



Older Adult Nutrition Policy and Projects: What's New, What's Next?

7/17/2023

Speakers

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**A Special Thank You to our
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Agenda


- Nutrition policy: What's new
- Nutrition Projects
- Malnutrition Research

White House Conference on Hunger, Nutrition, and Health

- Held nearly a year ago, September 2022
- Pleased to be delegate
- NANASP and DMT helped lead effort to get older adult nutrition issues into conference
- Session at 2022 USAging Conference was pivotal



WHITE HOUSE
CONFERENCE ON
**HUNGER,
NUTRITION,
& HEALTH**



Initial Recommendations Included Older Adult Issues

- Increasing funding for Older Americans Act (OAA) nutrition programs
- Universal screening for food insecurity in federal health care systems; incentivizing other payors and providers to screen for food insecurity and other social determinants of health
- ACL to develop an older adult Nutrition Research Agenda
- Leveraging federal nutrition programs to promote healthy habits and nutrition education
- Expanding access to nutrition counseling
- Regular updates to the Dietary Guidelines for Americans with detailed national nutrition education campaigns

Followed with Financial Commitments

- \$8 billion in commitments from private sector, and a Spring 2023 call for more
- Big development since Conference: OAA Nutrition Programs largest increase in program history: \$100 million increase
- The Presidential Budget in Feb. 2023 included \$218 million



Related Bills have been introduced

End Senior Hunger Act S.1036

- Sponsored by
 - Sen. Robert Casey, Jr. (D-PA)
 - 10 other co-sponsors
- For older adults and adults with disabilities
- Streamline SNAP
 - Applications
 - Certification periods
 - Medical expense deductions
- Address other SNAP barriers

Medically Tailored Meal Demonstration S.2133

- Sponsored by
 - Sen. Debbie Stabenow (D-MI)
 - Sen. Roger Marshall, M.D. (R-KS)
 - Sen. Cory Booker (D-NJ)
 - Sen. Bill Cassidy, M.D. (R-LA)
- For older adults and adults with disabilities
- Establishes a Medically Tailored Home-Delivered Meals Demonstration Program under Part A of Medicare



And more will be introduced this week

Senior Nutrition Task Force Act of 2023

- Sponsored by
 - Sen. Bob Casey (D-PA)
 - Susan Collins (R-ME)
- For older adults and adults with disabilities.
- Create a federal interagency Task Force led by HHS and USDA to identify ways to combat hunger, food insecurity, and malnutrition
 - Include members with lived experience
 - Produce recommendations for coordinating across federal nutrition programs

TEAMS Act:

Tools for Ensuring Access to Meals Act

- Sponsored by
 - Sen. Bob Casey (D-PA)
- For older adults and adults with disabilities
- A nationwide pilot program to address hunger, food insecurity, and malnutrition
 - Grants to ACL for innovative models for access to federal nutrition programs
 - Best practices for interagency collaborations
 - Evaluate effectiveness of programs

WHAT next?

Apprehension around two things

FY24 Funding



Farm Bill



FY 24 Funding

- Fiscal Responsibility Act could lead to cap or cut in so many programs for next 2 years.
- The process is still unclear:
 - House numbers are emerging
 - Senate numbers expected by end of July
 - Cap on everything? Or some increases allowed?
- This month will be critical on funding





Farm Bill

- Needs to Be done by Sept 30
- Likely a short-term extension might be needed
- Continues to be referendum on SNAP, as it accounts for ~78% of funds
 - Grow it?
 - Scale it back?
- Older adults, especially those with low income could be in crossfire key
- Many bills expanding and reducing SNAP access have been introduced
- Key to know house and senate ag committees

What's Next?

