

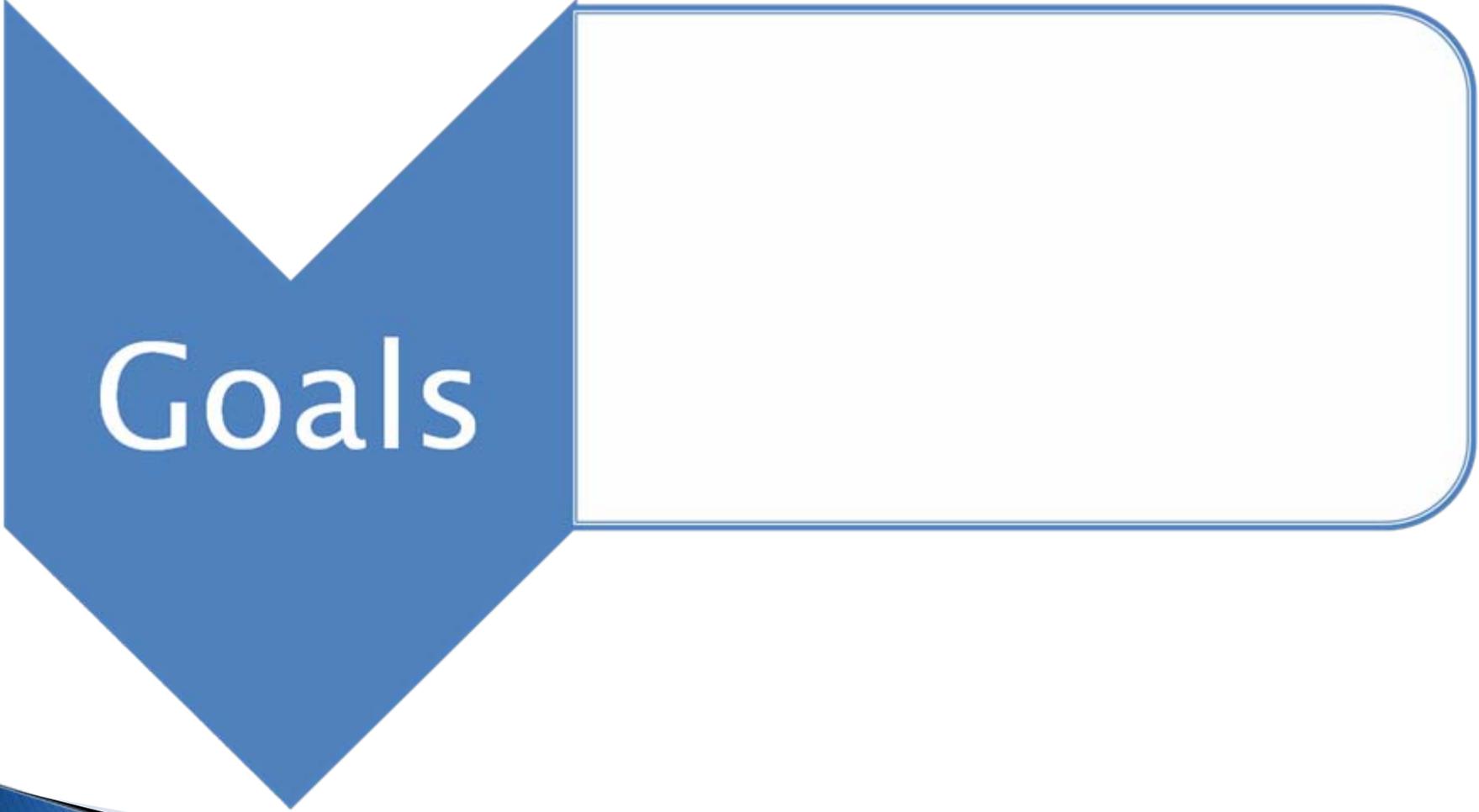
Title III C of the Older Americans Act and You



Linda Netterville, MA, RD, LD
Meals On Wheels Association of America

Overview

- Goals
- Requirements of OAA
- Evaluation



Goals

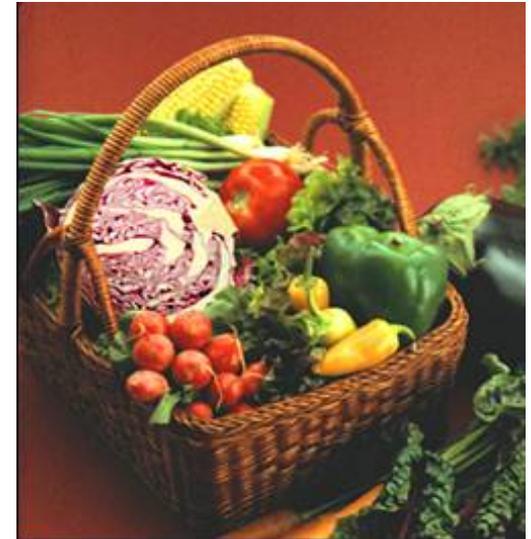
Goals of Community Based Nutrition Programs

- ▶ Improve health and nutritional status
- ▶ Prevent of hunger and food insecurity
- ▶ Continuation of the ability to live independently for older adults
- ▶ Provide nutritious, tasty, appropriate, and safe meals

