



**Nutrition and Aging  
Resource Center**

# Extension and the Aging Network: A Collaborative Partnership to Promote Healthy Aging

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# Objectives

1. Increase awareness of how the aging network and Extension can collaborate.
2. Gain ideas about specific nutrition, aging, and research projects to replicate in your community.
3. Gather resources to support your work in the aging network or Extension.

# The Senior Nutrition Program: What is it?

## Key Terms:

- Older Americans Act
- State Units on Aging
- Area Agencies on Aging
- Home and Community Based Serv
- Congregate Meals
- Home Delivered Meals
- Nutrition Education
- Nutrition Counseling



# Cooperative Extension: What is it?

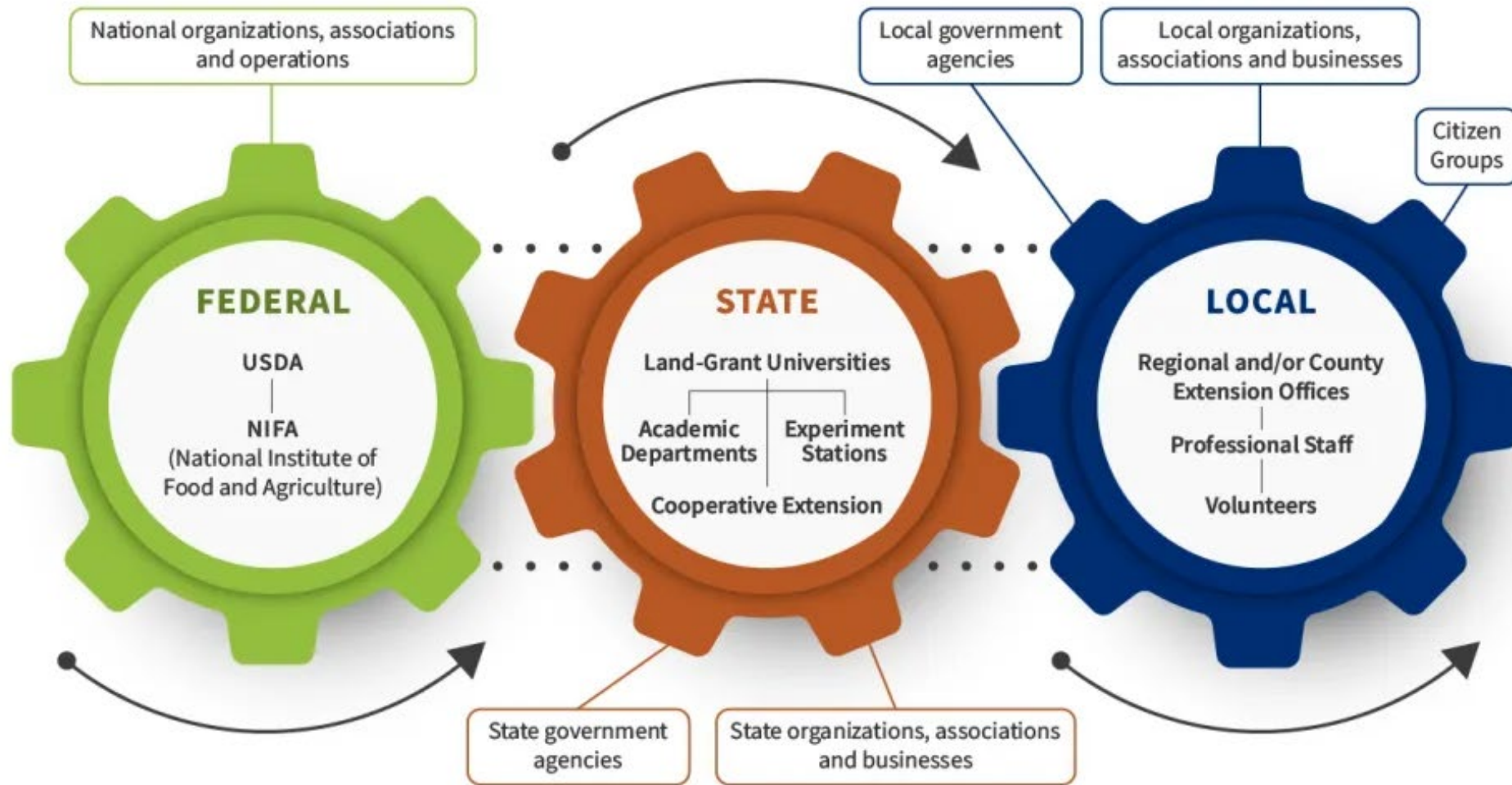


Image source: <https://www.nifa.usda.gov/about-nifa/how-we-work/extension/cooperative-extension-system>

