

# Dane County Senior (60+) Nutrition Program

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# Purpose

As defined by the Federal Older Americans Act:

1. Reduce hunger, malnutrition, and food insecurity
2. Reduce isolation through socialization
3. Promote the health and well-being of older individuals by assisting them to gain access to nutrition and other disease prevention and health promotion services

# SNP Components

- **Meals** that meet at least 1/3 of the dietary requirements for healthy aging
  - ❖ Congregate Meals in a Group Setting
  - ❖ Home Delivered Meals
- **Nutrition Risk Screening**
- **Nutrition Education**
- **Nutrition Counseling**

# Balanced meals reduce hunger & malnutrition

Healthy eating helps:

- increase mental acuteness (memory function)
- Increase resistance to illness and disease
- Improve energy levels
- Build immune system strength
- Increase recuperation speed
- Increase effectiveness of chronic disease management
- Reduce risk of heart disease, stroke, type 2 diabetes, bone loss, cancer and anemia

# More About Meals...


- Diet directly affects or prevents 7 of the top 10 chronic conditions.
- Nutrient needs change with age, senior meals are planned accordingly (Vitamin A, C, D)
- Meals can help avoid or delay placement into costly long-term care facilities (4 in 10 home delivered meal participants nationwide meet the criteria for admission to long-term care facilities).

# Risk Factors for Malnutrition

- **Numbers of chronic conditions** – 4 out of 5 older adults have chronic diseases that are affected by diet.
- **Daily eating habits** – 1 in 5 adults skip meals daily and only 13% of adults eat the minimum amount of fruits and vegetables needed.
- **Tooth loss and mouth pain** – make it difficult to eat well and enjoy eating.
- **Economic hardship** – lower income as we age is making it very hard to get the foods needed to stay healthy.

# Risk Factors cont.

- **Reduced social contact** – 1/3 of all older people live alone and it is proven that being with others has a positive effect on eating.
- **Multiple medicines** – greater the number of medicines, the greater the chance for side effects especially when combined with poor diet.
- **Involuntary weight loss or gain** – increases poor health outcomes.
- **Need for assistance in self-care** – one in five older adults have trouble walking, shopping, buying and cooking food as they get older.



Income is only one predictor for malnutrition and thus Federal Older Americans Act funding for this program prohibits the use of an income test for participation. Instead, seniors are encouraged to donate what they can reasonably afford toward the cost of the program – and they do!



# Assessing Risk for Malnutrition

What's Your Nutrition Risk? Circle if Yes	Yes
I have an illness or condition that made me change the kind and/or amount of food I eat.	2
I eat fewer than 2 meals per day.	3
I eat few fruits or vegetables, or milk products	2
I have 3 or more drinks of beer, liquor or wine almost every day	2
I have tooth or mouth problems that make it hard for me to eat.	2
I don't always have enough money to buy the food I need.	4
I eat alone most of the time.	1
I take 3 or more different prescribed or over-the-counter drugs a day.	1
Without wanting to, I have lost or gained 10 pounds in the last 6-months.	2
I am not always physically able to shop, cook, and or feed myself.	2
<b>TOTAL</b>	

# % of Self-Reported Risk Factors 2017

Risk Factor	HDM	Congregate
I have an illness or condition that made me change the kind and/or amount of food I eat	40.5	30.6
I eat fewer than 2 meals per day.	16.3	9.7
I eat few fruits or vegetables, or milk products	39.0	31.7
I have 3 or more drinks of beer, liquor or wine almost every day	2.9	1.8
I have tooth or mouth problems that make it hard for me to eat.	22.8	10.6
I don't always have enough money to buy the food I need.	22.2	16.7
I eat alone most of the time.	69.7	52.3
I take 3 or more different prescribed or over-the-counter drugs a day.	84.6	71.2
Without wanting to, I have lost or gained 10 pounds in the last 6-months.	34.0	20.1
I am not always physically able to shop, cook, and or feed myself.	55.4	17.1

# Food Insecurity Among Participants

Food insecurity is a significant factor in the frequency of attendance at senior dining sites.

In Dane County, of those who attend one or more times per week:

- ❖ 17% skipped meals during the last month because they had to use money for other living expenses.
- ❖ 34% would not have at least one hot, freshly prepared, well-balanced meal to eat daily.
- ❖ 22% don't always have enough money to buy food
- ❖ 51% reported the senior meal is more than ½ of all the food they will eat that day.

