

# The Senior Nutrition Program Opportunities & Impact During COVID

ANDTIPS Workshop  
New Mexico

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# Agenda

- Older Americans Act Nutrition Program
- Vulnerable Populations
- Food Insecurity
- Best practices and Innovations

Titles III and VI

# OLDER AMERICANS ACT NUTRITION PROGRAM

# Intent of Older Americans Act

- Reduce hunger, food insecurity and malnutrition
- Promote socialization
- Promote the health and well-being



[Photo Credit: Traditional Foods in Native-America](#)

# Key Federal Requirements

1 of 3

- 60 years of age and spouse of any age
- Nutritional requirements are the Dietary Guidelines for Americans (DGAs) and the Dietary Reference Intakes (DRIs)
  - 1/3 Calorie Intake Requirement
  - Planning meals to meet DGAs and DRIs

# Key Federal Requirements

2 of 3

- Annual reporting requirements and definitions of services provided through the State Program Report
  - [Title VI Reporting Guidance For Covid-19 Response Activities](#)
  - [OAA Title-III Program Reporting Guidance](#)
  - [Older Americans Act Performance System](#)

# Key Federal Requirements

3 of 3

- Expenditures and Financial
  - Cost-sharing not permitted; donation-based services
  - COVID-19 flexibilities include 100% transfers between Titles
  - Refer to ACL financial trainings and [Title III Survival Guide](#)

# Unprecedented Times

- Service providers are :
  - Providing meals in a non-contact environment
  - Maintaining food safely during preparation through delivery
  - Alleviating social isolation
  - Addressing service gaps- especially in rural areas and tribal areas



