



GETTING SMARTER WITH THE NRCNA

UCHEOMA AKOBUNDU, DIRECTOR

August 4, 2020

OVERVIEW

- Introduction to the NRCNA and NRCNA Team
- How Does This the NRCNA Help You?
- Let's Look at the NRCNA Website
- Preliminary Findings – NRCNA TATN Survey
- Important Reminders





**The National
Resource Center on
Nutrition & Aging**

**OUR MANDATE AND
OUR JOURNEY**



**The National
Resource Center on
Nutrition & Aging**

***Hosted by: Meals on Wheels America
Funded by: Administration for Community Living***



WHAT IS THE NRCNA?

- *Primary goal of the NRCNA is:*
 - Equip the network with timely, relevant, high quality education and training opportunities for nutrition and aging professionals across the Network.
- *NRCNA seeks to:*
 - **Strengthen** the capacity of the aging services network to provide nutrition services for both current and future older adult populations;
 - **Integrate** the aging network into the home- and community-based service system, and
 - **Provide** training and technical assistance to the aging network regarding nutrition services.



YOUR NRCNA TEAM



Sammi
Heffron



Sharron Corle



Uche
Akobundu

The National Resource Center on Nutrition and Aging (NRCNA) is hosted by Meals on Wheels America as part of a cooperative agreement with the Administration for Community Living.





**The National
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Nutrition & Aging**

HOW DOES THE NRCNA HELP YOU?

WHAT DOES THE NRCNA OFFER?

Training | Technical Assistance | Reports | Research

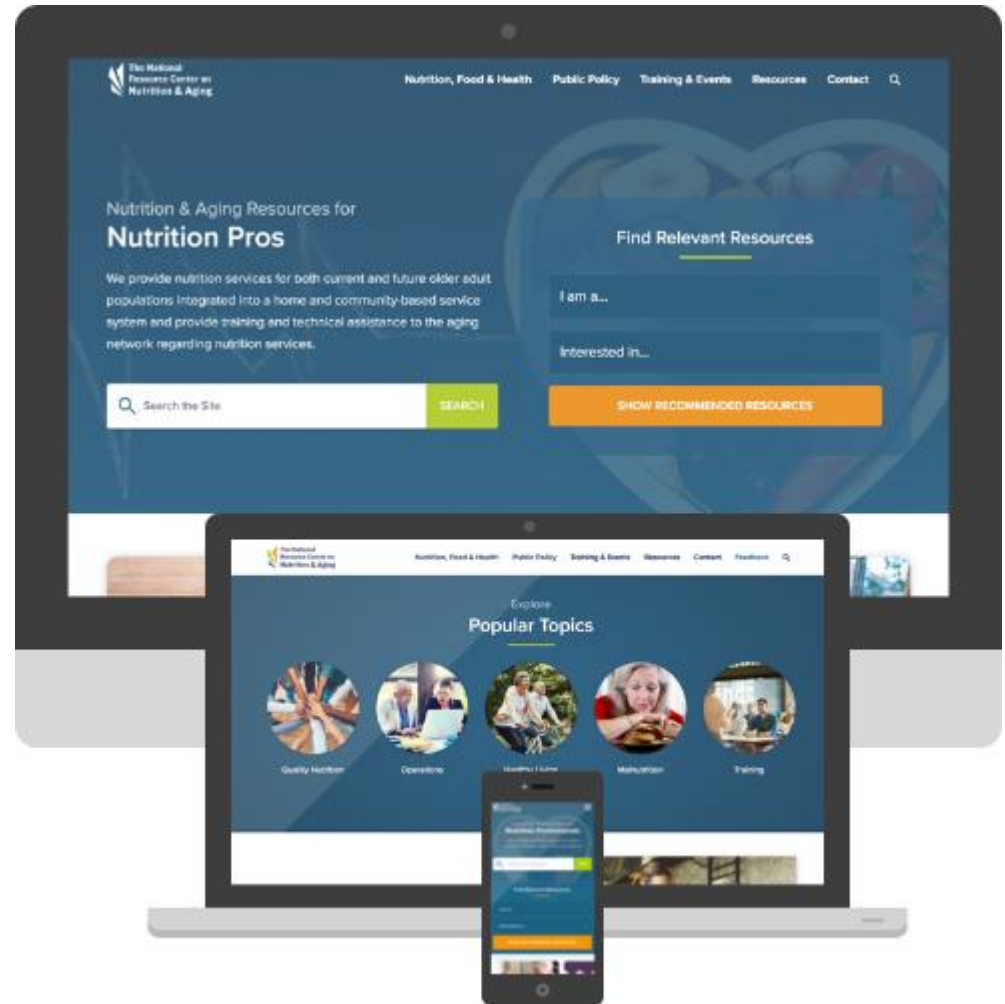
Areas of focus:

- Nutrition, Health and Aging
- Food Service and Operations
- Smart Business
 - Business acumen
 - Sustainability
 - Social entrepreneurship



RESOURCES AVAILABLE 24/7/365

- Easy access to resources, research, tools and training.