OAA Proposed Regulations

- These are the detailed rules that outline how to implement the OAA
- The last substantial update to most OAA program regulations was in 1988
- Goal not just to implement the 2020 OAA reauthorization, but to modernize the act to meet current times
- Current times including dramatic increase in number of older adults and the post pandemic era
- Proposed Regulations include:
 - New flexibilities provided to C1 and C2 with the types of meals they can provide
 - Broader definition of homebound
 - Area plans to include malnutrition
- Comments due August 15th
- <https://acl.gov/OAArule>

2024 Reauthorization of OAA



- The Supporting Older Americans Act of 2020 reauthorized programs and funding for FY 2020 through FY 2024.
- It includes amendments to the original law, including
 - Disease prevention and health promotion activities like fall-related injuries and social isolation;
 - modifications to nutrition services programs to call attention to malnutrition;
 - changes to the Title III statutory funding formula for certain programs; and
 - dedicated funding for a supportive services program for Native Americans under Title VI
- What might be in the next reauthorization?

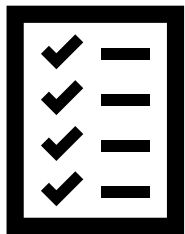


What's the Overall Goal

- **The goal should be nutrition security in our nation**
- Having consistent access, availability and affordability of foods and beverages that promote well being and prevent disease
- By following strategies proposed at the historic White House Conference, we can shift from subsidizing poor nutrition to allowing good nutritious food to just as affordable and accessible
- And while our focus is on further investment for older adult nutrition, the overall policy goal is **promoting good nutrition throughout the lifespan**

Projects Supporting **Nutrition and Aging Resource Center**

Survey re-opening
congregate meal
sites



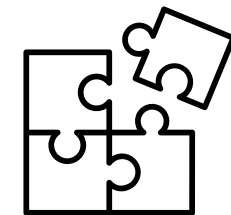
Materials for Ican
Training



Sodium Reduction



Malnutrition
Learning
Collaborative



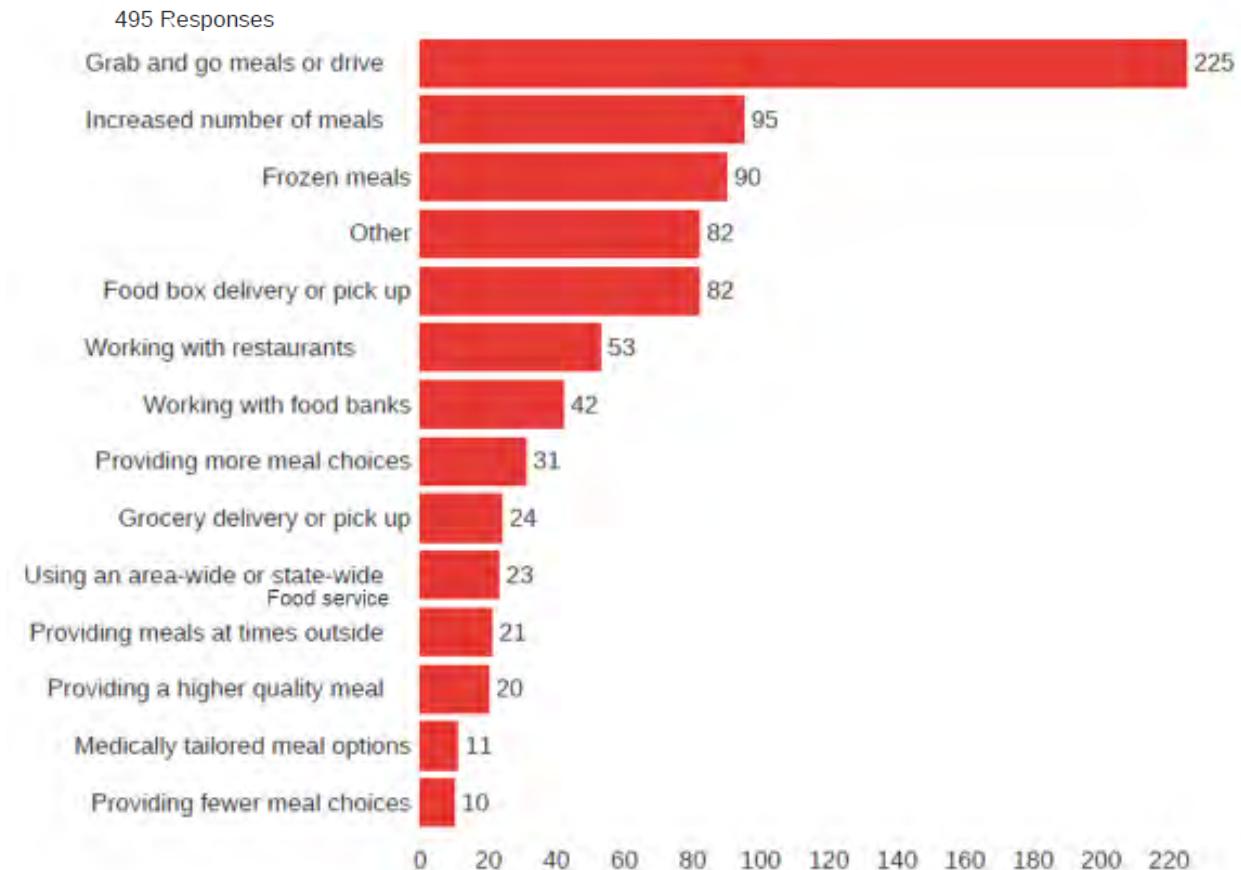
This project was supported, in part by grant number 90PPNU0002, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