# New Dietary Guidelines

Nutrient	Minimum Standard (unless otherwise noted)
Calories	675 calories
Protein	19 g
Dietary Fiber	8 g
Saturated Fat	<10% of calories
Calcium	400 mg
Potassium	1565 mg
Sodium	1200 mg or less target (1400 mg max)
Magnesium	110 mg
Zinc	4 mg
Vitamin A	275 mg RAE
Vitamin B6	0.6 mg
Vitamin B12	0.8 mcg
Vitamin C	30 mg
Vitamin D	120 IU
Folate/Folic Acid	135 mcg

# Meal Pattern

Meal Component	Minimum # of Servings per Meal
Grains	1 serving (½ of offered grains are whole grains)
Fruit and/or Vegetable	3 servings
Dark Green Vegetable	1 serving per week*
Red/Orange Vegetable	2 servings per week*
Beans/Peas	1 serving per week*
Starchy Vegetable	2 servings per week*
Fluid Milk	8 oz or 1 cup
Protein Foods	3 oz equivalent
Fats and Oils	1 tsp served on side or used in cooking
Dessert (optional)	

# Combating Social Isolation

Social isolation is the silent killer...socially isolated people are twice as likely to die prematurely.

It is a powerful predictor of heart disease, cognitive decline, stroke, depression and suicide.

Couple isolation with gender, and men age 65 and older have the highest suicide rate in America.

# Risk Factors for Social Isolation in Older Adults

- Physical or geographical isolation
- Caregiving
- No longer able to drive
- Lack of good transportation options
- Identifying as LGBT
- Language barrier
- Disability
- Death of spouse or partner

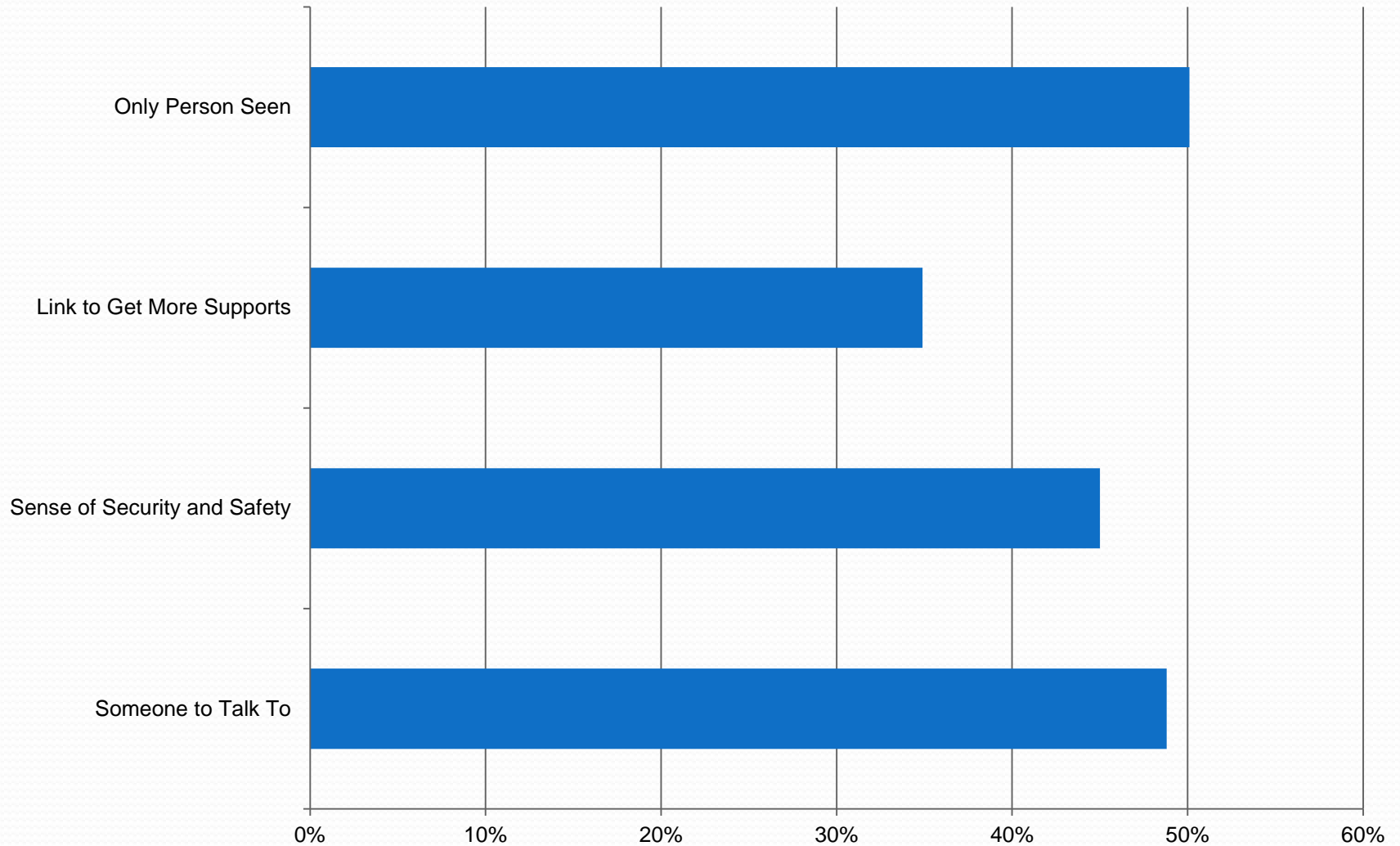
NCOA estimates 1 in 6 seniors face such risks with women being at higher risk.