Non-Contact Meal  
Delivery Pivot

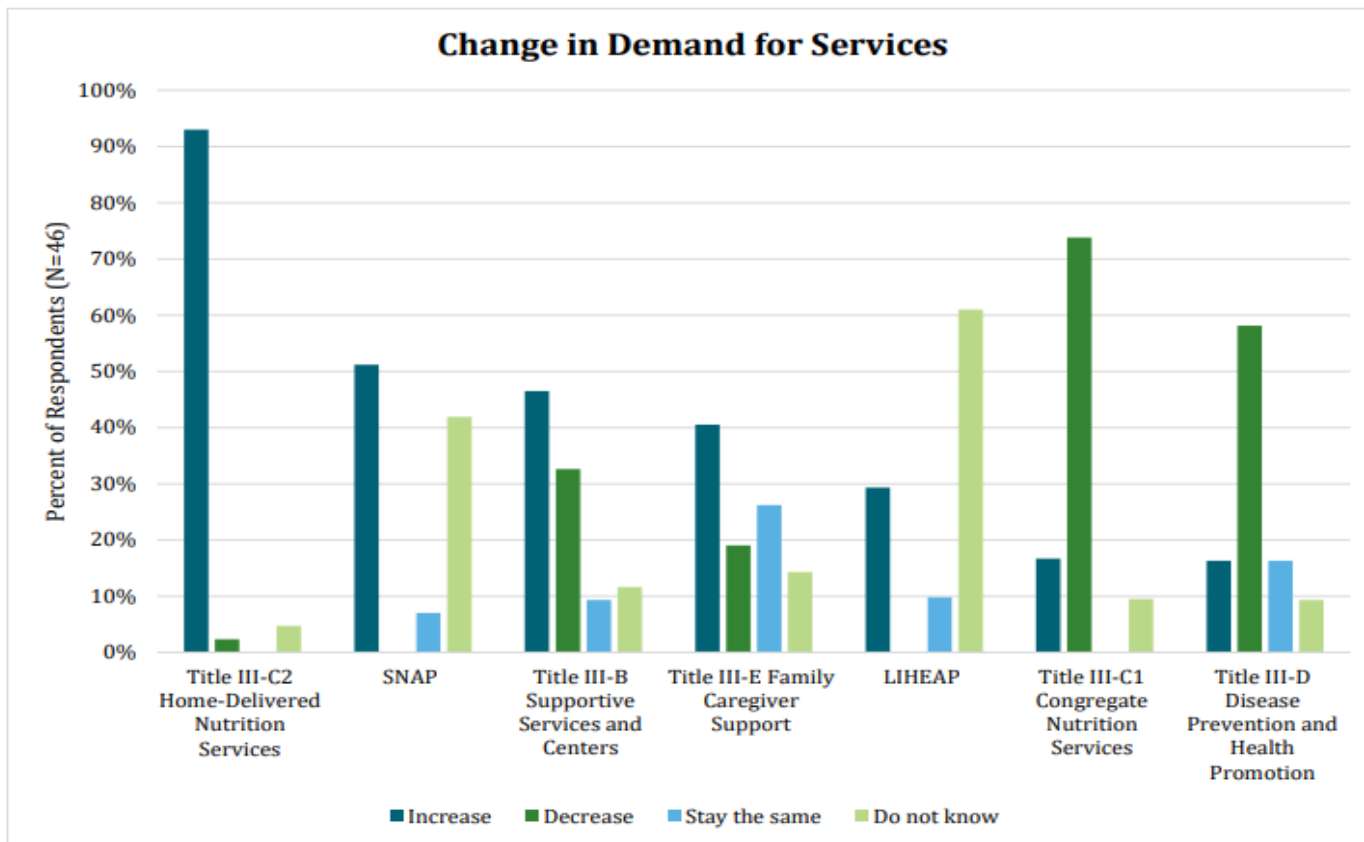


# Strain of COVID-19

- Older adults
  - 64% need help with groceries or meal delivery
  - 62% are challenged to stay social connected while socially distancing
  - 51% need help with food cost
- Nutrition providers
  - 89% increase in meal requests
  - 79% report meal requests have doubled
  - Waiting lists have grown by 26%

# Demand for Services

Figure 2



# Question

What service or program have you had the most **increased** demand for?

- a. Home delivered meals
- b. Groceries and other Title IIIB services
- c. SNAP, other economic assistance
- d. Family caregiver

Please respond via chat

# Social Determinants of Health

## Title III SPR:

- 38% of HDM meal recipients have severe disabilities with 3+ ADLs
- 57% of congregate and 64% of HDM have six or more chronic health conditions
- 30% of congregate and 54% of HDM take six medications per day and some up to 20 medications
- 43% of congregate and 58% HDM live alone

## Tribal Aggregate Data:

- Over ¼ (26.7%) eat few fruits or vegetables or milk products
- 36% had 1-4 falls past year vs. 10.% national data
- 24% need for denture care vs. 16% national data
- Height and weight report shows obesity at 44.2% vs 24.6% national data

# Results and Impact

Hospital,  
Emergency  
Department and  
Nursing Homes

- 80% of congregate meal participants believe their health is improved
- Congregate and HDM participants have lower healthcare utilization
- Percentage of low-care nursing home residents are reduced 1% for every \$25 spent on HDMs per year per adult

# ACL Website

- General and Nutrition-specific guidance
- [ACL COVID-19](#)
  - Program
  - Fiscal
  - Reporting
- [Information for Partners, Researchers, Professionals](#)
- [Nutrition Services](#)
- [COVID Resources for Network and Consumers](#)
- [Title III C Survival Guide](#)
- [National Survey of OAA Participants](#)

# Resource Center on Nutrition & Aging

- [National Resource Center on Nutrition & Aging website](#)
- [Senior Nutrition Program Practices Hub](#)
- [COVID-19 Resources and Tools](#)
  - Practice Tips
  - *NEW* Guides
    - Prioritizing
    - Fee-for-Service Private Pay
    - Groceries
    - Virtual Nutrition Education



