Title III-C of the Older Americans Act and You

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Meals On Wheels Association of America
Overview

- Goals
- Requirements of OAA
- Evaluation
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

Bar chart showing the percentage of BMI >25, obesity BMI >30, and diabetes in 2004, 2009, and national data for 2009.
Health Profile of Older Floridians

Bar chart showing the percentage of older Floridians with Heart Attack, CHD, and Stroke for the years 2005, 2009, and national 2009.
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
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
What We Eat

Calories from
solid fats and
added sugars

Calories from
nutrient-dense
foods

Recommended Limits

Calories from solid fats
and added sugars

Calories from
nutrient-dense foods
Dietary Intakes Compared to Recommended Levels

Eat More

- Calcium
- Vit D
- Potassium
- Fiber
Dietary Intakes Compared to Recommended Levels

Eat Less

- Saturated Fat
- Sodium
- Refined Grains
- Solid Fats
- Added Sugars
- SoFAS
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

www.aoa.gov/about/results/Final-Highlights-2nd-national-survey.pdf
# Meals Improve Dietary Intake

<table>
<thead>
<tr>
<th>Category</th>
<th>Home Delivered</th>
<th>Congregate</th>
<th>1999-2000 NHANES</th>
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</thead>
<tbody>
<tr>
<td><strong>FRUIT</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2+ svgs/day</td>
<td>48%</td>
<td>54%</td>
<td>45%</td>
</tr>
<tr>
<td><strong>VEGETABLES</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3+ svgs/day</td>
<td>19%</td>
<td>24%</td>
<td>13%</td>
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<tr>
<td><strong>DAIRY</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3+ svgs/day milk, soy, cheese</td>
<td>21%</td>
<td>20%</td>
<td>10%</td>
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</table>
Portion of Food OAA Congregate Meal Represents

Less Than One-Third

Between One-Third And One-Half

One-Half or More

*From National Survey of OAA Participants 2008*
Portion of Food OAA Congregate Meal Represents

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*From National Survey of OAA Participants 2008*
## Consumers Value Program Participation

<table>
<thead>
<tr>
<th></th>
<th>Home Delivered</th>
<th>Congregate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat more balanced meals</td>
<td>86%</td>
<td>79%</td>
</tr>
<tr>
<td>Better able to avoid sodium &amp; fat</td>
<td>81%</td>
<td>76%</td>
</tr>
<tr>
<td>Indicators</td>
<td>Home-delivered</td>
<td>Congregate</td>
</tr>
<tr>
<td>-------------------------</td>
<td>----------------</td>
<td>------------</td>
</tr>
<tr>
<td>Age 75+</td>
<td>70%</td>
<td>57%</td>
</tr>
<tr>
<td>Live Alone</td>
<td>56%</td>
<td>48%</td>
</tr>
<tr>
<td>Below Poverty</td>
<td>24%</td>
<td>14%</td>
</tr>
<tr>
<td>3+ ADLs</td>
<td>31%</td>
<td>8%</td>
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</tbody>
</table>
## Services Allow Seniors to Remain in Their Homes

<table>
<thead>
<tr>
<th></th>
<th>Home–delivered</th>
<th>Congregate</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>91%</td>
<td>59%</td>
</tr>
</tbody>
</table>

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/
Resources

- Dietary Guidelines for Americans

- Older Americans Act Nutrition Service Providers Guide

- National Institutes of Health
Resources

- Food and Drug Administration- Food Safety
  - [http://www.cfsan.fda.gov/list.html](http://www.cfsan.fda.gov/list.html)

- American Heart Association
  - [http://www.americanheart.org/](http://www.americanheart.org/)
  - Including cookbooks, recipes

- American Diabetes Association
  - Including cookbooks, recipes