# Career Paths



# Vision and Mission Alignment

## Iowa Department of Health and Human Services:

**Mission:** Iowa HHS provides high quality programs and services that protect and improve the health and resiliency of individuals, families, and communities.

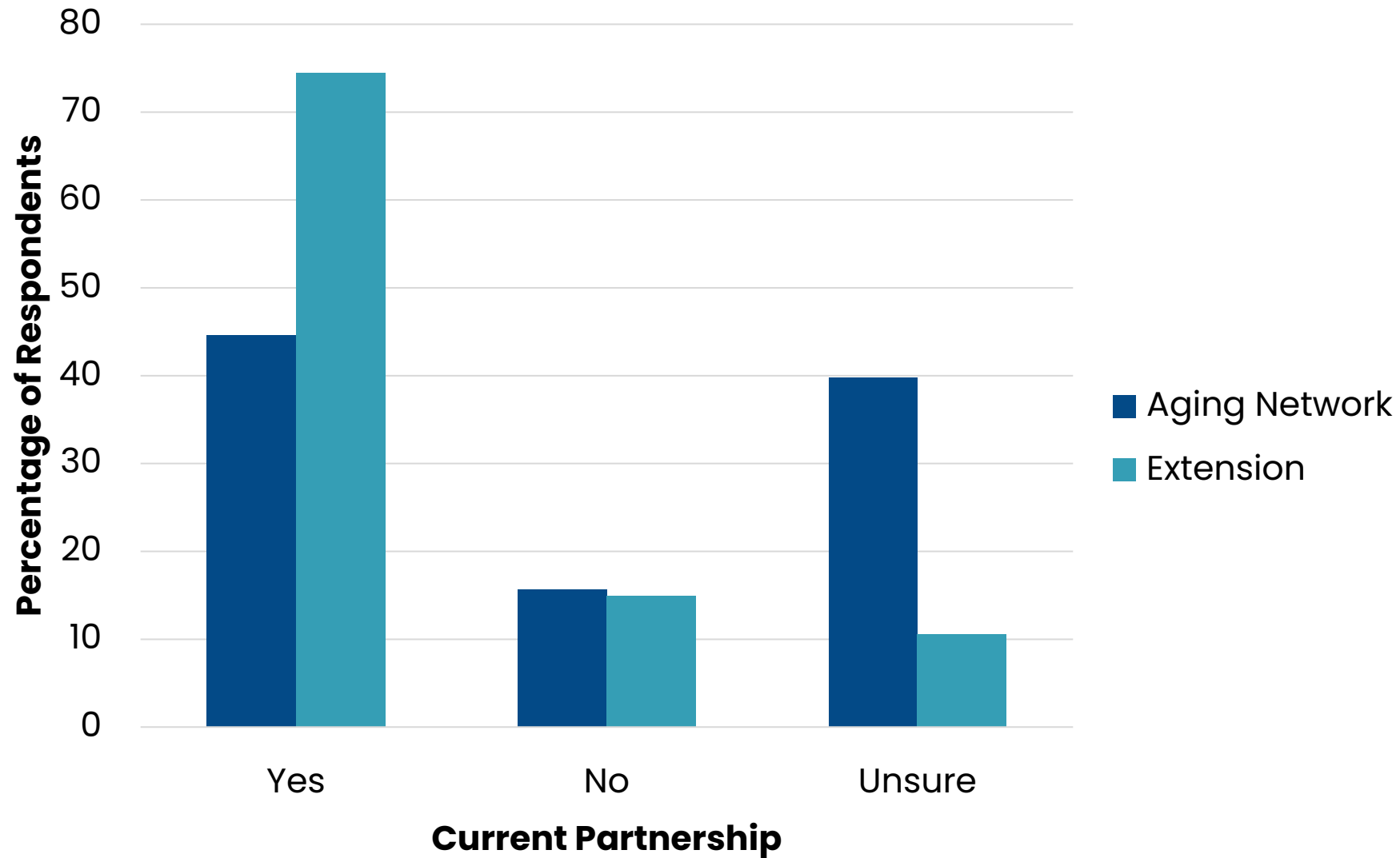
**Vision:** Iowa HHS is a trusted leader and partner in protecting health and providing high quality, equitable services.