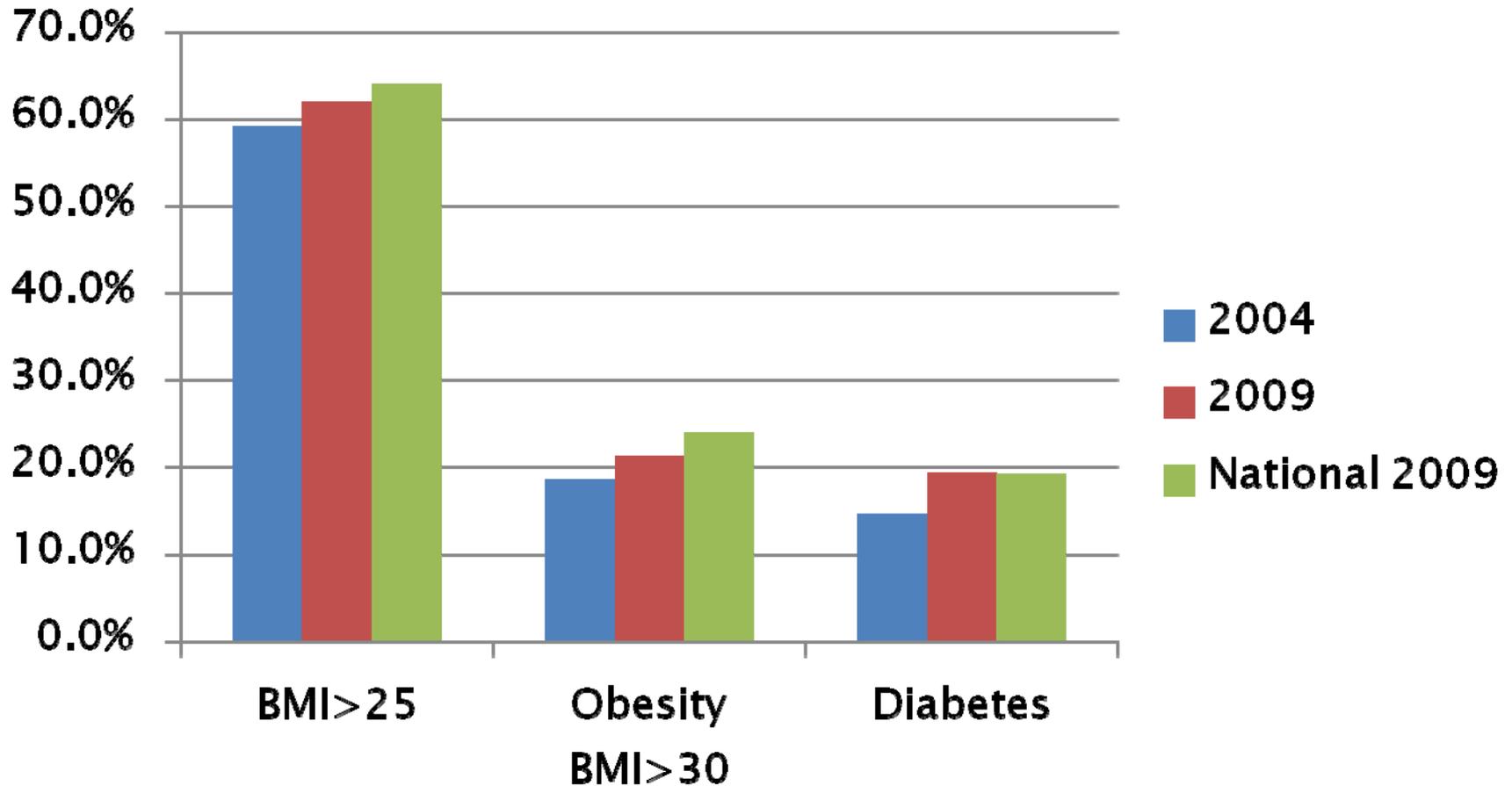


Healthy Eating & Physical Activity

- ▶ Increase longevity
 - Even with cancer, heart disease
- ▶ Diabetes prevention
- ▶ Manage hypertension
- ▶ Best evidence for
 - Fruits, vegetables
 - Whole grains
 - Less salt
 - Less saturated fat (animal fat)
 - Vitamin D, calcium supplements