# Social Isolation in Dane County

- 52.3% of senior dining site participants report normally eating alone most meals
- 73% of all group meal participants reported the number one reason they attend, aside from nutrition, is to visit with friends.
- 69.7% of HDM recipients report eating alone
- 70.2% of meal participants that live alone self-report High Nutrition Risk
- 54% of rural seniors self-report High Nutrition Risk



## Dane County Home Delivered Meals & Isolation



# Dane County Funded Meals

Seniors age 60 and older can dine by donation.

## 28 Congregate (group) Meal Sites

- 4 Faith Communities (1 Kosher, 1 Hmong)
- 6 Restaurant Sites
- 1 Senior Housing Building
- 6 Community/Municipal Centers
- 12 Senior Centers

## Home Delivered Meals

- Home Health United Meals on Wheels (City of Madison)
- Senior Focal Point meal sites outside of Madison

# Dane County Food Options

- Regular Menu-Daily
- Vegetarian Option-Daily
- Salad Option – 1 day per week
- Kosher Option – 1 day per week
- Special Diets – Pureed, Mechanical Soft with Doctor's order
- Milk Choices- Skim, 1% or 2% white or chocolate
- Breakfast or Lunch – Restaurants have 8-10 choices
- Hmong Culturally Specific Meal 5 days per week

# What's New...

## My Meal-My Way

- Cranberry Creek Café- Monona
- Finks Café- Mt. Horeb
- DeForest Family Restaurant- DeForest
- Festival Foods- Madison
- Ziggy's BBQ & Ice Cream Parlor- Oregon
- Cuco's Mexican Restaurant-East Madison opens 1/8/2020



### Partnership between Nutrition Program and Local Business resulting in:

- Increased participation
- Increased satisfaction
- Increased choice
- Increased donations
- Increased use of other aging services
- Increased business traffic
- Decreased cost per meal