Survey on re-opening Congregate Meal Programs

Results

- 523 completed surveys
- 47 states
- Wide range of organization size, serving both rural and urban, mostly serving white participants
- All sites pivoted during the pandemic

What new service delivery methods implemented during the COVID-19 pandemic will your program adopt moving forward? -





Attracting New Participants

- Targeting and retaining new participants
 - Grab-and-go
 - Restaurant programs
 - Renaming centers and programs
 - Activities
 - Intergenerational spaces

“When we offered the grab and go, we didn’t see this demographic in any other place.”



Instructional Campus on Aging Nutrition

- Provides training on the Older Americans Act, partnerships, operating a nutrition services program, menu planning, diversifying funding
- For AAA, local service providers, state units on aging, congregate and home-delivered meal program staff and volunteers, RDs
- <https://acl.gov/senior-nutrition/ican>



How-To Guide: Partnering with Health Care Systems

Where do we start?

Evaluate your goals and objectives in partnering. Establish some direction for the partnership or generate some ideas on how you would like to engage. Revisit your strategic plan and decide how the partnership can align with it. Consider these questions, potentially as a group activity:

- Is your organization achieving its strategic goals? If not, how can a partnership with a hospital system assist your organization in achieving its goals?
- What problem is this partnership meant to tackle? What can this partnership do that cannot be done in-house?
- What organizational goals can be met by this partnership?
- What product, programmatic, business and pricing goals do you have for your anticipated collaboration?

Where can we find more resources?

The [Nutrition and Aging Resource Center website](#) has links to many useful presentations, toolkits, and documents, including:

- The Aging and Disability Business Institute's [contracting toolkit](#) and [sample contracts](#)
- Presentations and other resources on [working with health care systems](#)
- Guides and resources on [business skills](#)

Sodium Reduction Initiative

- White House Conference called for federal agencies to facilitate lowering the sodium content of food, including older adult nutrition programs.
- ACL's focus is meeting the DGA/DRIs and sodium is part of that effort
- FDA is the lead in establishing a voluntary strategy to lower the sodium in foods.