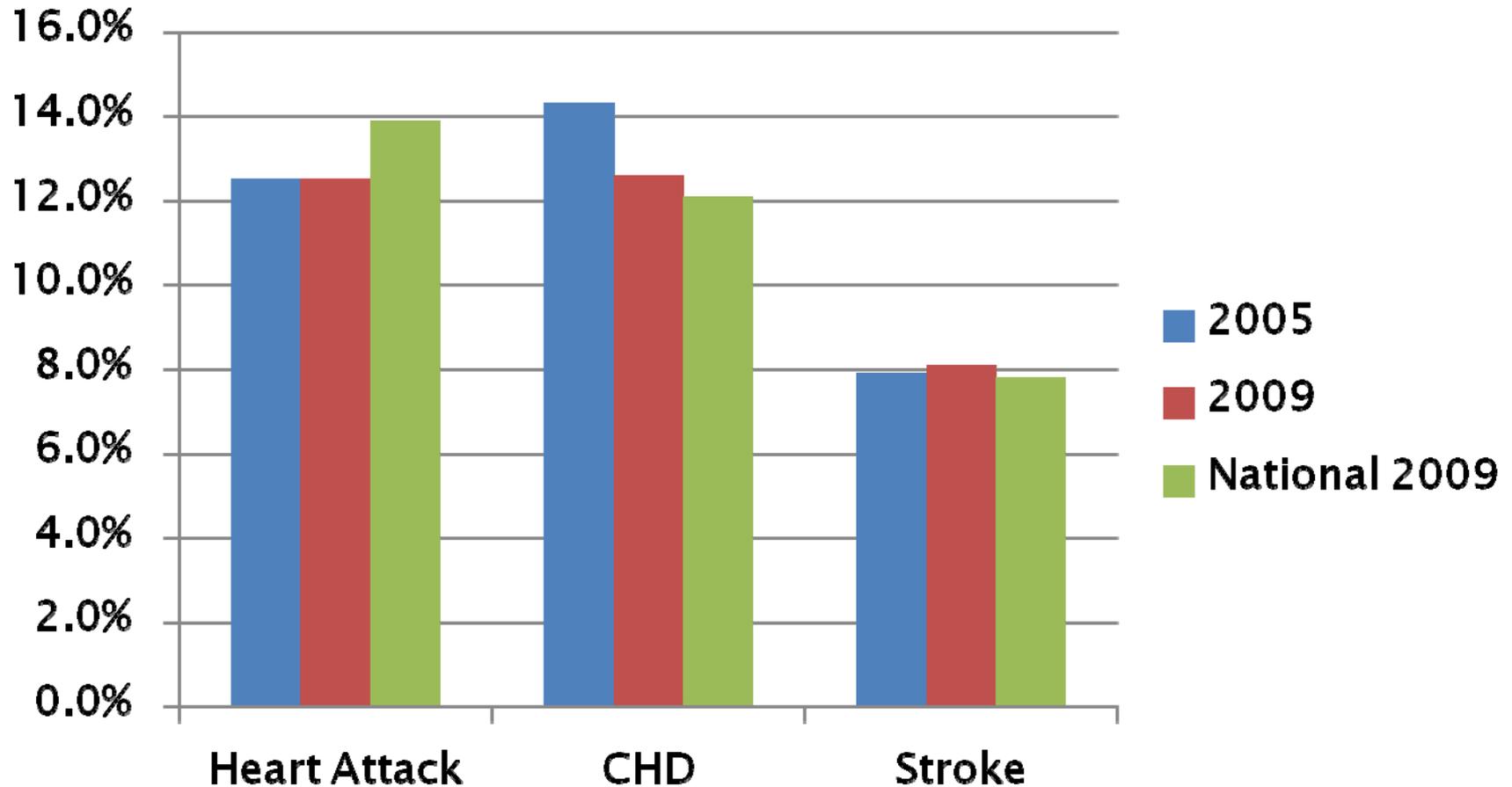


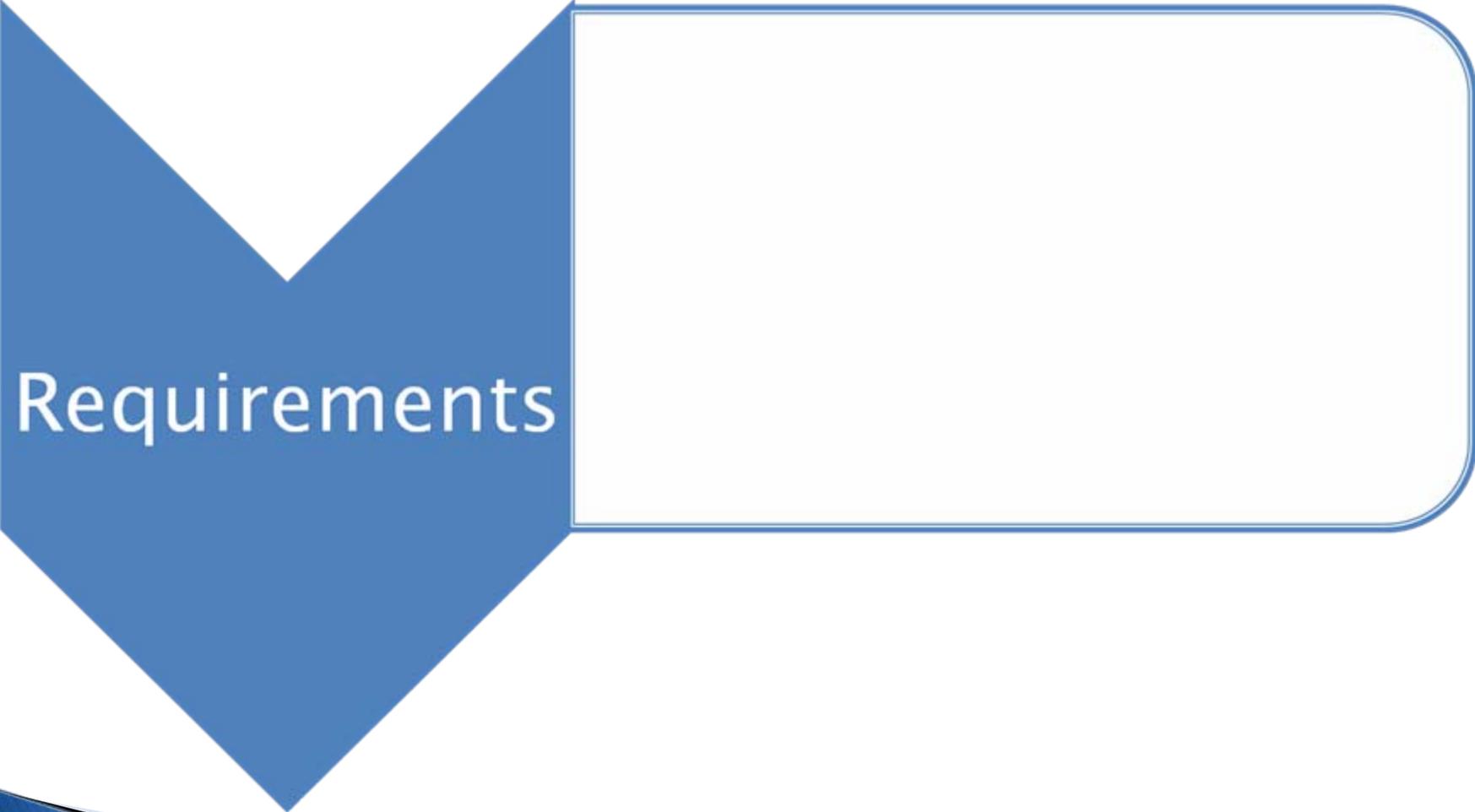
Health Profile of Older Floridians



Behavioral Risk Factor
Surveillance System 65+ Age
Group

Health Profile of Older Floridians





Requirements

Requirements of the Older Americans Act

▶ Section 339 Nutrition Program

- “A **State** that establishes and operates a nutrition project under this chapter shall...”
- **State** must solicit advice of a dietitian or individual of comparable expertise in planning nutritional services and ensuring....

Requirements of the Older Americans Act

▶ Meals

- 1 / 3 DRI; Dietary Guidelines for Americans, 2005;
- Design meals to meet special dietary needs (cultural/ethnic preferences, health, religious needs)
- Design “appealing” meals, i.e. food/menu choice, include participant input

What are the Dietary Reference Intakes (DRIs)?

- ▶ Introduced in 1997
- ▶ Reference values of nutrients, primarily used by nutrition & health professionals
