

## Health and Well-Being

March 25, 2021

[Webinar recording and PowerPoint](#)

This webinar was the fourth of four events held in March to celebrate the anniversary of the National Senior Nutrition Program, which began in 1972.

### Learning Objectives

- Define health and well-being, including new challenges presented during the pandemic.
- Health and well-being programs and the value of partnerships.
- Reaching and marketing to older Americans.

The webinar kicked off with a welcome from ACL's Nutrition Consultant for the Office of Nutrition and Health Promotion Program, followed by two program speakers who addressed how they are tackling senior nutrition in their states.

### Speaker #1

*Carmen Clutter, MS, RDN, LD, Population Health and Nutrition Manager, Ohio Department on Aging*

- Assessed older Ohioans and created a comprehensive report about their health and well-being.
- Key findings of the assessment:
  - The opportunity to live a long and full life is out of reach for many Ohioans.
  - Strengthening housing and transportation in Ohio supports health aging.
  - Most people can cover basic needs, but many are not financially ready for life after work.
  - Caregiver supports and workforce capacity are key issues facing this population.
  - Older Ohioans face mounting challenges related to mental health and addiction.
  - Chronic conditions, including heart disease as well as dementia and related disorders, remain a concern for older Ohioans.
- Striking statistic: The assessment revealed a difference in life expectancy among residents in two areas located a mere four miles apart: nearly 22 years.
- Nutrition strategies instituted during COVID-19:
  - Prioritized essential services:
    - Personal care
    - Adult day services
    - Assisted transportation
    - Home-delivered meals
    - Care coordination
  - Created Small-Business Restaurant Initiative to support restaurants and meet the increased demand for home-delivered meals.
  - Used Title III-B funds to expand grocery ordering & delivery services.
  - Instituted bulk purchasing with farmers, using drive-thru pickup and home-delivered produce deliveries to get food to the community.
- Assessment data-informed development of the [Strategic Action Plan on Aging \(SAPA\)](#).
  - Aims to advance elder justice and equity and to achieve optimal health and well-being for older Ohioans.
  - Vision is Ohio is the best place to age in the nation.

- Developed nutrition strategies and measurements to improve health behaviors for older Ohioans.

## **Speaker #2**

*Alexandra Bauman, RD, LDN, Nutrition, Health & Wellness Director, Iowa Department on Aging*

- Consumer participation in Iowa's congregate meal program decreased 60% from 2010 to 2019.
- The program has identified barriers, worked to build new knowledge in the barrier areas, and is currently addressing both barriers and system issues. Barriers found include:
  - Marketing
  - Intake form
  - Menu
  - Nutrition
  - Funding
  - Environment
- Purpose of the Older Americans Act (OAA)
  - Reduce hunger, food insecurity, and malnutrition.
  - Promote socialization of older adults.
  - Promote health and well-being with access to nutrition and health promotion/disease prevention service to delay the onset of chronic conditions.
- According to the 2018 National Survey of OAA Participants:
  - 80% of congregate participants say they eat healthier because of the meal program.
  - 90% of home-delivered participants report the program helped them live independently and remain in their home.
- The OAA Nutrition Program is not simply a "feeding program" or a "meal program."
- Stressed the value of partnerships, outlining Iowa AAA community partners:
  - Mayor and local government
  - Nonprofits
  - Public spaces (e.g., parks, libraries, schools)
  - Faith-based organizations
  - Healthcare and hospital networks
  - Grocery stores
  - Food banks and pantries
- Outreach and marketing have been a focus.
  - Implemented a café-style concept (the Iowa Café) to make congregate meals more appealing to participants.
  - More information available on the Department of Aging's [webpage](#).