**The National
Resource Center on
Nutrition & Aging**

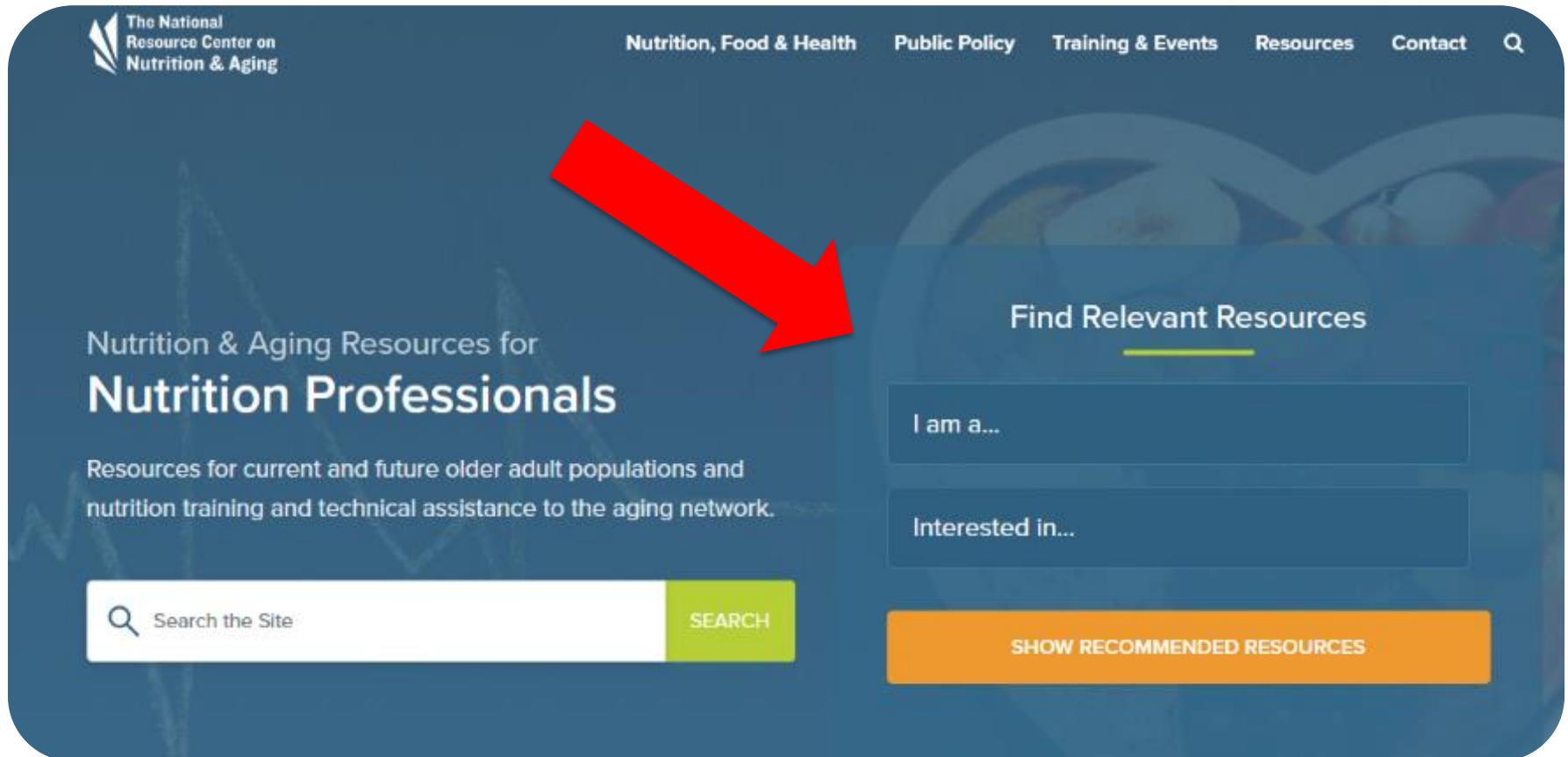
LET'S GO TAKE A LOOK AT THE NRCNA SITE

BE SURE TO CHECK OUT:

- Main Landing Page
- Resource Collections – Top of Website
- Training & Events Landing Page
- Past Events/Webinars Pages
- Resource Landing Page and Resource Hubs
 - COVID-19 Resources
 - Promising Practices
 - Innovation in Nutrition Programs and Services



ACCESS TO CURATED RESOURCES



The screenshot shows the homepage of The National Resource Center on Nutrition & Aging. The header includes the organization's logo and name, and a navigation menu with links to Nutrition, Food & Health; Public Policy; Training & Events; Resources; and Contact. A search icon is also present. The main content area features the title "Nutrition & Aging Resources for Nutrition Professionals" and a subtitle "Resources for current and future older adult populations and nutrition training and technical assistance to the aging network." Below this is a search bar with the placeholder text "Search the Site" and a green "SEARCH" button. To the right, there is a section titled "Find Relevant Resources" with two input fields: "I am a..." and "Interested in...". Below these fields is an orange button labeled "SHOW RECOMMENDED RESOURCES". A large red arrow points from the top left towards the "Find Relevant Resources" section.

The National Resource Center on Nutrition & Aging

Nutrition, Food & Health Public Policy Training & Events Resources Contact

Nutrition & Aging Resources for
Nutrition Professionals

Resources for current and future older adult populations and nutrition training and technical assistance to the aging network.

Search the Site SEARCH

Find Relevant Resources

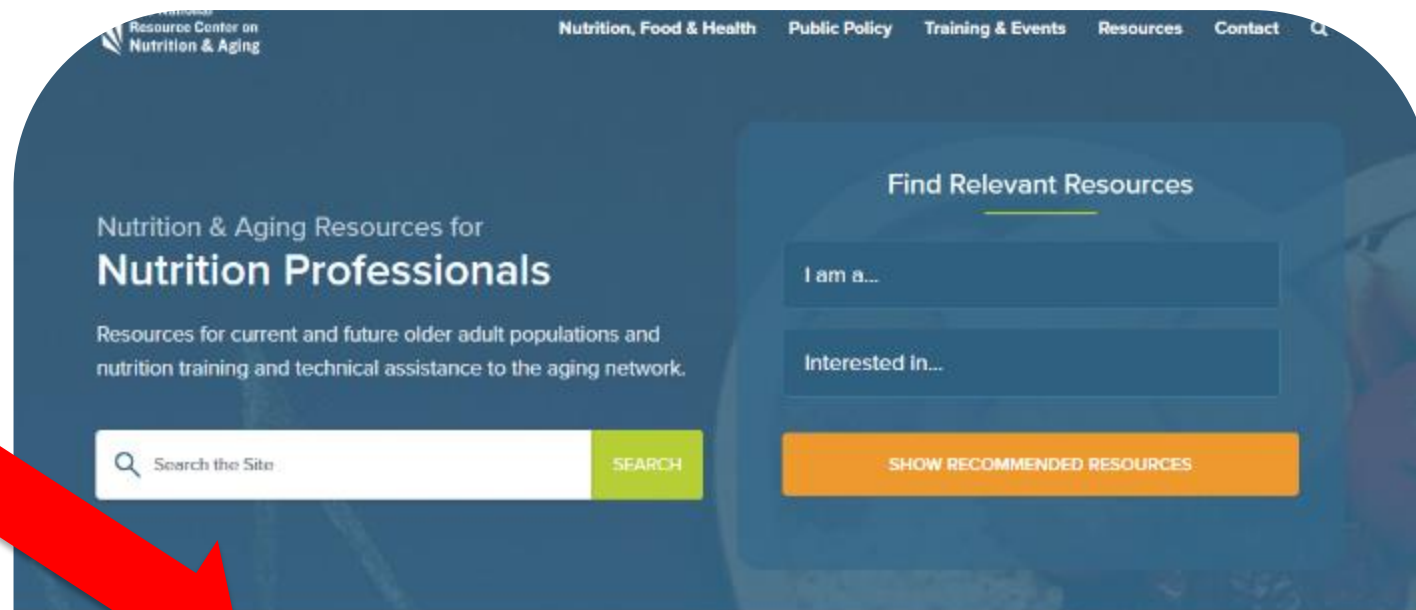
I am a...

Interested in...