- ▶ Basis for
 - assessing & planning diets
 - federal nutrition & food programs



Dietary
DRI Reference
Intakes The Essential Guide to Nutrition Assessment



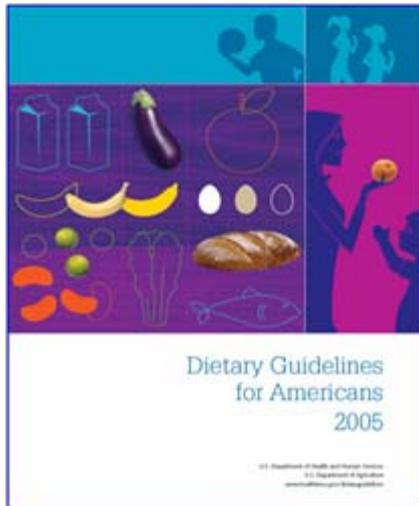
By defining recommended intake values for nutrients, the DRI system provides a common, science-based framework for assessing and planning diets.

© 2005 by National Academies Press

What is the purpose of the DRIs?

- ▶ Maintain nutritional adequacy
- ▶ Promote health
- ▶ Reduce risk of disease
- ▶ Provide a measure of excess

What are the Dietary Guidelines for Americans?



- ▶ Brief science-based statements & text published by federal government
- ▶ Promotes health & prevent disease
- ▶ Updated every 5 years. Due Fall 2010

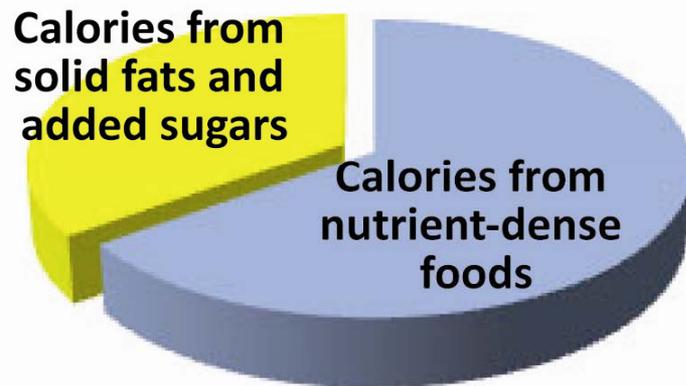
Highlights of the Dietary Guidelines for Americans 2010

- ▶ Addresses majority of Americans are overweight or obese
- ▶ Research supported
- ▶ Total diet = Energy balanced + nutrient dense



