

Community Nutrition Programs for Seniors: *Innovation in 2020 and Beyond*

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Vision

“Iowa Department on Aging supports accessible, integrated services to older adults, adults with disabilities, and caregivers to assist them in maintaining their independence, dignity, autonomy, health, safety, and economic well-being.”

Older Americans Act

Older Americans Act Services

Information & Service Assistance (Mandatory)	Nutrition & Health Promotion (Mandatory)	Services to Promote Independence (Optional)	
<ul style="list-style-type: none"> • Case Management FC Case Management ORC Case Management - Optional EAPA Assessment & Intervention • FC Counseling ORC Counseling - Optional • Information & Assistance FC Information & Assistance ORC Information & Assistance- Optional EAPA Consultation • Legal Assistance • Options Counseling FC Options Counseling ORC Options Counseling - Optional 	<ul style="list-style-type: none"> • Congregate Nutrition FC Congregate Nutrition –Optional ORC Congregate Nutrition – Optional • Health Promotion: Evidence-Based • Health Promotion: Non Evidence-Based (Optional) • Home Delivered Nutrition FC Home Delivered Nutrition - Optional ORC Home Delivered Nutrition-Optional • Nutrition Counseling • Nutrition Education 	<ul style="list-style-type: none"> • Adult Day Care / Health • Assisted Transportation • Behavioral Health Supports • Chore • Emergency Response System FC Emergency Response System ORC Emergency Response System • Homemaker • FC Information Services ORC Information Services 	<ul style="list-style-type: none"> • Material Aid FC Supplemental Services ORC Supplemental Services • Outreach • Personal Care • FC Respite Care ORC Respite Care • FC Support Groups ORC Support Groups • Training & Education FC Training ORC Training • Transportation

Nutrition Program Purpose: *Reduce hunger & food insecurity among older adults, promote socialization, promote health and wellness, and delay adverse health conditions for older individuals.*

Congregate Meal Programs: A Value Proposition

Higher quality diet



A healthy diet is essential to overall wellness



1 out of 2 older adults is at risk or is malnourished

80%

80% of participants say a congregate meal program improved their health

Greater food security



Access to food is a social determinant of health



4.9 million seniors do not have reliable access to enough affordable, nutritious food

54%

54% of participants say a congregate meal supplies 50% or more of total food for the day

Increased socialization



Staying connected is an important part of healthy aging



Social isolation is linked to higher blood pressure, earlier onset of dementia, and other serious illnesses

54%

54% of participants say their social opportunities have increased because of a meal program

Sources: ACL's 2018 Evaluation of the Older Americans Act Nutrition Services Program Outcomes Report – Part II; U.S. Census Bureau Population Data; The National Foundation to End Senior Hunger and Feeding America's "The State of Senior Hunger in America 2016."

