

Senior Hunger Summit 2019

Working Together to Reduce Senior Hunger in Iowa

Des Moines Botanical Garden - September 11, 2019



8:00AM Registration and Coffee

8:30AM Welcome and Introductions

Linda Miller, Iowa Department on Aging

Sarah Reisetter, Iowa Department of Public Health

Iowa Senior Hunger Partnership

Doris Montgomery, Iowa Department of Public Health

Reducing Senior Hunger and Food Insecurity in Minnesota

Nicole Bailey and Jill Westfall, Hunger Solutions Minnesota

Nicole and Jill will set the stage for the summit with an update on the state of hunger and relevant food policy. They will then dive deeper into how food insecurity impacts seniors on mental and physical levels. The presenters will give examples of “screen and intervene” partnerships with medical systems in Minnesota, along with evidence-based practices that improve food security among aging populations in Minnesota and around the country.

10:15AM Break

10:30AM Closing the Senior SNAP Gap

Lauren Popham, National Council on Aging

Lauren will present data on the characteristics of low-income older adults, highlighting the needs of this vulnerable group. She will also present research on the role the Supplemental Nutrition Assistance Program plays in the health and well-being of older adults, as well as best practices for outreach and enrollment in this vital program.

Using Data to Address the Impact of Iowa's Rural Demographics on the Elderly

Dave Swenson, Iowa State University

Iowa is aging more rapidly than the national average. Iowa also has a substantial rural elderly population scattered among hundreds of comparatively small communities. Moreover, the economic structures of rural areas are exacerbating both the demographics and the difficulty of community, county and other regional providers' abilities to deliver critical services in support of the elderly. This presentation will clarify the specific socio-economic factors affecting the wellbeing of Iowa's senior residents.

12:00PM Lunch provided. Speakers available for table conversations and networking. If weather permits, walk and talk along the river or visit the gardens.

1:00PM Update on state-level policy initiatives and Iowa panel presentations

Panel Sessions: (Iowa programs, community models, best practices)

Panel 1: Community Senior Nutrition Programs: Innovation for 2030 and Beyond

Adults age 65+ are expected to double between the years 2000 to 2040. This growth is expected to bring greater diversity to Iowa's aging population. Increasing numbers of older adults are expected to work longer and live independently-especially in rural communities.

Innovation in community nutrition programs will be essential to meet the growing need for services. This panel of registered dietitians will discuss Older Americans Act nutrition programs, medically tailored diets for home delivered meals, community partnerships, community-based health screenings and current policies that affect senior nutrition programs.

Presenters:

Alexandra Bauman (Iowa Department on Aging)

Bambi Press (Wesley Life)

Julie McMillin (Hy-Vee)

Panel 2: Screen and Intervene: Essential Steps to Reduce Food Insecurity in Iowa

Food-insecure older adults are more likely to be in fair or poor health, with frequently associated comorbidities including diabetes, depression, hypertension, heart disease and limitations in activities of daily living.

While a variety of programs support food security, identifying food insecurity and connecting people to appropriate programs and services is a major challenge. This panel of community health professionals will discuss ways to monitor and screen for food insecurity in clinical and community settings, address social determinants of health, and coordinate care for vulnerable seniors.

Presenters:

Jocye Mbugua and Katie McBurney (Iowa Department of Public Health)

Jodie Sievers and Cheryl Garrels (Mercy One)

Carlene Russell (Older Adult Nutrition Consultant)

Panel 3: Serving Seniors through Iowa's Food Banking System and Community Collaborations

The Iowa Food Bank Association and its member food banks serve thousands of food insecure seniors monthly—many with multiple chronic diseases. The six food banks and the more than 1,000 non-profit partners work together to increase the volume and variety of healthy food distributed to this vulnerable population.

Panelists will highlight innovative food rescue models and delivery systems, and collaborative programs that help nourish Iowa's seniors in need of food assistance. They will discuss the use of a toll-free Food Assistance Hotline (call center) and social media program to improve seniors' access to healthy food. Community resources and toolkits will be identified.

Presenters:

Diane Erickson, River Bend Food Bank, Programs Director

Tim Getty, Heritage Agency on Aging, Regional Nutrition Coordinator

Linda Gorkow, Iowa Food Bank Association, Executive Director

Susan Kraus, Northeast Iowa Food Bank, Director of Network Relations

4:00PM Adjourn



Summit attendees will receive a list of resources from today's speakers along with a link to a short evaluation. Look for these in your email inbox!

Want to join the Iowa Senior Hunger Partnership?
Contact Doris Montgomery at the Iowa Nutrition Network,
Iowa Department of Public Health.

Doris.montgomery@idph.iowa.gov or 515.661.7913