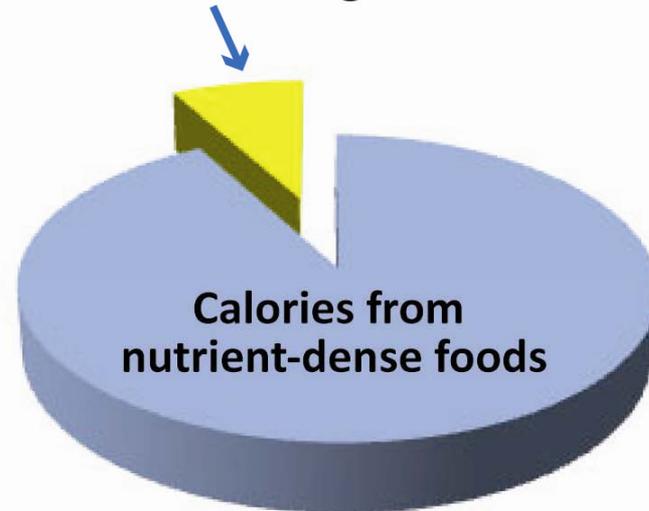
Dietary Guidelines for Americans 2010

What We Eat



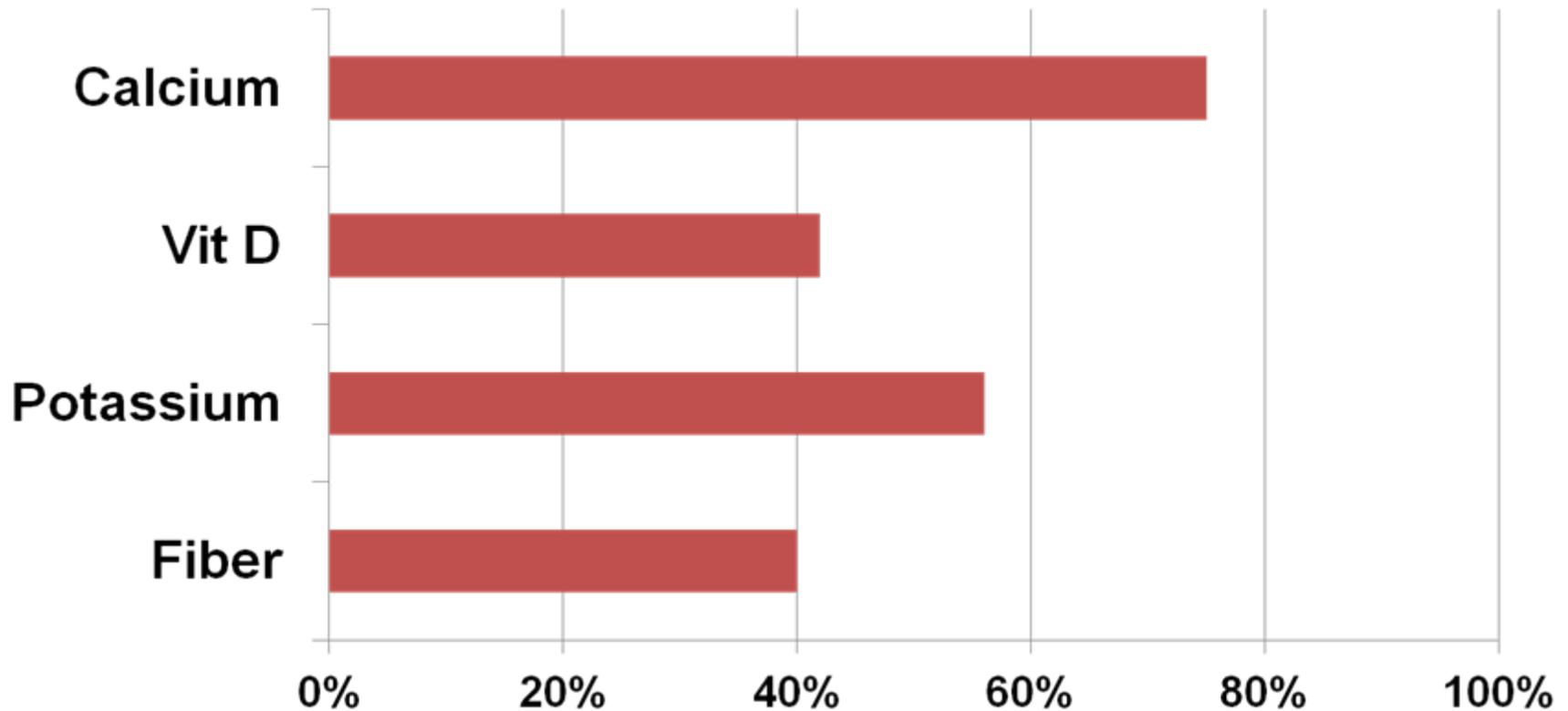
Recommended Limits

Calories from solid fats
and added sugars



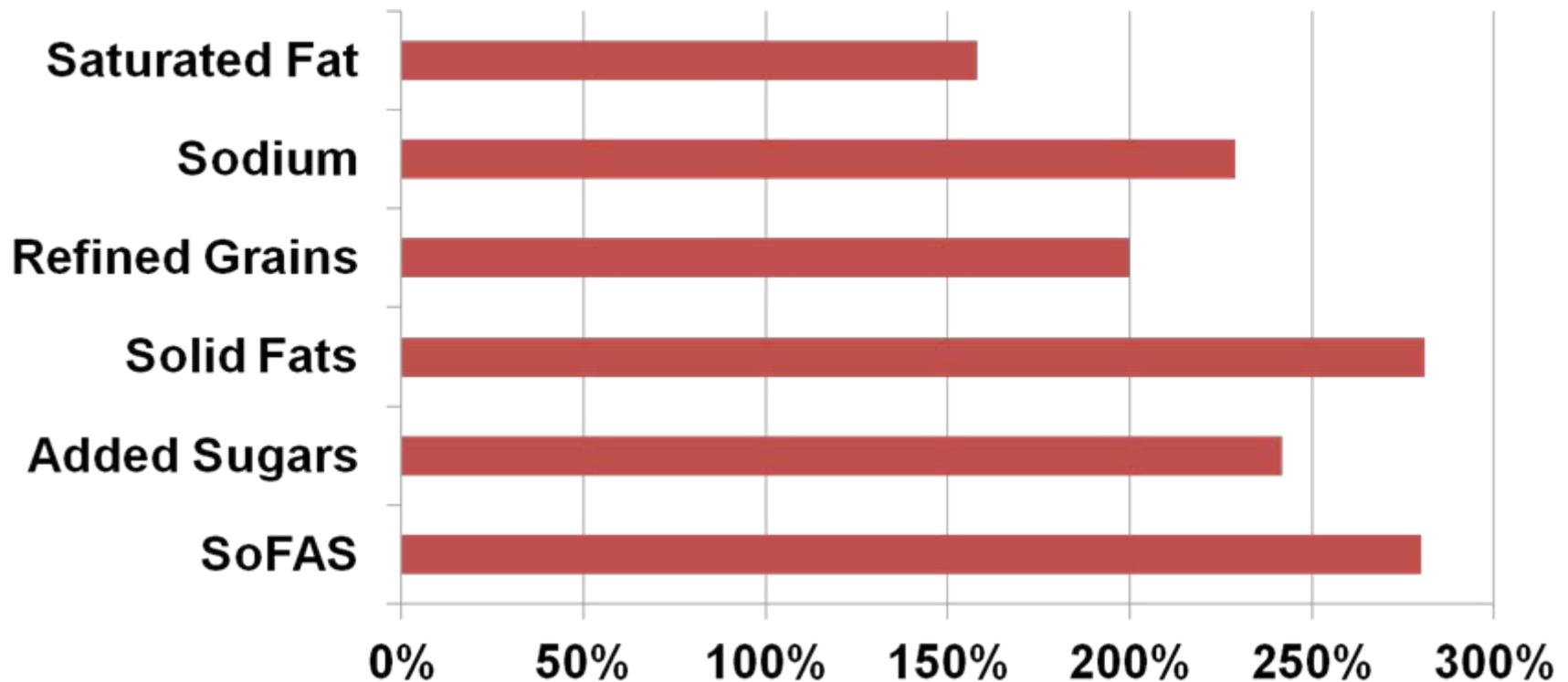
Dietary Intakes Compared to Recommended Levels