Home Delivered Meals and Decreased Healthcare Costs

REDUCTIONS IN MEDICARE REIMBURSEMENTS ON AVERAGE DECREASE PER MEALS ON WHEELS RECIPIENT

HOSPITALIZATION
ASSOCIATED

30 DAYS
after starting
Meals on Wheels

\$362

90 DAYS
after starting
Meals on Wheels

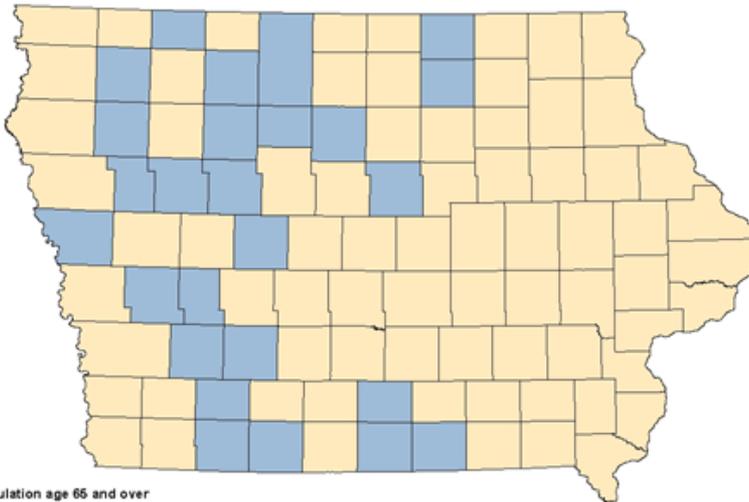
\$1,155

180 DAYS
after starting
Meals on Wheels

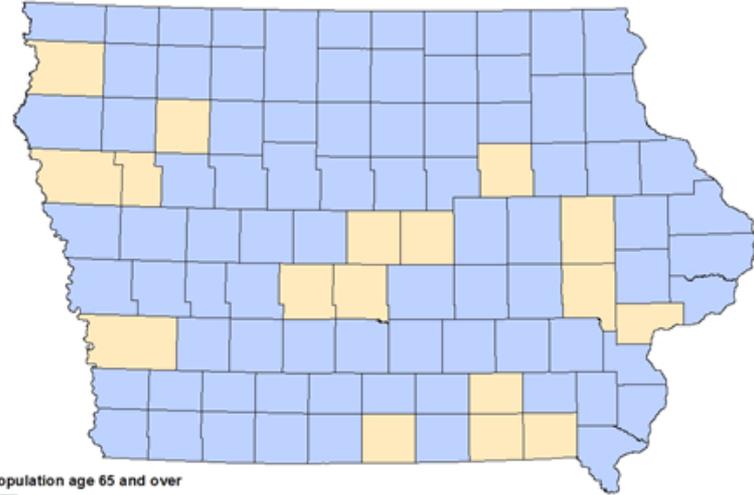
\$1,356

Iowa Projected Population Age 65+

2010

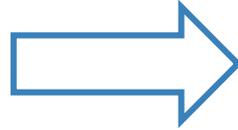
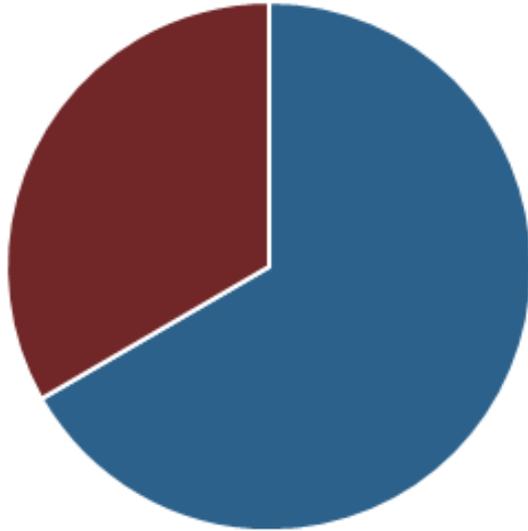


2040



Changing Demographics

Generations in Iowa



- Working Longer
- Living Longer
- Greater Diversity
- More Food Insecure

■ Baby Boomers aged 60+ ■ The Silent Generation

Source: <https://wonder.cdc.gov/>

Source: <https://www.ncoa.org/news/resources-for-reporters/get-the-facts/senior-hunger-facts/>

Linn County Encore Café



ENCORE CAFE



“A Second Call to Enhance Your Health”



IOWA DEPARTMENT ON AGING

Innovations Across the Country



“Boomers take their coffee as well as their food seriously. It was the post-World War II boomer generation that first embraced specialty coffees and the American culinary revolution. In fact, having a coffee shop at a senior living facility was important to 72 percent of people choosing such a facility for a friend or family member.”

WesleyLife

Bambi Press, RD, LD

WesleyLife Mission

Guided by Christian compassion, we support the independence, health and well-being of older adults wherever they call home.



WesleyLife Meals on Wheels: What We Deliver

- Deliver 800 hot, nutritious meals each weekday
- Offer a warm hello and safety check, often the only person our clients see in a day
- Support health and independence of older adults
- Contribute to greater sense of safety, improved food security and ability to maintain healthier diet