SHOW RECOMMENDED RESOURCES



KEY SECTIONS



[View Recent Updates](#)



POPULAR TOPICS

Explore Popular Topics



Quality Nutrition



Operations



Healthy Living



Malnutrition



Training



Public Policy



Data & Stats



Sample Forms



Toolkits



Health

[More Topics](#)



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LET'S GO TAKE A LOOK AT THE NRCNA SITE



**The National
Resource Center on
Nutrition & Aging**

TECHNICAL ASSISTANCE AND TRAINING NEEDS ASSESSMENT SURVEY

PRELIMINARY FINDINGS

TECHNICAL ASSISTANCE AND TRAINING NEEDS ASSMT. SURVEY

INTENT

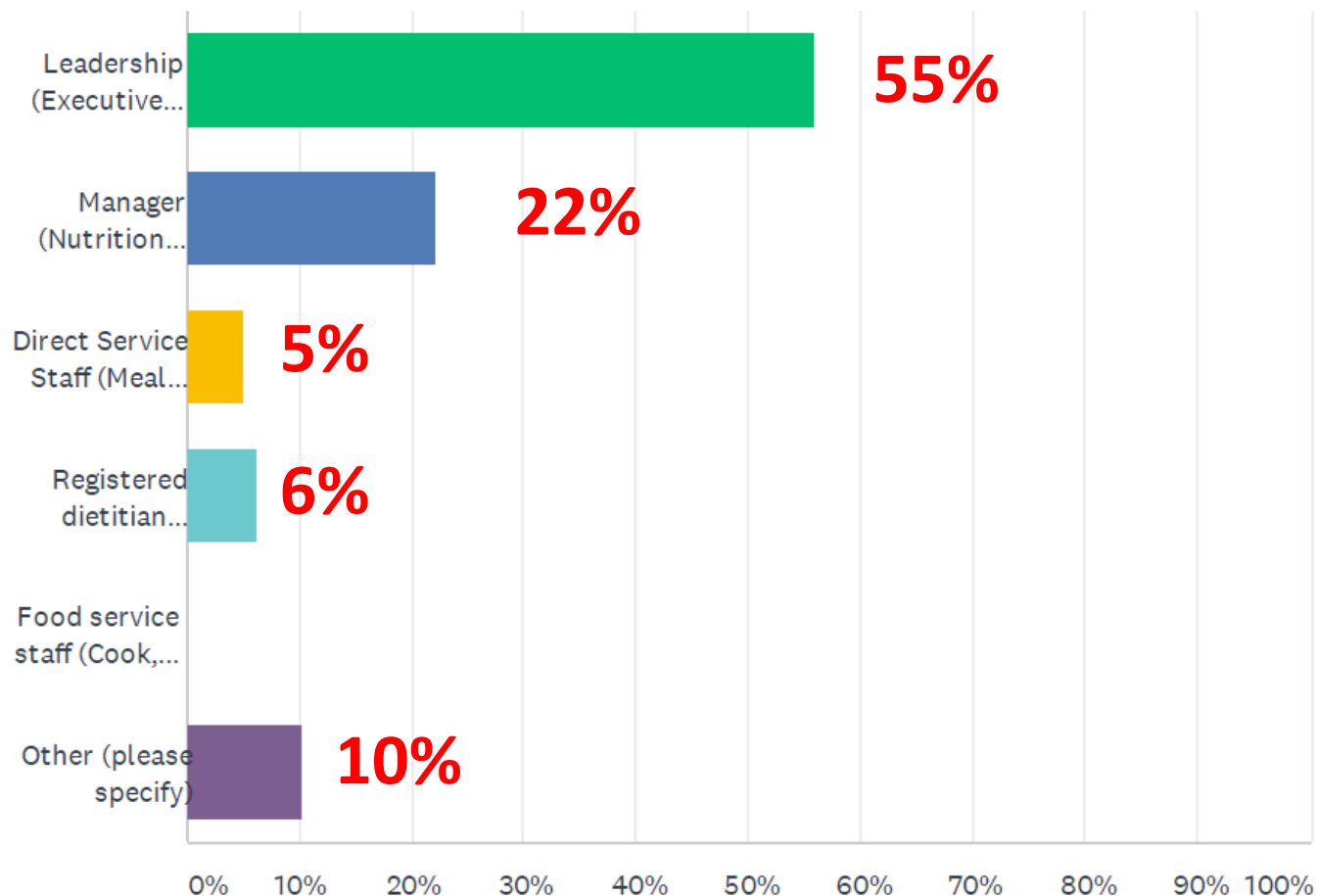
- The survey findings will be used to establish recommendations that will inform a strategy for ongoing training development by the NRCNA for the benefit of senior nutrition program professionals in the Aging Network.
- Survey fielded from June 23, 2020 – August 4, 2020