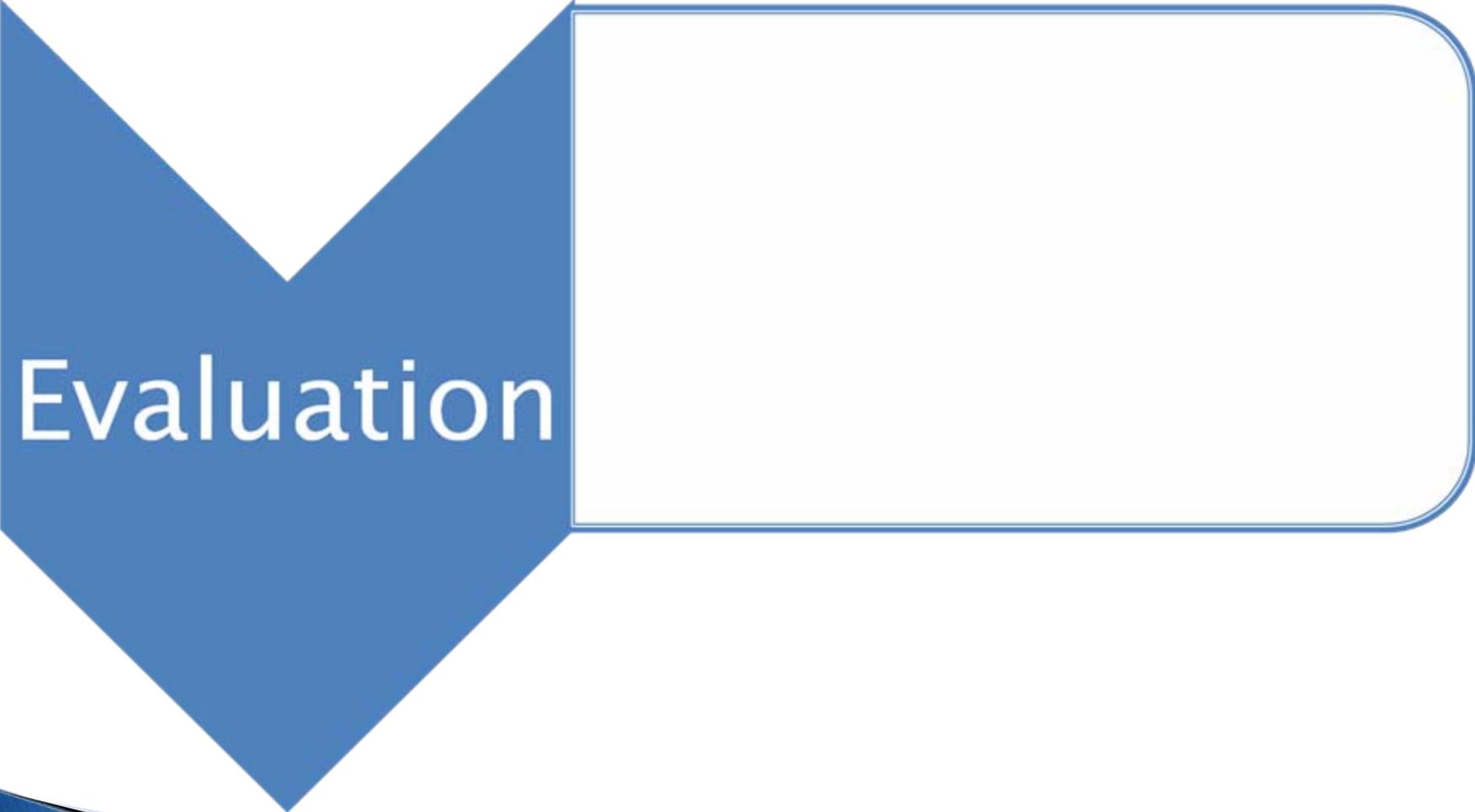
Eat More



Dietary Intakes Compared to Recommended Levels

Eat Less





Evaluation

OAA Programs

- ▶ Largest US Community Food & Nutrition Assistance Program Targeting Older Americans
 - Federal appropriation: \$ 819 M
 - Includes C1, C2, NSIP
 - Total expenditure (FY08): \$1.39B
 - Number of OA served (08)
 - 2.6 M in Nutrition Program
 - 9.9 M in all OAA programs
 - Comparison
 - 1.8 M in NH
 - 2.0 M get Food Stamps