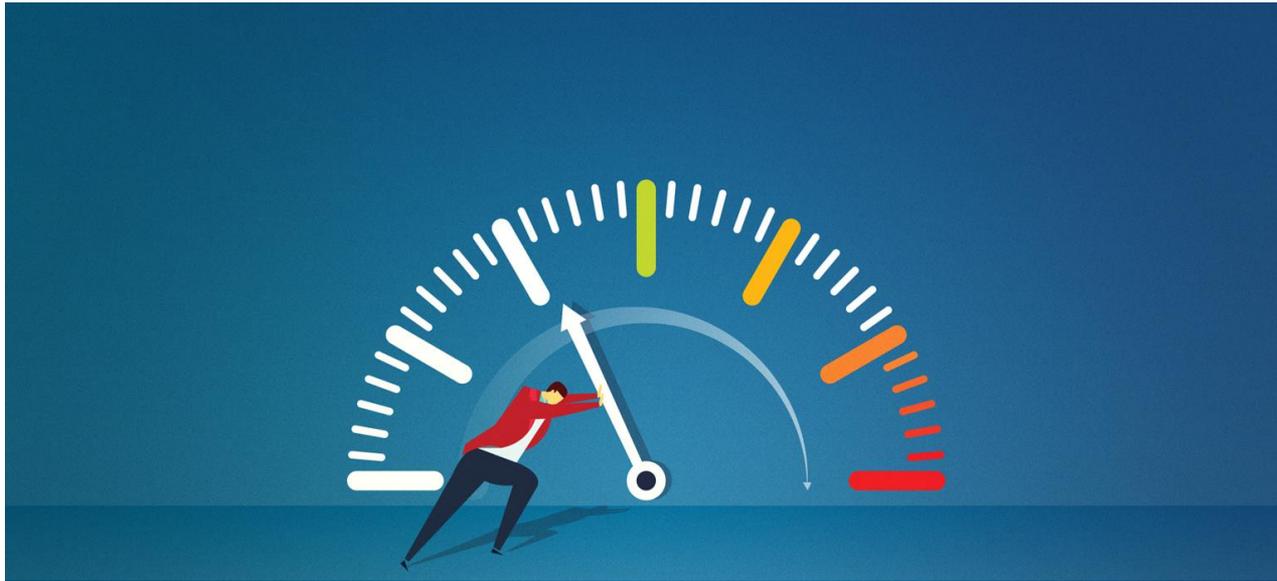


Innovations

- Meeting the needs of young older adults
- Quality
- Choice
- Variety



Innovation Opportunities in Home Delivered Meal Services



What Comes Next

- Medicare Advantage Supplemental Benefits
- Healthcare Partnerships
- Improved Nutrition Screening and Medically Tailored Diets



MEALS ON WHEELS CAN SERVE A SENIOR FOR AN ENTIRE YEAR FOR THE SAME COST AS JUST ONE DAY IN A HOSPITAL OR 10 DAYS IN A NURSING HOME

Successful Partnerships in a Home Delivered Meal Program

- Eat Greater Des Moines Food Rescue Initiative
- Des Moines Area Religious Council
- The Pet Project Midwest



Hy-Vee, Inc.

Julie McMillan, RD LDN

Mission

“Making lives easier, healthier, and happier.”

DMARC & Hy-Vee Partnership



Who is DMARC:

A health-based food pantry network.

Serving all & any lowans, with no income guidelines



Last year DMARC Food Pantry Network distributed:

“1,463,276 pounds of fresh produce”



West Des Moines - FREE Health Screenings

Included

- Free Biometric Screening
- 10 Extra Pantry Points



Outcomes

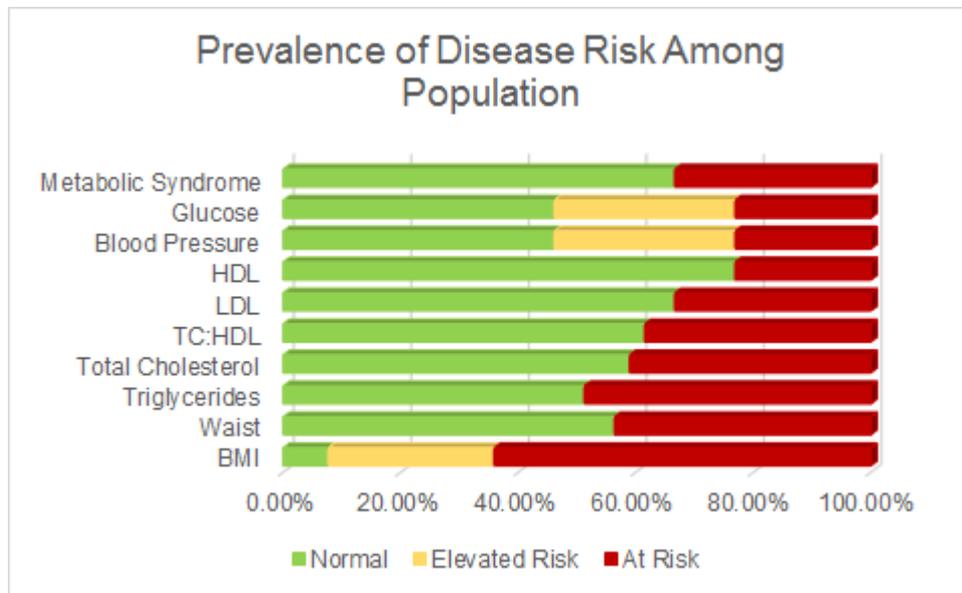
Screened 55 participants

50% with elevated Glucose

50% with elevated BP

80% with above average BMI

(avg age = 48yo, max age 71)



Hy-Vee & Area Agency of Aging Partnership

Cedar Rapids Marion ONLY- FREE Nutritional Counseling

Eligibility- 60+ and with a nutrition need

Referred by Heritage AAA or Hy-Vee Dietitian

To date Hy-Vee dietitians in Cedar Rapids & Marion have provided individualized education to over 150 Seniors.

Conclusion

Innovation: What's Important?

Marketing & Branding

Partnerships & Collaboration

Data



THANKS!

Questions?

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