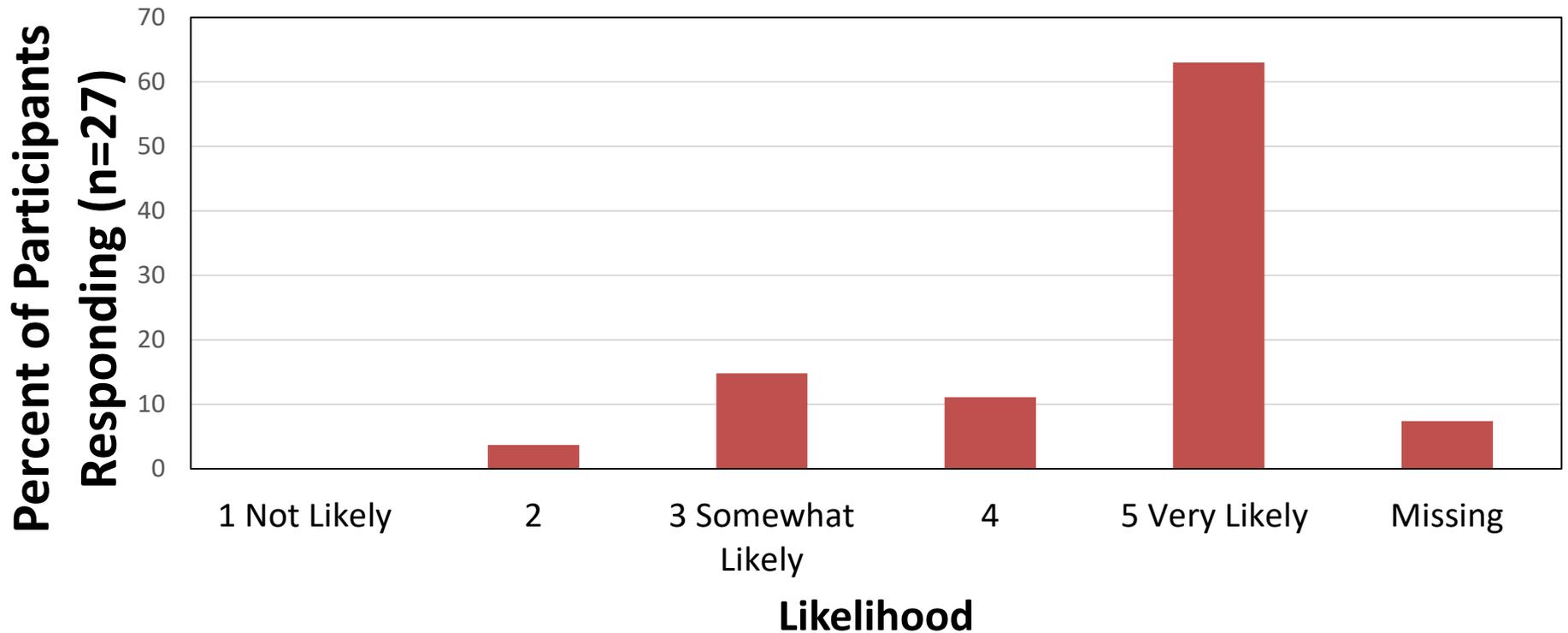
Characteristics of Cooking for 1-2 Participants

Characteristic	Number	Percent (%)
Age (years)		
60 to 65	4	14.8
66 to 70	5	18.5
71 to 75	5	18.5
76 to 80	2	7.4
81+	7	25.9
Missing	4	14.8
Race		
White	26	96.3
Missing	1	3.7
Sex		
Female	20	74.1
Male	6	22.2
Missing	1	3.7

Familiarity with Cooking for 1-2 Strategies



Likelihood of Using Cooking for 1-2 Strategies



2019 Stay Independent Additions

- **Family Life:**
 - Future care planning
 - Thriving in Place

- **Family Finance:**
 - How to Spot Scams
 - Stretching Your Resources

Human Sciences Extension and Outreach

Empowering People. Growing Lives.

www.extension.iastate.edu/humansciences/