## Cranberry Creek Café





# Finks Café



# DeForest Family Restaurant





# Ziggy's BBQ & Ice Cream Parlor



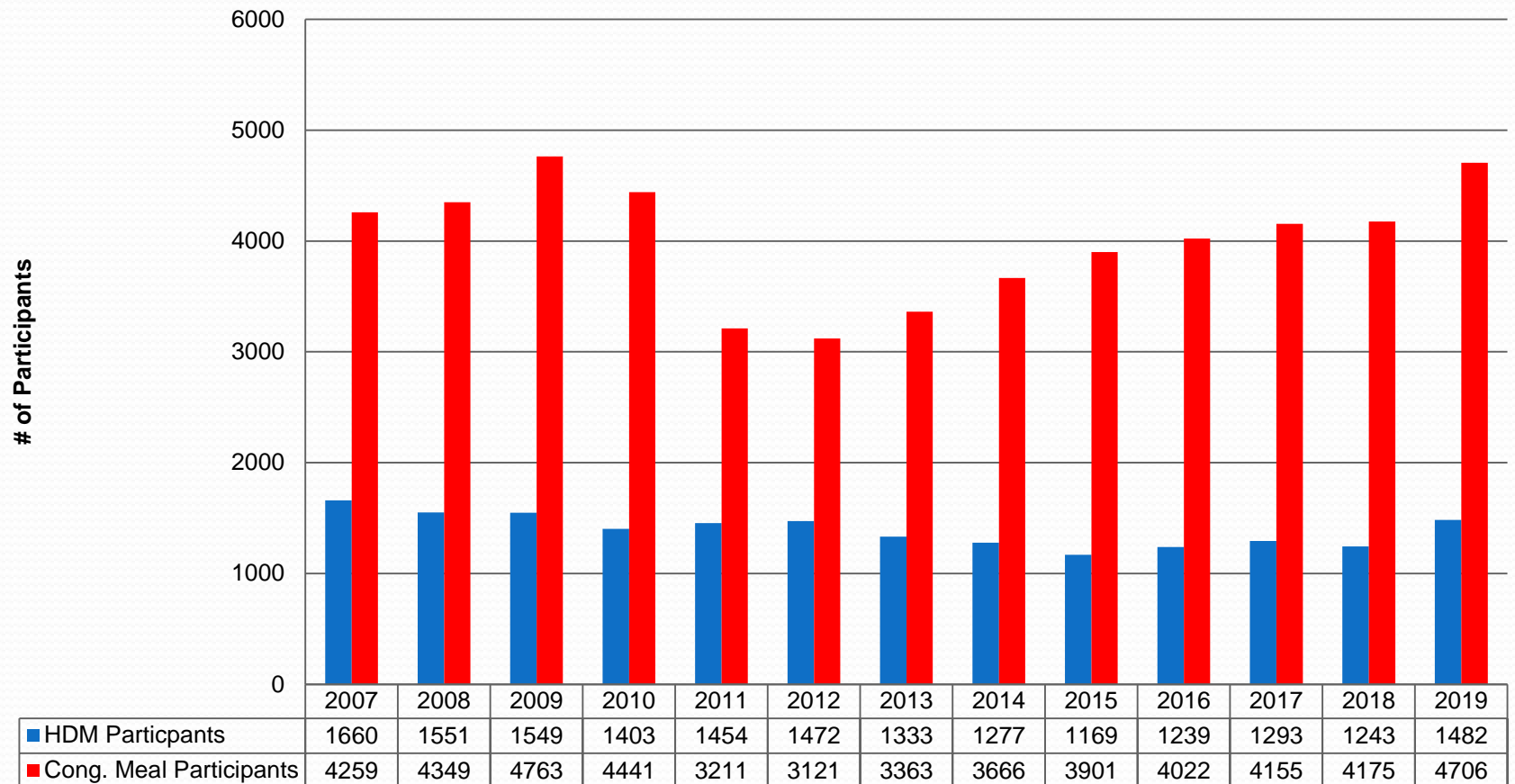


# Festival Foods

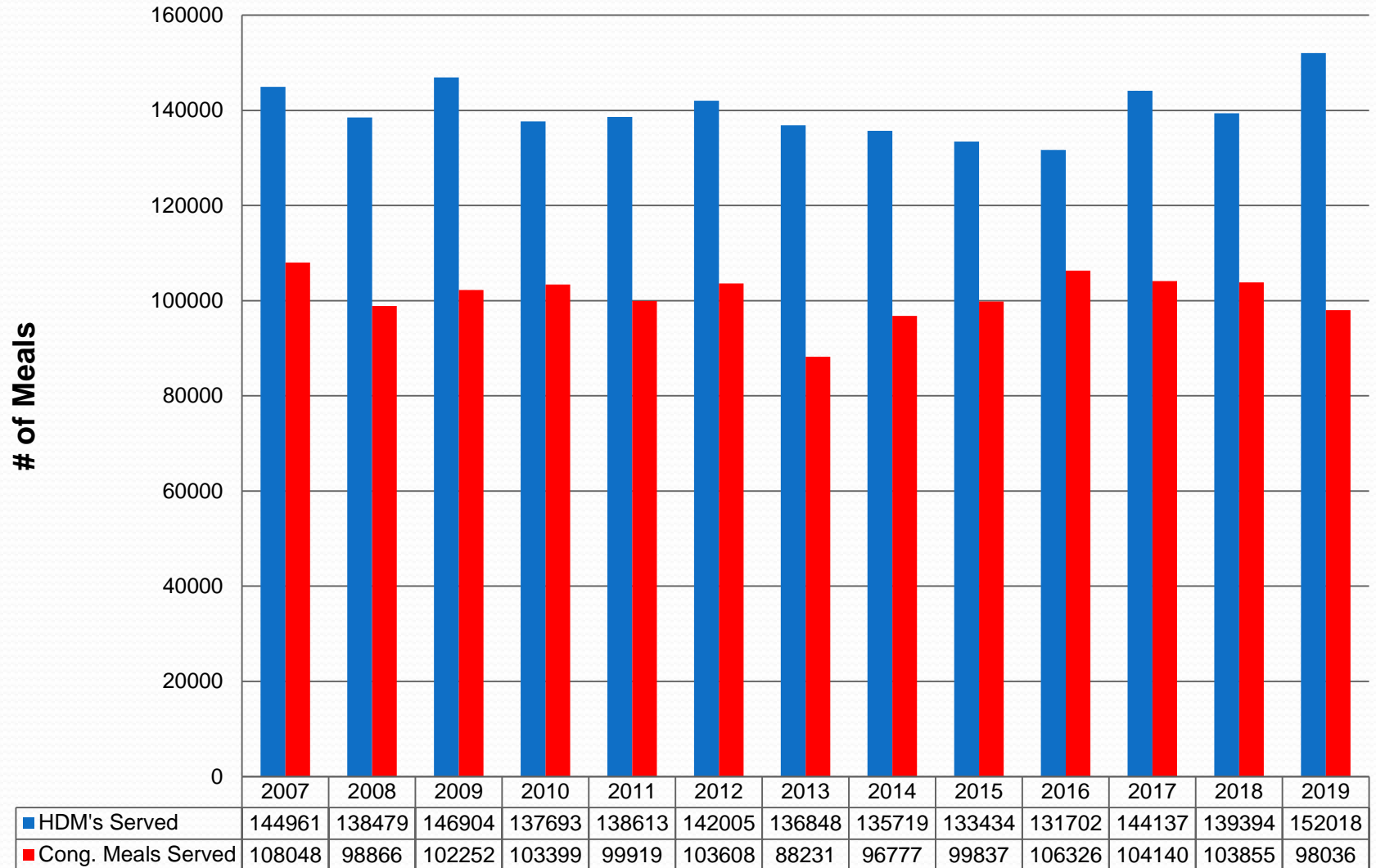


# Dane County Meal Trends

**Dane County Nutrition Program Participants (Unduplicated)**



## Dane County Nutrition Program Meals Served



# Funding Sources

## Federal & State

- Federal grant allocation (based on population formulas)
- State grant allocation (based on population formulas)
- Nutrition Services Incentive Program (NSIP)
  - Reimbursement for each eligible meal served in the prior fiscal year

## Local

- County levy
- County match
- Donations from private foundations, local civic groups, businesses, etc.
- Grants
- Gifts/bequeaths



## Program Income / Contributions

- Voluntary participant donations made at dining center, via mail, etc.
- Reimbursement from Managed Care, Family Care, Partnership, and IRIS
  - Must be the **FULL COST** of the meal (including overhead, admin, etc.)
- Payment for under-60 meals provided

# Percentage of Budget 2019

Focal Point	Nutrition Budget 2019 w/food	2019 Senior Donations Funding & MCO's	% MCO's and Senior Donations	Food & Site costs paid by Dane Co. in excess of donations	% Dane Co in addition to Senior Donations	Focal Pt Costs	% Focal Pt	2019 Eligible Meals Served