OAA Nutrition Program Participants

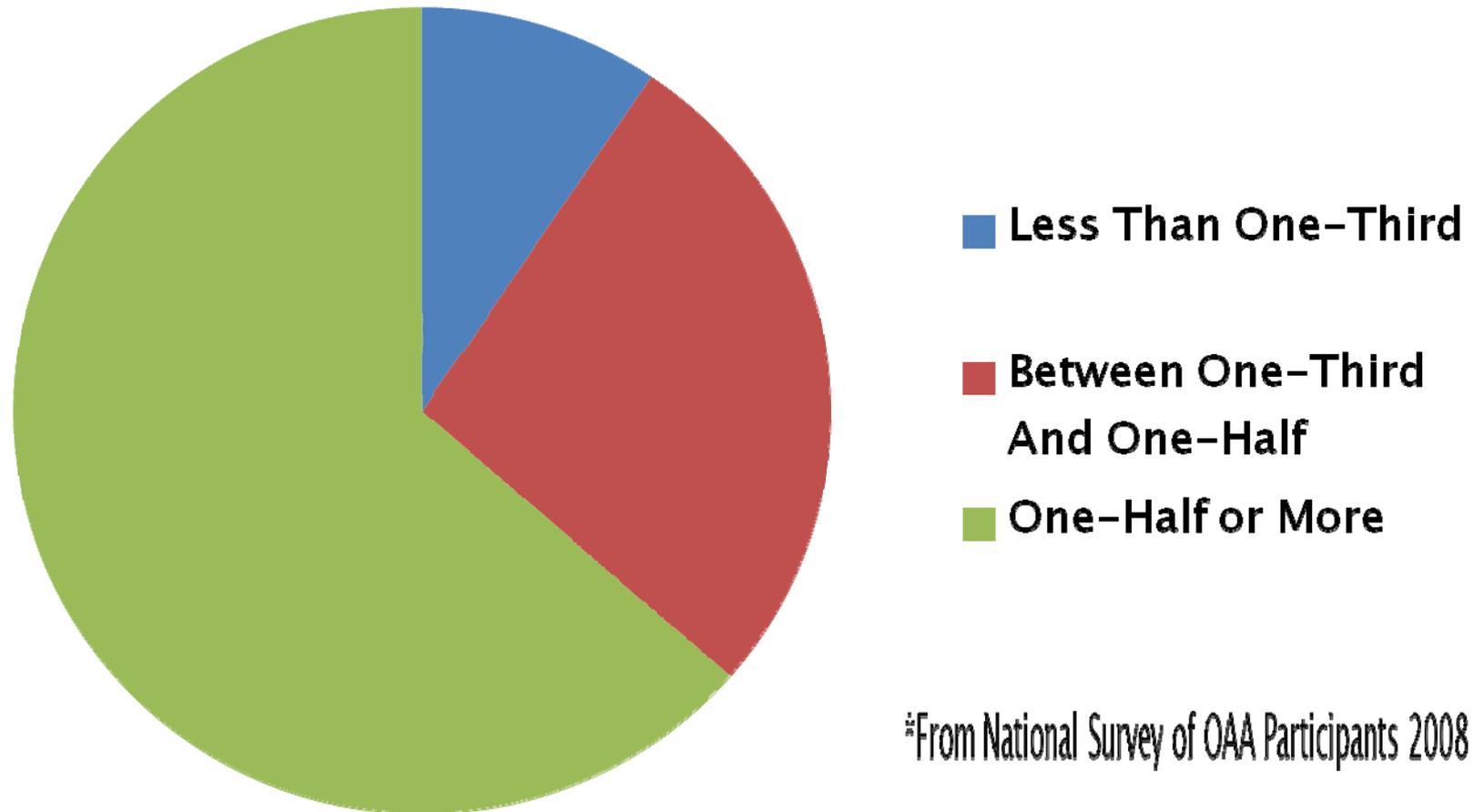


- ▶ Meals increase nutrient intake
- ▶ The single meal provides $\geq \frac{1}{2}$ of total food for the day for most participants
- ▶ OAA programs serve vulnerable populations