PROCESS

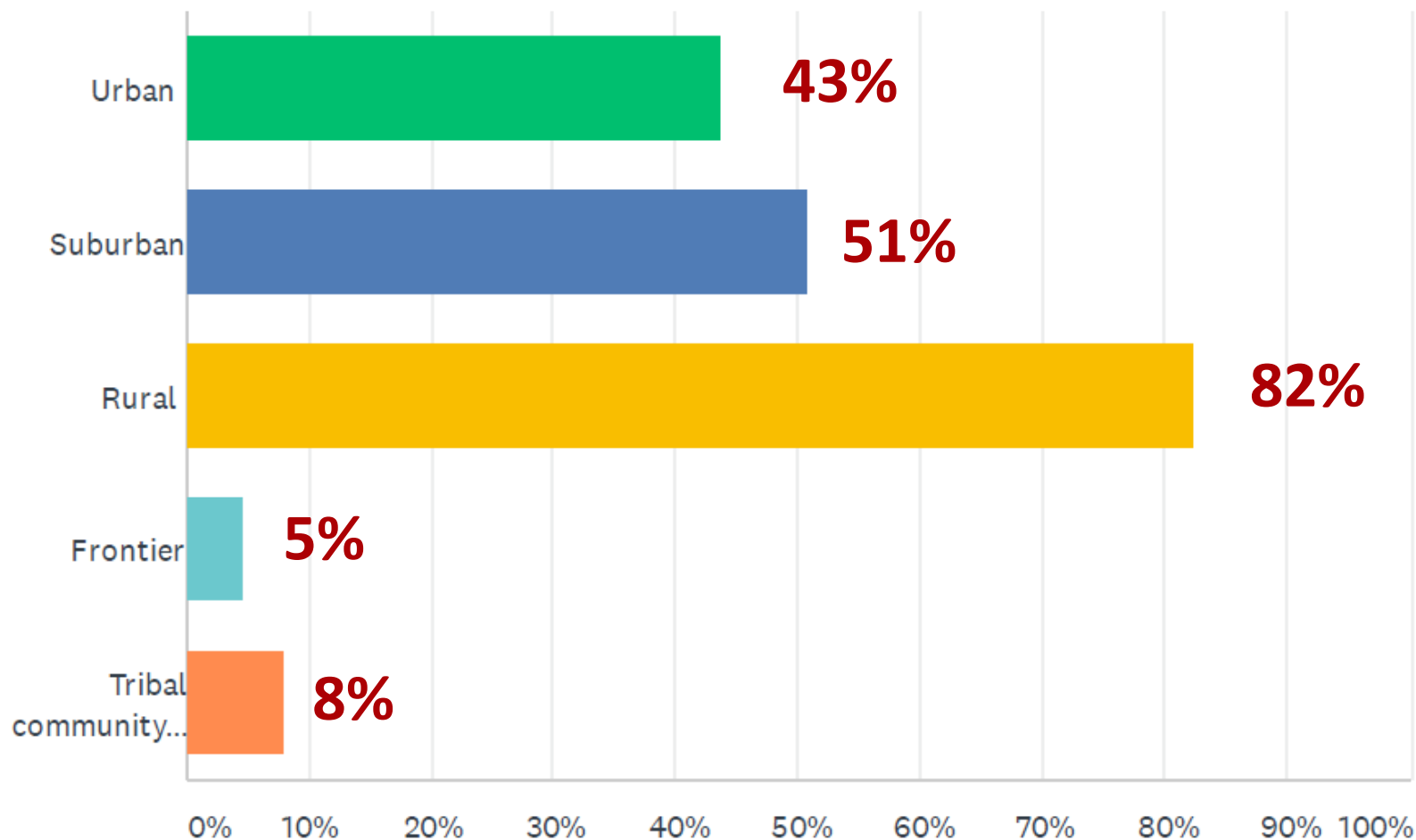
- Environmental scan – training landscape
- Key informant interviews – focus groups
- Quantitative and qualitative analysis