# Program Implementation Resources

1 of 2

- [Reopening Guidance for Senior Nutrition Programs](#)
- [Health Well-Being Social Connections](#)
- [Establishing a Private Pay Program](#)
- [Using Groceries and other Nutrition Services to Meet Senior Needs](#)
- [Options for Contracting Meals During COVID-19](#)
- [Partnering with USDA Programs During COVID-19](#)
- [Guide to Working with Restaurants and Grocery Stores for Meals](#)
- [Title III Survival Guide](#)



# Program Implementation Resources

2 of 2

- [Community-Based Organizations\(CBOs\) during Covid-19](#)
- [Contracting Toolkit](#)
- [FEMA Public Assistance Program Guidance: Eligibility of Purchasing and Distributing of Food](#)
- [NCOA Senior Centers Without Walls](#)
- [NCOA – FAQ Covid-19 and Technology Resources](#)
- [A Snapshot of Area Agency on Aging Responses to COVID-19](#)

Hunger, food insecurity, food sovereignty

# FOOD INSECURITY

# Hunger and Food Insecurity

## **Hunger**

A person cannot eat sufficient food to meet basic nutritional needs for a sustained period.

## **Food Insecurity**

Lack of access, at times, to enough food for an active, healthy life for all household members and limited or uncertain availability of nutritionally adequate foods.

# Impact of Food Insecurity



Money  
for Food



Money for  
Medicine



Ability to  
Shop

Challenges faced by today's seniors

# Highest Rates of Projected Food Insecurity 2020 versus 2018

2020 Projections				2018	
Ranking	State	FI Rate	Number of FI People	Ranking	FI Rate
1	Mississippi	24.1%	720,410	1	18.7%
2	Arkansas	22.5%	679,210	2	17.3%
3	Alabama	22.2%	1,084,390	3	17.0%
4	Louisiana	21.7%	1,011,130	4	16.1%
5	New Mexico	20.7%	434,570	5	15.1%
6	Oklahoma	20.6%	810,510	5	15.1%
7	Texas	20.2%	5,806,140	7	15.0%
8	Nevada	20.0%	608,270	20	12.8%
8	Kentucky	20.0%	893,950	8	14.8%

Note: Tennessee, West Virginia, and North Carolina are ranked 10<sup>th</sup>, with a projected food insecurity rate of 19.3%.

Source: [The Impact of the Coronavirus on Local Food Insecurity](#)

# Risk for Food Insecurity

- Seniors are more **likely** to experience food insecurity if they are:
  - Racial/ethnic minorities
  - Persons with disabilities
  - Divorced, separated, or never married
  - Living with grandchildren
  - Unemployed
  - Female
- COVID-19 illness and death disparities exist for racial/ethnic, disability and socio-economic populations.

Sources: Feeding America ([feedingamerica.org](http://feedingamerica.org)) and CDC ([cdc.gov/coronavirus](https://cdc.gov/coronavirus))

Need active hyperlinks

# Health Effects of Food Insecurity

- Food insecure seniors are more likely to have chronic conditions. Food insecure seniors are:
  - 225% more likely to experience depression
  - 90% more likely to experience asthma
  - 57% more likely to experience congestive heart failure
  - 32% more likely to experience limitations in activity
  - 19% more likely to experience high blood pressure
- These conditions increase the risk for poor outcomes from COVID-19.

Sources: [Feeding America](#) and [CDC](#)

# Food Sovereignty

**Food sovereignty** is the recognition of the right and ability of each Tribal nation to feed its people and the acknowledgement that Native traditional foods are important to the health and well-being of Native people.



*Flourishing squash in western New Mexico. Photo courtesy of Randy Chatto.*

[Photo Credit: Good Food Is Power](#)

Source: Understanding the Training Needs of Older Americans Act Title VI Program Nutrition and Aging Program Professionals, Summer 2019.

Need active hyperlink



# Question

Which Older Americans Act intent area do you feel most clients need assistance with at this time?

