



Healthy Aging Update

Iowa Department on Aging

February 8, 2010

Volume 5, Issue 2

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Welcome

The Healthy Aging Update is designed to support Iowa Area Agencies on Aging in administering the Nutrition Program. This issue provides an update nutrition screening and INAPIS outcomes data. It also has more information about the Chef Charles Club nutrition education program; Meals on Wheels Association of America March for Meal activities with local mayors and the Iowa Food Assistance Program. Several resources that may be helpful to nutrition programs are also provided.



Nutrition Screening

History of the Determine Check list

Nutrition Screening is one of the first steps that can be taken to address nutrition-related problems among older adults. Back in 1988, the Administration on Aging co-sponsored a Surgeon General's Workshop on Health Promotion and Aging. One outcome of this meeting led to a project of the American Academy of Family Physicians, the American Dietetic Association and the National Council on Aging that developed a nutrition screening tool. The DETERMINE Your Nutritional Health Checklist was developed as part of the US Nutrition Screening Initiative. It was designed to be a screening tool for malnutrition but it does not actually diagnosis malnutrition. An additional nutrition assessment is needed to diagnosis malnutrition and identify interventions to address the underlining nutrition related problems.

The DETERMINE Checklist is comprise of the 10 questions used on the NAPIS registration. Each question is related to current or potential nutrition problems. For example, eating few fruits and vegetables is related to the development of chronic illnesses. Many health problems become worse if well balanced meals are not consumed. Losing or gaining a lot of weight when you are not trying to do so is an important warning sign that must not be ignored. Economic hardship and not having enough money to purchase healthy food makes it very hard to stay healthy. Recent studies have shown that being food insecure has a negative impact on health which equates to aging a person 14 years.

A sample of the data collected from NAPIS and particularly the data from multiple screenings as illustrate in this table, shows some very interesting information about the

participants served in the nutrition program and how they are benefiting from the program.

| Nutrition Outcomes 2009 NAPIS Data | Congregate Nutrition Program | Home Delivered Nutrition Program |
|---|-------------------------------------|---|
| % at high nutrition risk (HNR) | 22% | 51.8% |
| % improved or maintaining nutrition score on second screening after receiving services | 82% | 78.9% |
| Change in responses to selected nutrition screening questions between first and second screenings for HNR participants show improvement over time. | | |
| I eat few fruits or vegetables, or milk products | 66.7% to 42.7% | 57.2% to 37.7% |
| I don't always have enough money to buy the food I need | 44.6% to 22.65% | 35.6% to 22.3% |
| Without wanting to I have lost or gained 10 pounds in the last six months | 37.6% to 23.7% | 42.5% to 25.6% |

AAA specific data can be obtained by each AAA using their NAPIS reports. The data shows that the nutrition program, eating nutritious meals, along with other services provided by the nutrition program is making a positive impact on the lives and health of the participants. The higher percentage of improvement in nutrition risk scores for congregate nutrition program may reflect the benefit of providing earlier preventive health services which includes providing good nutrition to keep the meal participants healthier.

Older Americans Act - Contributions

Section. 315. CONSUMER CONTRIBUTIONS.

(b) VOLUNTARY CONTRIBUTIONS

(1) IN GENERAL—Voluntary contributions shall be allowed and may be solicited for all services for which funds are received under this Act if the method of solicitation is non-coercive. Such contributions shall be encouraged for individuals whose self-declared income is at or above 185 percent of the poverty line, at contribution levels based on the actual cost of services.

(2) LOCAL DECISION—The area agency on aging shall consult with the relevant service providers and older individuals in agency's planning and service area in a State to determine the best method for accepting voluntary contributions under this subsection.



(3) PROHIBITED ACTS—The area agency on aging and service providers shall not means test for any service for which contributions are accepted or deny services to any individual who does not contribute to the cost of the service.

(4) REQUIRED ACTS—The area agency on aging shall ensure that each service provider will:

- (A) provide each recipient with an opportunity to voluntarily contribute to the cost of the service;
- (B) clearly inform each recipient that there is no obligation to contribute and that the contribution is purely voluntary;
- (C) protect the privacy and confidentiality of each recipient with respect to the recipient's contribution or lack of contribution;
- (D) establish appropriate procedures to safeguard and account for all contributions; and
- (E) use all collected contributions to expand the service for which the contributions were given and to supplement (not supplant) funds received under this Act.

Meal sites should routinely review their procedures for protecting the privacy and confidentiality of each recipient with respect to the recipient's contribution or lack of contribution. There is no confidentiality in having someone collecting money directly from the meal participant.