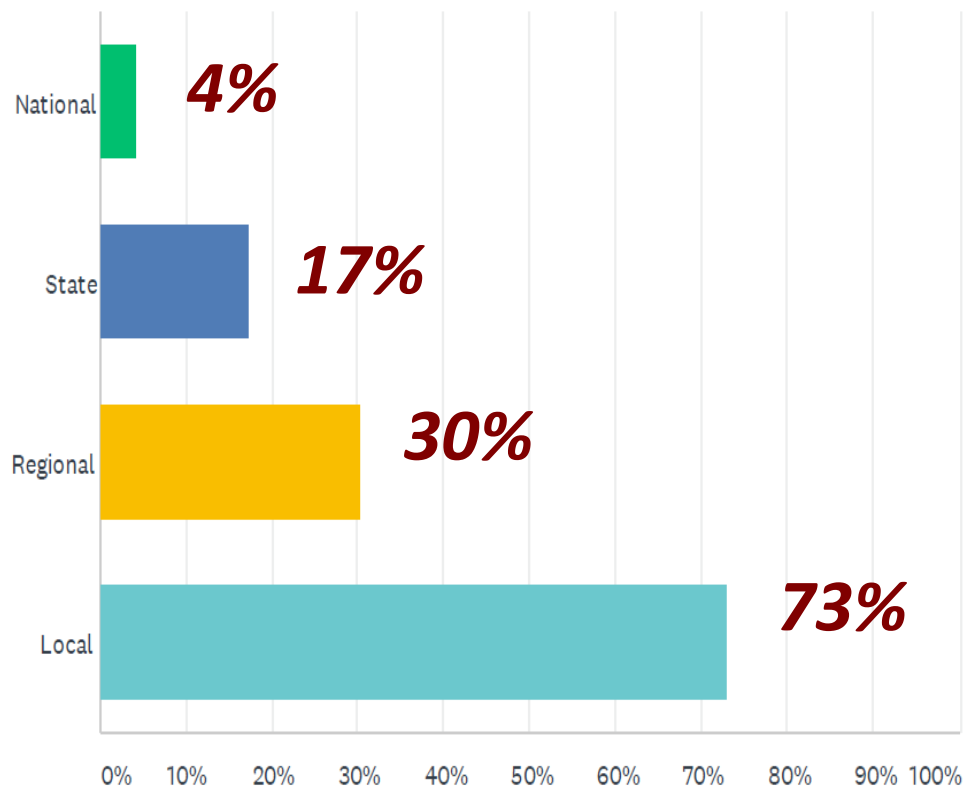
PRELIMINARY FINDINGS: RESPONDENTS



PRELIMINARY FINDINGS: ORGANIZATIONAL SETTING



PRELIMINARY FINDINGS: ORGANIZATION TYPE



SOME EMERGING THEMES

- Given the impact of COVID-19, respondents identified **addressing client social/emotional health**; promoting **positive client communication**; and **sanitation** concerns as the important training topic areas.
- Respondents identified the greatest need for training relates to the provision of **healthcare-related services**, **medically tailored meals** and **culturally/ethnically appropriate meals** in order for the senior nutrition program network to properly modernize to meet the shifting nutrition service needs of new generations of seniors.





**The National
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IMPORTANT REMINDERS

NEW FOR YOU IN 2020



Medical Nutrition Therapy Workbook for Seniors

A Resource Guide for Registered Dietitians and Senior Nutrition Program Administrators

The National Resource Center on Nutrition & Aging



Spring 2020

CAREGIVER NUTRITION EDUCATION TOOLKIT

Commissioned by: NRCNA
Written by: Linda Netterville, MA, RDN, Nutrition Consultant

This project was supported, in part by grant number 90FPNA0001 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201



Nutrition Needs for Older Adults:

Production

Protein is a type of carbohydrate that the body is unable to produce on its own. It is involved with healthy digestion and plays a role in reducing the risk of heart disease, diabetes, and to reduce inflammation in the body.² Approximately 25 percent of adults do not consume adequate protein. Protein is found in a wide variety of plant-based foods, including legumes, seeds. Eating a balanced and varied diet can help older adults meet their protein needs.

How Much is Needed?

Older adults need slightly less fiber than younger adults. Men require more fiber than women.