## Iowa State University (ISU) Extension and Outreach:

**Mission:** ISU Extension and Outreach builds a strong Iowa by engaging all Iowans in research, education, and extension experiences to address current and emerging real-life challenges.

**Vision:** ISU Extension and Outreach will advance land-grant values by engaging all Iowans in solving today's problems and preparing for a thriving future.

# Senior Nutrition Program and Extension Partnerships



## Discussion:

### Partnership activities

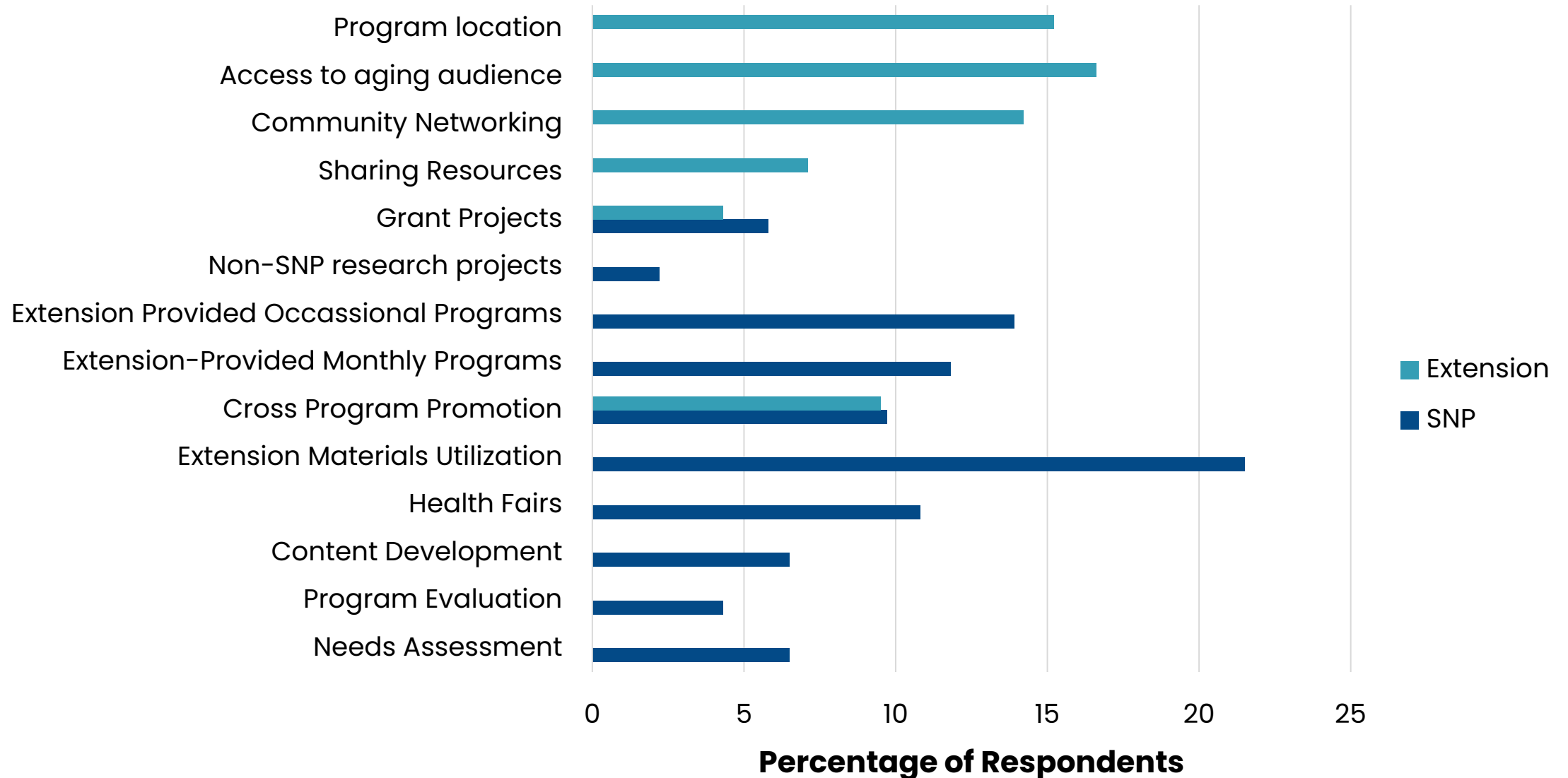
Please share in the chat:

If you work in the Aging Network, in what ways do you currently partner with a University or Cooperative Extension?

If you work for a University or Cooperative Extension, in what ways do you currently partner with the Aging Network?



# What a Senior Nutrition Program and Extension Partnership Can Offer



# Discussion:

## Partnership Challenges

In the chat, please share:

What barriers/challenges have you encountered working with the aging network or a University/Extension?

# Top 3 Challenges to Senior Nutrition Program and Extension Partnerships

Senior Nutrition Program Perspective	Extension Perspective
Bureaucracy (both organizations) (tie for 1 <sup>st</sup> )	Time (lack of)
Capacity constraints (tie for 1 <sup>st</sup> )	Capacity constraints (tie for 2nd)
Time (lack of) (tie for 1 <sup>st</sup> )	Bureaucracy (both organizations) (tie for 2nd)
Staff Turnover	Staff turnover
Changing policy	



Senior Nutrition Program  
Professionals Survey Link

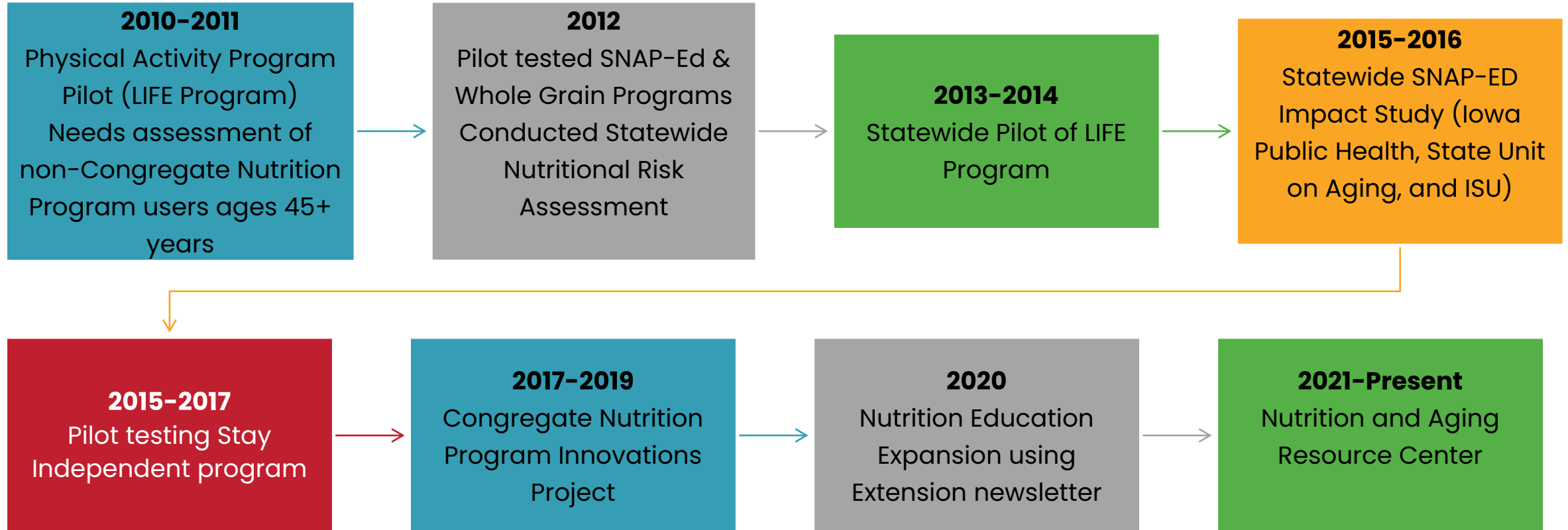


Extension  
Professionals Survey  
Link

# Top 3 Attributes of Current Senior Nutrition Program and Extension Partnerships

<b>Senior Nutrition Program Perspective</b>	<b>Extension Perspective</b>
Collaborative (tie for 1 <sup>st</sup> )	Collaborative