A New Concept to Congregate Meal Sites

Beginning February 16, 2010, Southeast Iowa Area Agency on Aging will provide the Mt. Pleasant congregate meal site at the Mt. Pleasant Hy-Vee. The Agency has modeled this new program after a similar one in Kansas. This will be the first congregate meal site offered in collaboration with a Hy-Vee in Iowa. The program called Senior Deli Dining offers eligible older adults flexibility in having one of the Agencies nutritionally planned meals from 11:00 am to 1:00 pm Monday through Friday in the Hy-Vee dining area.

Education sessions are being held to introduce the program, register people and provide them with their Senior Deli Dining Card. An eligible senior will make a contribution for the number of meals they would like to have and that number of meals will be credited to their Senior Deli Dining swipe card. Each card has a unique number which is assigned to a specific individual and will operate much like a debit card. Once the diner chooses the approved menu items for the day, the card is swiped and the

meal recorded. The diner will get a receipt showing the number of meals remaining on their card. Any item chosen in addition to the approved menu must be paid for separately. Menu substitutions are not allowed if the diner wishes the meal to be accepted as one approved by the Area Agency on Aging.

For a complete explanation of the program, visit the Agency's website at: southeastiowaaaa.org and select the Senior Deli Dining Link on the front page. The material is in PDF format and can be downloaded or printed or both. You can also call 1-800-292-1268 for information.



Food Assistance/Food Stamp Usage in Iowa

There were 16,770 Iowans 60 years and older who received food assistance during January 2010. The largest participation group was individuals in the 60-69 year age group. On a national average, only 30% of eligible older adults participate in the program. One of the reasons for non-participation is the feeling that the amount of benefit is not worth the time to submit an application. The December 2009 average amount per month benefit by age group is listed below.

| Age range | Monthly benefit for 1 person |
|-----------|------------------------------|
| 60-69 | \$129.37 |
| 70-79 | \$99.09 |
| 80-89 | \$92.83 |
| 90-99 | \$93.31 |
| 100+ | \$85.80 |

Billboards promoting Food Assistance last summer



Everyone deserves nutritious foods. Food Assistance can help buy foods that taste good and contribute to good health. Promoting this program can help those people who could benefit from a little extra help. According to the hunger study featured in the December Healthy Aging Update newsletter, Iowa ranks 41st out of 51 states among nation's most hungry citizens, with 3.95% of older Iowans at risk of hunger. So there are many who would qualify and benefit from the Food Assistance Program.

Call 2-1-1 to obtain more information about the Food Assistance Program or use the on-line application on the Iowa Department of Human Services web site at <https://secureapp.dhs.state.ia.us/oasis/>.

Chef Charles Club Nutrition Education



The Iowa Nutrition Network at the State Department of Health provides Chef Charles materials to approximately 100 meal sites throughout Iowa. The Department of Aging supports Chef Charles by providing technical assistance and nutrition expertise on the older adult population. The program is designed to provide a monthly newsletter, an instructors' guide to help generate discussion based on the newsletter and to provide a taste of the recipes highlighted in the newsletter. While we believe it is a successful program, there is a need to know more about what is working well and what needs to be improved. We need your help to accomplish this.

In February, the Health Department will start to gather information from Chef Charles nutrition educators and AAA nutrition directors throughout Iowa. This will be done through interviews and surveys. A certain number of Chef Charles educators will be asked to complete a one-page survey each month that asks very basic questions about how the newsletter and the instructor guide were used that month. If you are contacted to participate in the survey, please respond.

We appreciate your support!

Carlene Russell, Doris Montgomery, Marilyn Jones and Susan Klein

For more information about the Iowa Nutrition Network or the Chef Charles nutrition education program, call the Iowa Department of Public Health at (800) 532-1579 or visit http://www.idph.state.ia.us/nutritionnetwork/chef_charles.asp

Congratulations to Iowa Winners

The Meals on Wheels Association of America (MOWAA) has partnered with the Walmart Foundation to provide grants. The difficulties facing programs as a result of the economic downturn were clearly evident in the Impact Grant applications, the number of which far exceeded the available funding. They awarded 39 grants totaling over 1.7 million dollars.

If you would like to view the list of winners, [click here](#). We congratulate the Iowa winners: Horizons Family Services in Cedar Rapids and Siouxland Aging Services in Sioux City.

March for Meals or Mayors for Meals

Many of you have previously participated in this special event. This is a MOWAA event inviting mayors to help deliver meals on March 24, 2010. The Iowa Department on Aging is supporting this event by sending a letter inviting mayors from across the state encouraging them to get involved. They will be asked to contact their MOWAA to get

registered. MOWAA will instruct them to contact their local meal site. Additional encouragement from the local level will help increase the number of mayors involved. This makes a great media event to increase the awareness of your nutrition program. You might want to also contact the mayors to follow up on the IDA letter that will be sent out approximately February 15.

The event could also be used for obtaining additional volunteers or program fund raising. For more ideas and information about this event visit MOWAA web site at <http://www.mowaa.org/mayorsformeals2010>. Start planning now.

