

## Grantee Publications

Innovations in Nutrition Programs and Services (INNU) Grantees continue to demonstrate how they support older adults throughout the nation. Learn more about INNU Grantee publications that have been submitted and accepted within the world of research.

*Links below will take you to the abstract for more information. Some publications will have a cost associated with reading the full research article.*

### Congregate and Café Dining

- [Participant Assessment of an Alternative Flexible Congregate Nutrition Meal Program for Older Adults:](#) Lanakila Pacific study showing how gathering participant feedback is crucial within programs to capture areas of success and improvement.
- [Long Term Support Referrals to Enhance Food Security and Wellbeing in Older Adults:](#) Texas Physicians and Nurses on What Works: Texas Congregate Meal Initiative study focused on viewpoints of Texas physicians and nurses regarding decline of congregate meal programs and community-based referrals for older adults.
- [Innovating the Iowa Congregate Nutrition Program: A Needs and Preference Assessment:](#) Iowa Department of Health and Human Services, Division of Aging and Disability Services study with a focus on increasing participation in the congregate nutrition program regarding motivators, barriers, menu preferences, facility attributes and educational programming.
- [Encore Café: An Innovative and Effective Congregate Nutrition Program:](#) Iowa Department of Health and Human Services, Division of Aging and Disability Services study on the impact of utilizing a client-centered approach in marketing and programming with Encore Café locations to improve congregate nutrition programs overall.

### Malnutrition

- [Preliminary evaluation of home-delivered meals for reducing frailty in older adults at risk for malnutrition:](#) LifeCare Alliance study showing how frailty and malnutrition is connected, and can be decreased with the addition of home-delivered meals.
- [Translating malnutrition care from the hospital to the community setting:](#) Academy of Nutrition and Dietetics CONNECT study, focusing on nutrition interventions starting during hospital discharge and continuing when patients go back home.
- [Implementing a Community-Based Initiative to Improve Nutritional Intake among Home-Delivered Meal Recipients:](#) LifeCare Alliance study that dives deeper into providing autonomy to older adults when it comes to selecting home-delivered meals and awareness of health complexities.
- [Deploying Implementation Strategies to Facilitate Professionals' Use of Home Care Frailty Scale:](#) LifeCare Alliance study on five implementation strategies with HCBS professionals' use of the evidence-based Home Care Frailty Scale.
- [Strategies for implementing the interRAI home care frailty scale with home-delivered meal clients:](#) LifeCare Alliance study focused on home-delivered meal staff implementing a standardized frailty instrument with clients on a consistent basis.



## Nutrition and Aging Resource Center

At the end of an INNU grant, the grantee organization creates a Capstone Project to help others replicate their work. The Capstone Projects are meant to inspire and provide a "how-to" guide to make innovation easy to implement for all. See [more work](#) done by the INNU Grantees on our website.

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- [Moving the Needle on Outcome Measurement: A Longitudinal Analysis of Frailty Among Home-Delivered Meal Recipients](#): LifeCare Alliance study on the connection of Home Care Frailty Scale and Clinical Frailty Scale with home-delivered meal recipients and older adults' ability to remain living in their own home.
- [Occupational therapy and registered dietitian services to reduce fall risk among home delivered meal clients](#): a randomized controlled feasibility trial - LifeCare Alliance study targeting fall risk reduction within home delivered meal recipients using four different service models.

## Mental Health – Suicide Prevention

- [Suicide Prevention in Older Adult Veterans](#): University of Arkansas for Medical Sciences study looking at how older adults and veterans can be supported when going through thoughts of suicide.
- [Suicide Intervention among Aging Network Providers](#): Georgia State University study on suicide-intervention skills amongst volunteers, providers, and other caregivers.
- [Listen Closer: Home delivered meal volunteers' understanding of their role in suicide prevention](#): Georgia State University study on home-delivered meal volunteers and Applied Suicide Intervention Skills Training (ASIST).
- [Racial Differences in the Relationship between Pain and Suicide Desire in Older Adults](#): Georgia State University study on racially diverse older adults who receive home-delivered meals, and the connection of pain and suicide ideation.
- [The Role of Religious Coping in Understanding the Suicide Risk of Older Adults during COVID-19](#): Georgia State University study on the increase of suicidal behaviors and ideation in older adults due to the COVID-19 pandemic.
- ["We all have a stake in this": a phenomenological inquiry into integrating suicide intervention in home-delivered meal service contexts](#): Georgia State University study on integrating evidence-based suicide first responder program (ASIST) with home-delivered meal participants.
- [Suicide risk factors among older adults](#): Implications for counselors as Medicare providers: Georgia State University study on connection of specific suicide risk factors and how counselors can intervene

## Nutrition and Aging Resource Center

- [Ageism webinars: a needs-based continuing education training for the national aging network](#): The Nutrition and Aging Resource Center evaluated the effectiveness of the 2022 Summer Ageism Webinar Series. The study highlights the effectiveness of needs-based training as the training modality and topic were chosen based on the 2022 Needs Assessment Report. Additionally, the study practices equitable evaluation by assessing whether outcomes were fairly achieved by respondents regardless of race, age and education.
- [Training Needs and Preferences of the Senior Nutrition Program Network: Amplifying Historically Marginalized Voices](#): Nutrition and Aging Resource Center provides technical assistance and is dedicated to programming equity. The Resource Center study focused on Senior Nutrition Program professional training needs and preferences by utilizing equitable evaluation practices.

## Partnerships

- [Reimagining cross-sector collaborations post-pandemic to optimize care for vulnerable homebound older adult populations](#): Interfaith Ministries study on stakeholder collaboration to meet the needs of vulnerable older adults during the pandemic.

## Technology Solutions

- [Food Delivery Apps and Their Potential to Address Food Insecurity for Older Adults: A Review](#) - Texas State University study diving deeper into technological innovations and how food delivery apps can decrease food insecurity for older adults.
- [A socioeconomic disadvantage index for informing policy, systems, and environmental change interventions for senior nutrition programs](#): Texas State University study regarding the development of a socioeconomic disadvantage index for older adults within central Texas, with a focus on food insecurity.
- [Perception of NEUVA \(Nutrition for Underserved Elders via Application\) Usability During Alpha-Testing](#): Texas State University study on the multifunctional app, NUEVA, to optimize recruitment, nutrition intervention and participant experience.

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