- a. Food insecurity
- b. Malnutrition
- c. Hunger
- d. Socialization
- e. Health and well-being
- f. All of the above

Please respond via chat

Outreach & Targeting Services

# VULNERABLE POPULATIONS

# Older Americans Act Targeted Populations

- Services are not intended to reach every individual in the community. Programs target adults age 60 and older who are in greatest social and economic need, with particular attention to the following groups:
  - Low-income older adults
  - Minority older individuals
  - Older adults in rural communities
  - Older individuals with limited English proficiency
  - Older adults at risk of institutional care

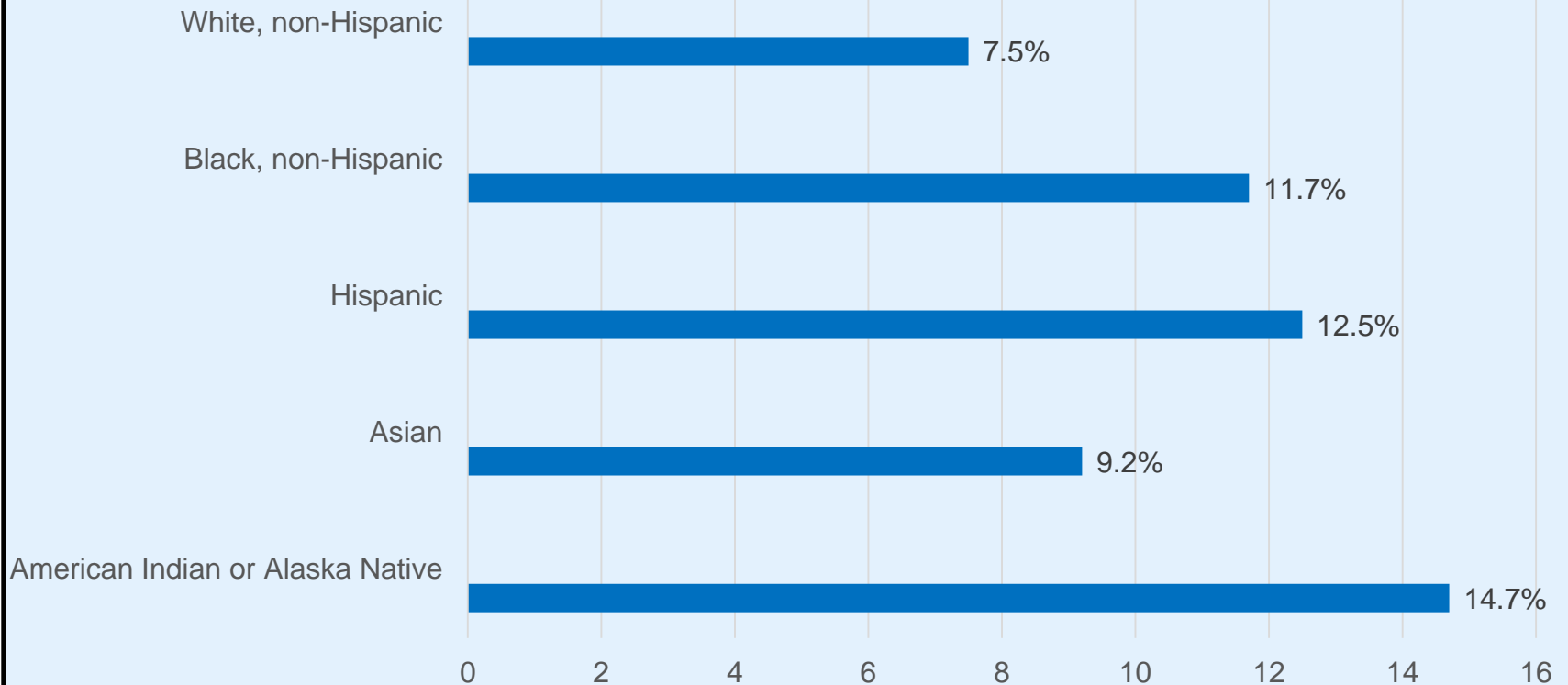
# New Mexico Demographics

Compared to the rest of the US, New Mexico has:

- A 60+ population that is more ethnically and culturally diverse.
- A larger non-English Speaking population, over 1/3 of the state's population.
- A higher percentage of older persons living with disabilities, with the majority of those persons dealing with an ambulatory difficulty.