The Recommended Dietary Allowance (RDA) is based on the amount of fiber needed for protection against heart disease.³

It is important to get the right amount of fiber. Too little fiber can cause constipation and increase risk of certain chronic diseases. Too much, especially if increasing the amount of fiber in the diet too quickly, can cause gastrointestinal issues, including bloating, gas, and cramping.⁴

Food Sources of Fiber

Fiber is found in a wide variety of plant-based foods, like whole grains, fruits, and vegetables. Fiber content is reduced when grains are refined.

| Food source | Amount per serving |
|-----------------------|--------------------|
| Chickpeas | 0.5 cup |
| Black beans | 0.5 cup |
| Almonds | 0.3 cup |
| Quinoa (cooked) | 1 cup |
| Broccoli | 1 cup |
| Oatmeal (cooked) | 1 cup |
| Apple | 1 medium |
| Banana | 1 medium |
| Whole wheat bread | 1 slice |
| Brown rice | 0.5 cup |
| Cabbage (raw) | 1 cup |
| Shelled pumpkin seeds | 1 ounce |

FOOD SOURCES OF FIBER

Cooking with Plant-Based Protein

Commissioned by the National Resource Center on Nutrition & Aging; Written by Amy Myrdal-Miller, MS, RDN, FAND

Plant-based protein is a hot topic today.

Many people are looking for foods that provide as many nutrition benefits as possible while also being sustainably produced. Ingredients that provide plant-based protein also provide other nutrient benefits, including dietary fiber, iron, potassium, and other micronutrients. Beans and other pulses, as described below, are great sources of protein, fiber, iron, and potassium. Additionally, many plant-based protein sources contain little or no saturated fat, and in their raw form contain very little sodium.

Plant-based protein ingredients can support both your organization and the seniors you serve.

Using such ingredients often is very cost effective. If you compare the price of a pound of black beans, for example, with a pound of pork, the black beans will likely cost one-half to one-third per pound compared to the pork. In addition, plant-based protein ingredients can support healthy aging by being beneficial for bone health, bone strength, and retaining skeletal muscle – all of which can support greater physical function and independence. Senior nutrition program providers don't have to go to extremes with using plant-based protein; combining plant-based protein ingredients with animal protein offers the best of both worlds. This is an important step because most food sources rich in plant-based proteins offer incomplete proteins but if combined with other complete proteins (found in animal proteins), the whole dish becomes a nutritionally complete meal.

PROTEIN 101

What is a protein?

Proteins are comprised of hundreds or thousands of smaller units, called amino acids. There are two kinds of amino acids:

- Essential amino acids (not made by the body but required for normal body functioning).
- Non-essential amino acids (able to be made by the body or leveraged from the normal breakdown of protein in the body).

Are proteins all the same?

Proteins differ depending on if they are from animal or plant-based foods. There are generally three kinds of protein:

- Incomplete proteins do not contain or do not have enough of the essential amino acids to be a complete protein. Most plant foods (such as beans, peas, grains, nuts, vegetables, fruits) are incomplete protein sources.
- Complete proteins contain appropriate levels of essential amino acids. Animal foods (such as meat, poultry, and seafood) and soy, are complete proteins.
- Complementary proteins contain two or more incomplete proteins but when consumed together, compensate for each other's lack of essential amino acids (e.g., beans and rice, bread with peanut butter).



SAVE THE DATE: AUGUST 31, 2020

- *The Power of Partnerships to Drive Senior Nutrition COVID-19 Response and Recovery.*
- The purpose of this virtual event is to provide a forum for national thought-leaders spearheading efforts to partner with key stakeholders to share their insights on this important work during the pandemic.
- Registration information coming soon!



FOLLOW US ON TWITTER

@NRCNA_enAging



The National Resource Center on Nutrition & Aging

@NRCNA_engAging Follows you

Resources for current and future older adult populations and [#nutrition](#) training and technical assistance to the [#aging](#) network.

📍 Washington, DC

🔗 nutritionandaging.org

📅 Joined October 2018

Tweets **178** Following **182** Followers **88** Likes **157**

Tweets Tweets & replies Media

📌 Pinned Tweet



The National Resource Center on Nutrition & Aging @NR... · 29 Oct 2018 ✓

Welcome to The National Resource Center on Nutrition & Aging. We are here to provide resources for current & future older adult populations, [#nutrition](#) training & technical assistance to the [#aging](#) network. Check us out here:



National Resource Center on Nutrition and Aging

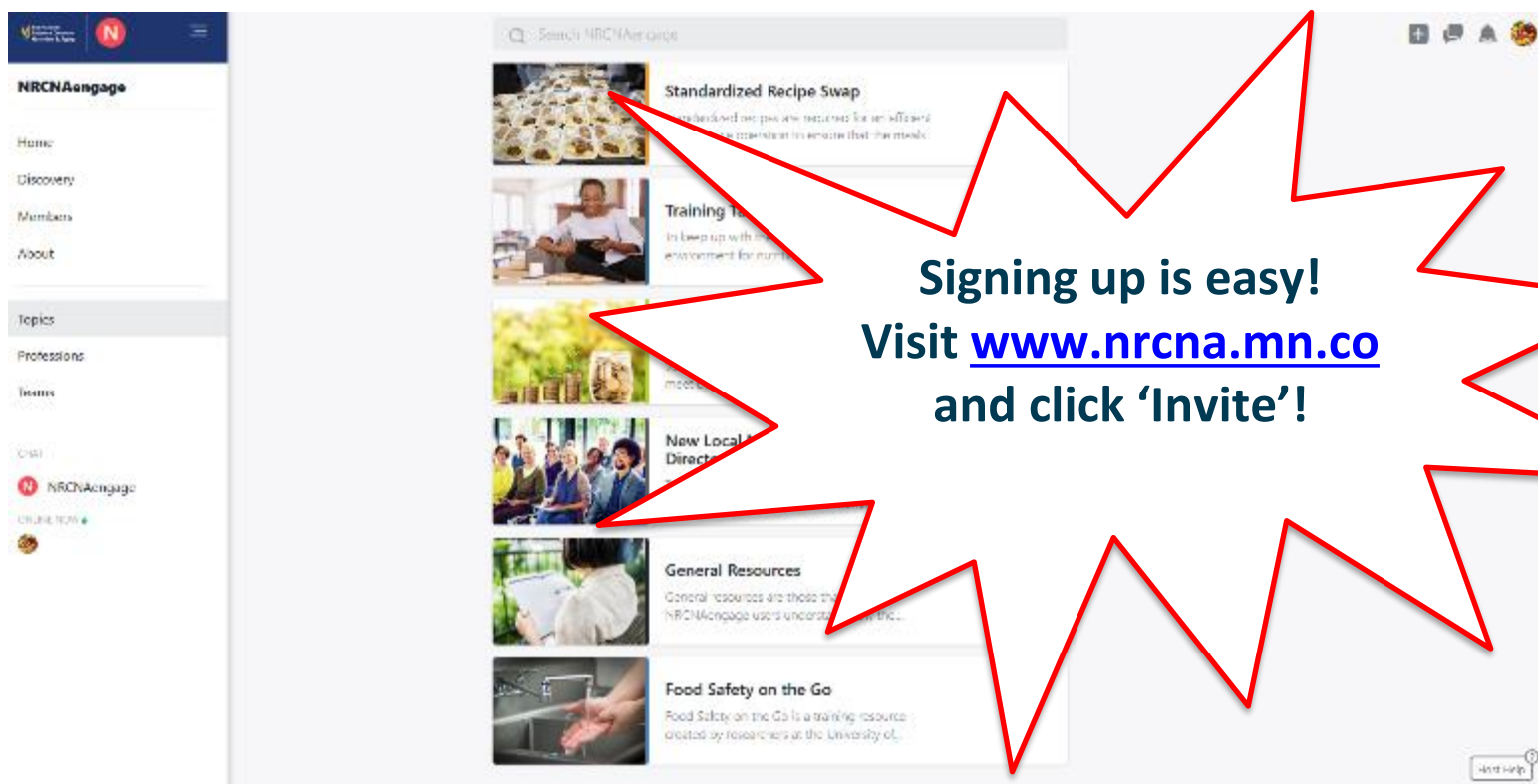
Designed to assist the national aging network, including local nutrition programs as well as national associations and state and regional agencies...

nutritionandaging.org

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CONNECT WITH YOUR PEERS VIA NRCNAengage

- NRCNAengage is an online venue for senior nutrition programs and State Unit on Aging staff across the country to connect, share best practices, resources, recipes and ideas for action!



The image shows a screenshot of the NRCNAengage website. On the left is a dark blue sidebar with the NRCNAengage logo and navigation links: Home, Discovery, Members, About, Topics, Professionals, Issues, and a list of states including NRCNAengage. The main content area has a search bar at the top and a grid of featured articles with images and titles: 'Standardized Recipe Swap', 'Training in...', 'New Local Direct...', 'General Resources', and 'Food Safety on the Go'. A large red starburst graphic is overlaid on the right side of the page, containing the text: 'Signing up is easy! Visit www.nrcna.mn.co and click 'Invite'!'.

THANK YOU & SUBSCRIBE TO OUR MONTHLY EMAIL

Q & A



@NRCNA_engAging



www.nutritionandaging.org

Please complete the webinar evaluation!

