

# SNAP-ED WORKS

## for older adults



In Iowa, SNAP is called Food Assistance. Iowa Department of Public Health's (IDPH) SNAP-Ed program designed to support healthy aging and independence for older adults is called Fresh Conversations. Fresh Conversations participants gather in communities across Iowa to discuss current nutrition and health topics, taste low-cost healthy recipes, and discover new ways to stay active and independent.



### Iowa Challenge



of adults over the age of 65 are overweight or obese<sup>1</sup>



**8.6 million**

seniors in the United States experience some degree of food insecurity<sup>2</sup>



**36%**

of eligible Iowa seniors benefit from SNAP in an average month<sup>3</sup>

### Iowa Solutions



**Engage** seniors in Fresh Conversations education at senior meal sites and low-income apartments.



**Support** a multi-sector partnership focused on reducing senior hunger in Iowa.



**Partner** with Iowa Department of Aging, Area Agencies on Aging, ISU Extension, retail dietitians and county health departments to implement programming.

### Iowa Impact



**2,784**

**older adults** in **61** counties participated in Fresh Conversations.



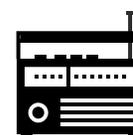
**40**

**new partners** joined the Iowa Senior Hunger Partnership.



**47,840**

**pounds of produce** delivered to **539** vulnerable seniors.



**1,427,112**

**people reached** through **74** radio station and **157** newspaper ads to create greater awareness of senior hunger and community food resources.

<sup>1</sup>BRFSS, 2018. <sup>2</sup>Feeding America 2016 The State of Senior Hunger in America report.

<sup>3</sup>USDA-FNS and FRAC analysis of FY2017 SNAP Quality Control data.

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This institution is an equal opportunity provider. <https://idph.iowa.gov/inn/fresh-conversations>