# Diabetes

**Percentage of Adults Aged 18 Years or Older With Diagnosed Diabetes, by Racial or Ethnic Group, US 2017-2018**



[Source: CDC Diabetes Data and Statistics](#)

# NM Vulnerable Populations

- NM ALTS Strategic Plan

- Ensure meals are served to the most at risk senior population
- Create a sustainable emergency food supply
- Expand coordination to help end senior hunger

- Office of Indian Elder Affairs

- Development of additional or innovative programs
- Determine community needs and set service priorities

# Vulnerable Populations - Questions

- Questions to consider:
  - Are you targeting meals to the most vulnerable populations?
  - Do you have a process to determine if people asking for meals could be prepare meals if they had help with grocery shopping or access to food?
  - As federal funding returns to pre-COVID levels and clears, how will you go about removing or referring people within your nutrition and health services?
- Answers to consider:
  - Prepare now.
  - Use resources provided and your data. More answers...

National examples

Innovations in Nutrition Services and Programs grantees

# BEST PRACTICES AND INNOVATIONS



# Efforts Across New Mexico

## New Mexico Grown Fruits and Vegetables for Senior Meals Program Pilot Succeeds



Jeremy Boucher, Lance Tanner and Supreme Director Patrick Mason — all members of Fray Marcos Council 1783 in Gallup — unload a trailer of supplies for the Acoma people in New Mexico. The Knights organized a COVID-19 Relief Canteen to bring supplies to Native American communities afflicted by the pandemic. *Photo by Johnny Jaffe*

Figure 6: Examples of Food Donations at Congregate and Home-Delivered Meal Program Sites in Selected States



Source: GAO. | GAO-20-18

### Donation Supply Drive

To benefit the most vulnerable during this time

<p><b>Non Food Items Needed</b></p> <ul style="list-style-type: none"> <li>Packaged Toilet Paper</li> <li>Cleaning Supplies</li> <li>Hand Sanitizer/Soap</li> <li>Personal hygiene products</li> <li>Deodorant</li> <li>Soap</li> <li>Shampoo/Conditioner</li> <li>Toothpaste/Toothbrush</li> </ul>	<p><b>CANNED &amp; NON-PERISHABLE FOODS ITEMS</b></p> <ul style="list-style-type: none"> <li>Rice, Pasta, &amp; Potatoes</li> <li>Boxed Meals (i.e. macaroni and cheese)</li> <li>Beans</li> <li>Canned soups or meats</li> <li>Powdered/canned milk</li> <li>Boxed Puddings/Jello</li> <li>Cereal</li> <li>Whole grain bread, bagels or muffins (if more than 1 week before best use by date)</li> </ul>	
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**Donation Site**

South Valley Multi Purpose Center (2008 Larrazolo Rd SW)  
23-April 3 (Monday-Friday)

## 4,000 Food Boxes to be Created by Volunteers and Staff for Seniors and Adults with Disabilities

Five truckloads of food to be boxed for thousands of New Mexico's most vulnerable, to sustain them for 14 meals



ADOPT-A-NATIVE-ELDER

# Innovations in Nutrition: Food Insecurity

## 2017-2020 Grantee Summaries

- 2018 - Age Options, IL – healthcare referrals, result in increased patient access to OAA programs and SNAP.
- 2019 - Public Health Solutions, NY – virtual network for public housing and other low income seniors to link them to food and other services.
- 2020 - Apostle Group, MD – standardized statewide system using technology to improve access to care and reduce food insecurity.