Totals/Avg %	\$ 2,365,615	\$ 606,950	25.65%	\$ 1,330,918	56.26%	\$ 427,747	18.08%	250,054



# Nutrition Education

A nutrition education program must be provided at least 4 times per year (at least once per quarter) at each site and to home delivered meal participants in order to promote better health as it relates to nutrition.





# Nutrition Counseling

The provision of individualized advice and guidance to individuals at risk because of their health or nutrition history, dietary intake, medication usage or chronic illness.

# Program Benefits

Benefit (2015 OAA-POMP Survey Measures)	HDM	Congregate
Eat healthier foods	90%	82%
Achieve or maintain healthy weight	83%	70%
Improved health	81%	71%
Feel better	85%	78%
See friends more	n/a	90%
Live freely where I choose	95%	83%
Improved quality of life	n/a	84%
Maintained or improved health condition	67%	54%



# Other Meal Services

- Private-Pay evening home-delivered meal program by Independent Living for City of Madison (not funded by Dane County)
- Private-Pay home-delivered meal program by Home Health United Meals on Wheels
- Shared Table Community Meals- McFarland and Sun Prairie, Warner Park (Intergenerational)
- Catholic Multicultural Center – Daily evening meal (Intergenerational)
- Various Community Meals via Agencies & Communities of Faith



# Questions?