Meals Improve Dietary Intake

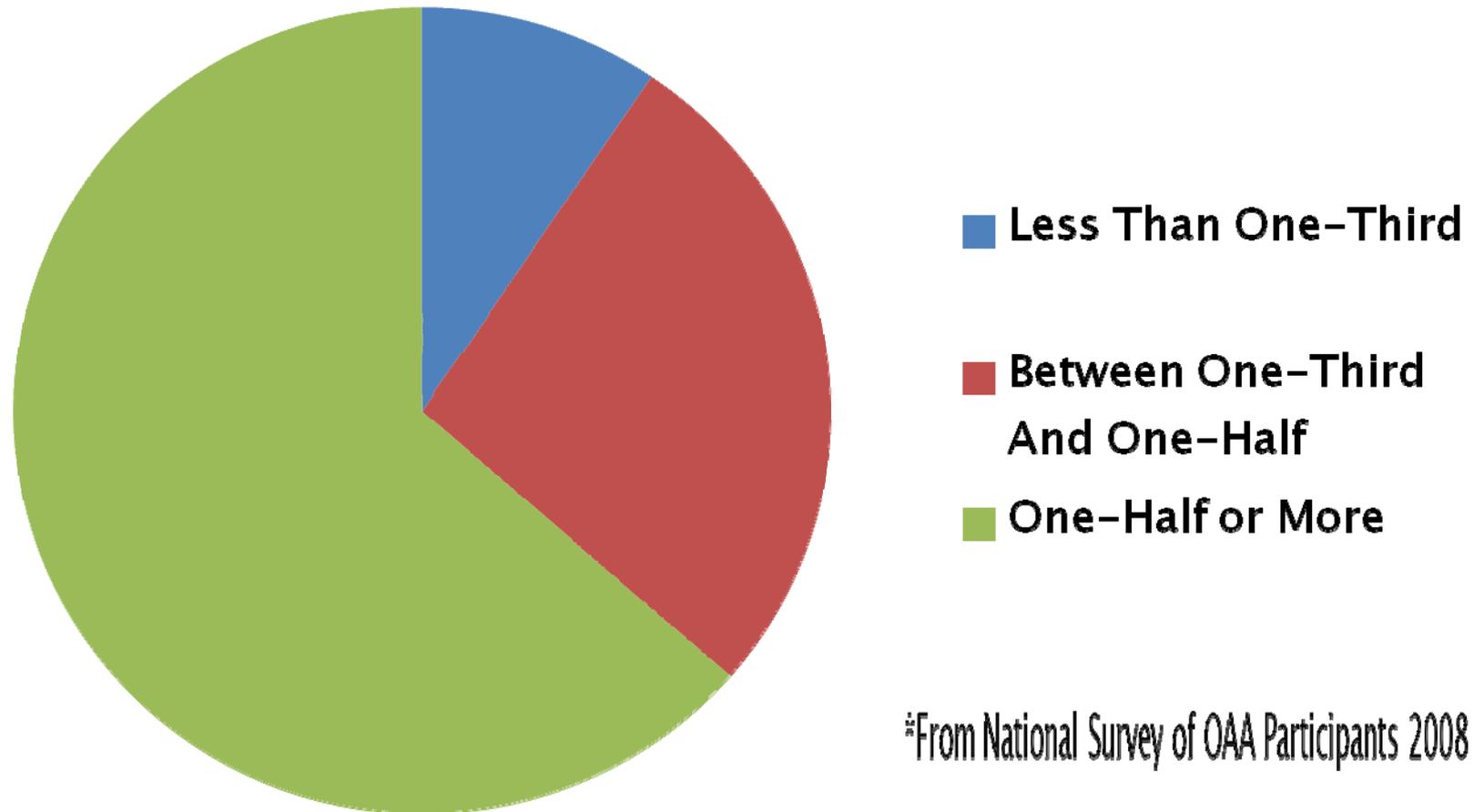
	Home Delivered	Congregate	1999-2000 <i>NHANES</i>
<u>FRUIT</u> 2+ svgs/day	48%	54%	45%
<u>VEGETABLES</u> 3+ svgs/day	19%	24%	13%
<u>DAIRY</u> 3+ svgs/day milk, soy, cheese	21%	20%	10%

Portion of Food OAA Congregate Meal Represents



**From National Survey of OAA Participants 2008*

Portion of Food OAA Congregate Meal Represents



From National Survey of OAA Participants 2008

Consumers Value Program Participation

	Home Delivered	Congregate
Eat more balanced meals	86%	79%
Better able to avoid sodium & fat	81%	76%

Services Are Targeted to Vulnerable Populations

Indicators	Home-delivered	Congregate	National
Age 75+	70%	57%	32%
Live Alone	56%	48%	27%
Below Poverty	24%	14%	7%
3+ ADLs	31%	8%	6%

Issue Brief, July 2010, Mathematica
Policy Research, Inc.

Services Allow Seniors to Remain in Their Homes

Home-delivered	Congregate
91%	59%

Issue Brief, July 2010, Mathematica Policy Research, Inc.

Trend Among OAA Programs

- ▶ **Accommodating Consumer Choice**
 - Time
 - Service location or place
 - Restaurant voucher programs
 - Café style service
 - Menu
 - Food
 - More than 1 meal/day
 - Fee for service/private pay options
 - Customer service emphasis

Resources

- ▶ Administration on Aging <http://www.aoa.gov/>
- ▶ AGing Integrated Database <http://www.agidnet.org/>
- ▶ Behavioral Risk Factor Surveillance Survey
<http://apps.nccd.cdc.gov/brfss/page.asp?yr=2008&state=US&cat=CV#CV>
- ▶ Dietary Reference Intakes
http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=1

Resources

- ▶ **Dietary Guidelines for Americans**
<http://www.health.gov/dietaryguidelines/dga2005/toolkit/default.htm>
- ▶ <http://www.cnpp.usda.gov/DietaryGuidelines.htm>
- ▶ **Older Americans Act Nutrition Service Providers Guide**
 - http://www.health.gov/dietaryguidelines/dga2005/toolkit/default.htm#older_adults
- ▶ **National Institutes of Health**
 - **National Heart Lung Blood Institute Recipes:**
<http://www.nhlbi.nih.gov/health/>

Resources

- ▶ **Food and Drug Administration- Food Safety**
 - <http://www.cfsan.fda.gov/list.html>
- ▶ **American Heart Association**
 - <http://www.americanheart.org/>
 - Including cookbooks, recipes
- ▶ **American Diabetes Association**
 - <http://www.diabetes.org/>
 - Including cookbooks, recipes