Comparing Food Prices

The Leopold Center in Ames conducted a study comparing local and non-local food prices. They found few differences in price for Iowa-grown vegetables, eggs and meat when compared to similar non-local products. During the peak season, produce items at farmers' markets were competitive and in several cases lower than prices for the same non-local items found at super markets.

A second part of the study found locally raised lean ground beef and bone in pork chops from butcher shops was similar in price to their non-local counterparts from supermarkets.

For more details, including comparative charts and tables, see the new report, "Is Local Food More Expensive? A Consumer Price Perspective on Local and Non-Local Foods Purchased in Iowa," on the Leopold Center Web site at: www.leopold.iastate.edu/pubs/staff/prices.html

This information was obtained from an article written by Angie Tagtow, MS, RD, LD Environmental Nutrition Solutions of Elkhart, Iowa

RESOURCES

Health Promotion

- **Cooking for You or Two**

Cooking for You or Two is a cookbook created by the University of Wyoming Cooperative Extension Service that is designed for one or two person households on a limited food budget. In addition to recipes, the cookbook includes tips about nutrition, food safety, and cooking. Each recipe includes a Nutrition Facts Panel and mostly low cost ingredients. Find out more at http://snap.nal.usda.gov/foodstamp/resource_finder_details.php?id=557



- **May is Older Americans Month**, and this year's theme is "Age Strong! Live Long!" The Administration on Aging has posted a logo, poster, and other materials to help you celebrate.
- **Eating Well as You Get Older**
Two new videos on the [NIHSeniorHealth](http://NIHSeniorHealth.gov) Web site provide information on diet and nutrition to help older adults get the nutrients and energy they need for healthy, active living. The videos feature expert interviews and profiles of older adults, who describe how the foods they eat are part of an overall strategy to stay healthy. NIHSeniorHealth is sponsored by the National Institute on Aging (NIA) and National Library of Medicine.

Nutrition Education



- **Chef Charles Club** provides a monthly newsletter and instructors' guide to help the leader with suggestions for discussing the newsletter. The newsletter is developed with funds from USDA and Iowa Department of Public Health. Across Iowa, many meal sites participate in the BASICS grant to provide colored newsletters sent to the meal site monthly, incentive items for participants quarterly, and funding to provide the recipe. For more information about the newsletter or grant opportunity contact Marilyn Jones at the Iowa Department of Public Health at (800) 532-1579 or visit http://www.idph.state.ia.us/nutritionnetwork/chef_charles.asp

Food Safety



- **24/7 Food Safety Training** available with online lessons, podcasts and videos at www.iowafoodsafety.org.
- **The Stomach Bug Book:** Is designed for school employees but has good information about stomach illnesses including norovirus. http://www.fns.usda.gov/fns/safety/pdf/stomach_bug_book.pdf

Assistance programs



- The Food and Nutrition Information Center (FNIC) recently released a new publication providing information on food and nutrition assistance resources. The ***Nutrition Assistance Resource Guide*** includes a list of federal nutrition assistance programs, eligibility guidelines for each program, and resources to access more information about the program. It also contains educational resources for individuals struggling to make ends meet. Its companion, the ***Nutrition Assistance Resource Guide Supplement***, includes contact phone numbers for each program by State and Indian Tribal Organization.

Both publications are currently available on the FNIC Web site at: http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=1&tax_subject=252 or from the links below.

Nutrition Assistance Resource Guide (PDF 118 KB)
<http://www.nal.usda.gov/fnic/pubs/bibs/gen/nutritionassistance.pdf>

Nutrition Assistance Resource Guide Supplement (PDF 555KB)
<http://www.nal.usda.gov/fnic/pubs/bibs/gen/nutritionassistance-supplement.pdf>

- **SHARE Iowa:** SHARE is a private, not-for-profit organization that builds and strengthens communities through volunteer service. The program offers up to 50% savings on nutritious food packages. Everyone who volunteers just two hours a month is welcome to participate. There is a broad definition on what qualifies as volunteering. There are no income guidelines. Once a month, SHARE distributes food to participating sites. If you are interested in having your community become a SHARE site or if you want more information call 800-344-1107 or visit www.shareiowa.com. This is a great way to help the people you serve obtain additional food.

Volunteers

- **Are you needing volunteers?** Post your opportunities for volunteers for free on VolunteerMatch.org.



Iowa Department on Aging Mission

To provide advocacy, educational, and prevention services to help Iowans remain independent as they age.

IDA provides over \$30 million in services through a network of 13 Area Agencies on Aging across the state. For more information on the Iowa Department on Aging (IDA), visit <http://www.aging.iowa.gov>. To locate resources for older adults and people with disabilities, visit <http://www.lifelonglinks.org/>.

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