[TCMI Website](#)

# TEXAS CONGREGATE MEAL INITIATIVE (TCMI)

# Health and Well-being

## Partnership with Healthcare

- United Health Care philanthropy funds.
- Instead of supporting BINGO prizes, funds for a specific project were requested
- Exer-Start program: \$25,000 1 year sponsorship
  - Electronics (blue tooth, Spotify)
  - Exercise equipment
  - Healthcare partner promoted the program within their membership (marketing and referral)
- Outcome 600 people → 900 first year, next year 1,200 participants

# Holistic Approaches

## Tele-BINGO

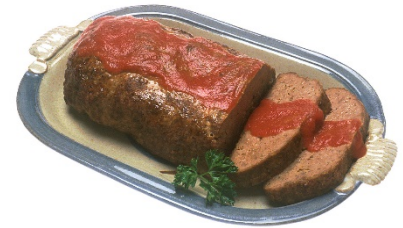
- Selected because BINGO was very popular activity
- Distribute with meals:
  - Flier (see picture)
  - Sample bingo card
  - Resistance band
- Stretch and fitness breaks
- Also addresses social isolation as they talk to each other and staff!
- Can incorporate nutrition education
- SNAP enrollment planned
- Medicare information



# Daily Meal Options

## Dual Entrées (City of San Antonio)

- Initiated by: Senior Advisory Council (SAC)– recommended more options/variety
- Offer two entrees, but keep sides the same
- Contract meal provider – added this program during an option year onto an original contract
- When reservations made, client decides on entrée A or B
- This program continues during COVID as a home delivery option



# Partnerships – Rural Community

- Civic groups, rotary clubs, chambers of commerce, corporations, businesses
- Meet regularly & tell them about your programs
- Mental Health Task Force
- Weekly paper senior section –advertise events or important issues like scams, etc.
- First responders – shift change meet and greet.
  - They are trusted by community and can tell people about the programs offered.
- Municipality partnership resulted in a center going from 6→ 35 people

# Partnerships – Food Insecurity

1 of 2

- USDA:
  - The Emergency Food Assistance Program (TEFAP) – food pantries and food banks
  - Commodity Supplemental Food Program (CSFP)
  - SNAP Online Purchasing Pilot Program - grocery orders and delivery
  - Senior Farmers Market Nutrition Program (SFMNP)
  - Food Box Program (see picture)
- Business:
  - Restaurants
  - Healthcare
  - Philanthropy programs





# Partnerships – Food Insecurity

2 of 2

- State, Regional and National Coalitions
  - Peer agencies in NM and beyond
  - National Organizations
    - National Association of Senior Nutrition Programs (NANASP)
    - National Association of Area Agencies on Aging (N4A)
    - ADvancing States
    - Professional organizations
    - DefeatMalnutrition.Today
    - Feeding America



# Social Isolation: Tips

1 of 2

- Leverage social networking platforms (Twitter, Facebook, and Instagram).
- Offer computer-friendly services to support new users of electronic devices. Share links to virtual events, such as concerts, museum tours, amusement park rides, and aquarium visits with clients.
- More tools for virtual connections: [Addressing Social Isolation for Older Adults During the COVID-19 Crisis](#), [Feeling Good & Staying Connected Activity Guide](#), and [Senior Centers Connect](#)

Source: California Department of Aging

# Social Isolation: Tips

2 of 2

- Virginia Department for Aging and Rehabilitative Services
  - April 2020 COVID-19: Creative and Promising Practices
  - May 2020 COVID-19: Creative and Promising Practices
  - August 2020 COVID-19: [Lessons Learned](#)

# Question

Which service innovation will you try as a result of this presentation?

- a. New partnerships (healthcare, restaurants, USDA, businesses, etc)
- b. Holistic approaches (eg, tele-BINGO, etc)
- c. Enhanced menu or meal delivery options
- d. Outreach to vulnerable or target populations
- e. Addressing chronic diseases (menus, nutrition education or partnerships, etc)
- f. Other

Please respond via chat

# Planning Ahead

- Some persons may not be ready to return to in-person services, even once meal sites open
- Surges may occur – shelf stable and frozen meals
- Partnerships!

# Thank you!



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