Informative (tie for 1 <sup>st</sup> )	Alignment (tie for 2 <sup>nd</sup> )
Balanced	Committed (tie for 2 <sup>nd</sup> )
Consistently communicative (tie for 3 <sup>rd</sup> )	Balanced (tie for 3 <sup>rd</sup> )
Focused on shared goal (tie for 3 <sup>rd</sup> )	Informative (tie for 3 <sup>rd</sup> )
Trustworthy (tie for 3 <sup>rd</sup> )	

# Iowa State Unit on Aging Collaborations with ISU Extension



**Outputs:** Reached ~10,000 Iowans; Published 15 journal articles; Trained 6 graduate students; Secured > \$6 million funding to support projects, 1 evidence-based SNAP-Ed Program, 1 multistate healthy aging program

**Impacts:** ↑ physical activity self-efficacy, ↑ nutritional status, ↑ needs-based education offerings, ↑ CNP utilization

# Stay Independent: A Healthy Aging Series



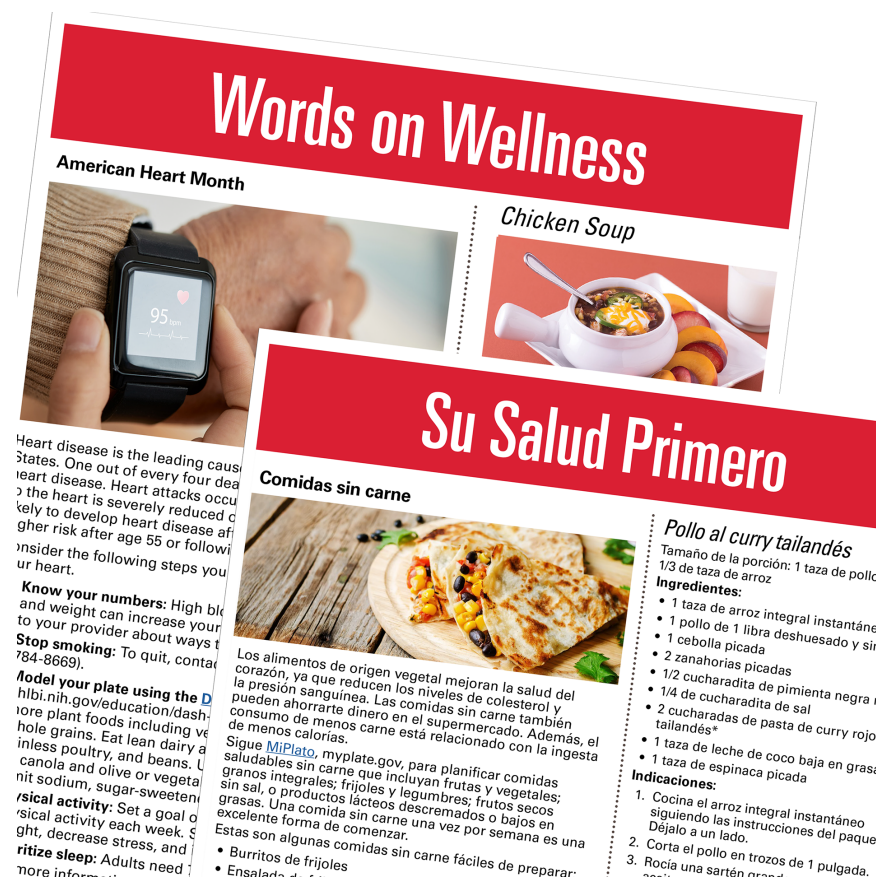
- **Purpose:** provide community-residing older adults with research-based wellness information intended to help promote increased familiarity with wellness behaviors
- **Target Audience:** Community-residing (adults age 60+ years)
- **Objectives:**
  - Increase familiarity with topics presented
  - Increase likelihood of participants trying at least one recommended behavior change
- **Topic Areas:**
  - Nutrition and Wellness (6 lessons)
  - Family Finance (2 lessons)
  - Family Life (2 lessons)



<https://www.extension.iastate.edu/humansciences/stay-independent>

# Nutrition Education Collaboration

- **Goal:** To ensure standardized and consistent research-based food and health information to Senior Nutrition Program participants



<https://www.extension.iastate.edu/humansciences/wellness>

# Expansion of Nutrition Education Collaboration

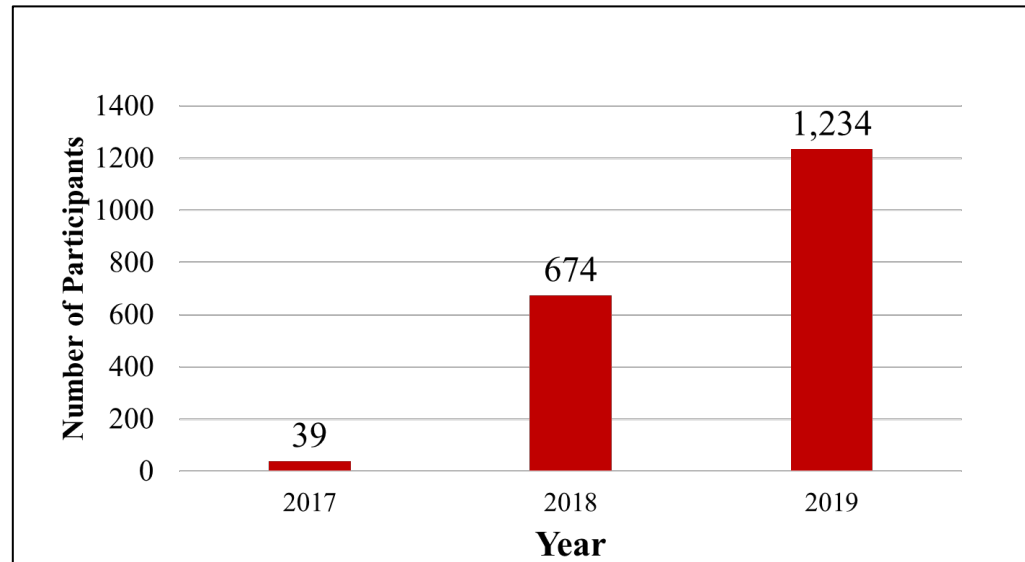
## **WOW LIVE:**

- Delivered by Extension county partners and/or congregate meal site managers
- Face-to-face and/or virtual program that highlights the key WOW monthly messages
- Facilitated discussion with 2-3 questions to engage participants
- PowerPoint presentation (optional)
- Recipe tasting (optional)



# Encore Café Collaboration

- **Identified Need:** Decline in Congregate meal participation
- **Benefit to Senior Nutrition Program:** 3,164% increase in congregate meal program participation



- **Benefit to Extension:** Graduate student research experience, experiential learning opportunity for undergraduate students, better understanding of motivators for health program participation

# Nutrition and Aging Resource Center



- **Identified Need:** research-based and audience-centered resources of successful programs
- **Benefits for both:** Establishing Iowa as a leader for senior nutrition programming
- **Outputs to date:**
  - Revised website
  - 2 summer webinar series (2022, 2023)
  - Senior Nutrition Program needs assessment (2022)
  - Online needs-based training course, ican!
  - 3 annual in-person grantees gathering in Des Moines
  - Consumer and health care provider needs assessment (2023)



# Tips for Building Collaborations

- **Communicate** vision, mission, and goals
- Identify **synergistic opportunities**
- Explore **collaborative funding** opportunities

# How to Get Connected

STATE UNITS ON AGING	COOPERATIVE EXTENSION
Eldercare Locator: <a href="https://eldercare.acl.gov/">https://eldercare.acl.gov/</a>	Extension Foundation: <a href="https://extension.org/">https://extension.org/</a>
	Land-Grant Impacts: <a href="https://landgrantimpacts.org/extension/">https://landgrantimpacts.org/extension/</a>
	NIFA Aging Extension Programs: <a href="https://landgrantimpacts.org/extension/">https://landgrantimpacts.org/extension/</a>
	North Central Region Aging Network: <a href="https://ncran.org/">https://ncran.org/</a>

# Call to Action

Just reach out! Make the personal  
contact.



**Questions?**



# Thank You

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