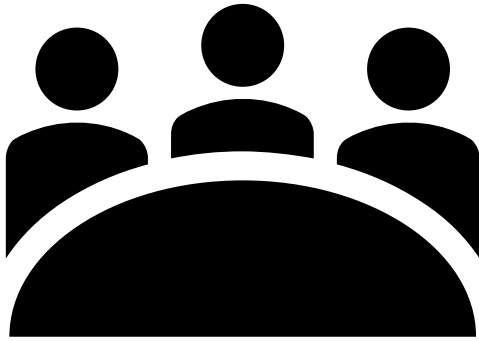
Sodium Reduction Toolkit

Sodium is an essential nutrient our bodies use in small amounts for many different functions. Eating too much sodium increases risk for high blood pressure and other health problems. This toolkit explains major sources of sodium, calculating sodium content of meals, options for reducing sodium, and more.

- Toolkit: <https://acl.gov/senior-nutrition/sodium-reduction-toolkit>
- Webinar: <https://www.youtube.com/watch?v=W0ahUpwyTuo>

Malnutrition Learning Collaborative

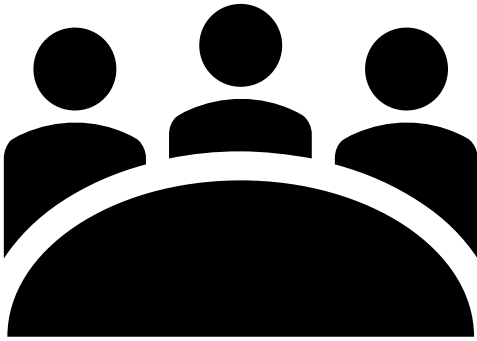
Including Malnutrition in State Plan on Aging



- Purpose of the OAA Nutrition Programs is to reduce hunger, food insecurity and malnutrition
- 2020 Update authorized the inclusion of malnutrition screening in OAA-funded programs and included malnutrition prevention as an overall purpose of the senior nutrition program
- 2022 Study found 33% of plans mentioned malnutrition but only 8% as goals/objectives and 15% as strategies/actions.
- This links back to the White House Conference focus on screening for food insecurity and other SDOH

Malnutrition Learning Collaborative

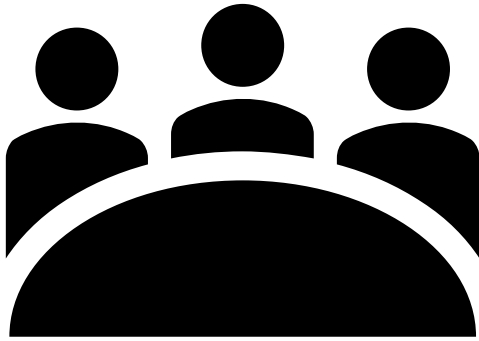
Including Malnutrition in State Plan on Aging



- 9 states participated
 - 4 focused on writing malnutrition into their state plan
 - 5 focused on executing malnutrition plans
- 6 technical experts
- How can State Units on Aging collaborate with AAAs?
 - Communication-Monthly Calls
 - Feedback during the initial planning
 - Pilots
 - Trainings
 - SUAs are a resource to AAA
 - Explaining benefit of collecting malnutrition screening data to show impact
 - Getting to the local provider

Malnutrition Learning Collaborative

Including Malnutrition in State Plan on Aging



- Overall Takeaways
- We have developed a resource guide for State Units on Aging to use going forward
- Webinar happening in late August
- Will share to the network

Addressing Food Insecurity & Malnutrition Among Connected Seniors

Spring 2023



tivity
HEALTH



*My wife and I are just living on beans, rice, and fruit.
We are making our own quick bread to save money.*

Feel I'm not worthy to get it.

*Know how to make thing's stretch
until I am able to buy more.*



Up to 1 in 2 older adults is either at risk of becoming or is malnourished.¹

Kaiser MJ, Bauer JM, Ramsch C, et al. Frequency of malnutrition in older adults: a multinational perspective using the mini nutritional assessment. J Am Geriatr Soc. 2010;58(9):1734-1738.

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Nutrition as Imperative...

Seniors regardless of age, income, and region face unprecedented challenges to healthy aging today. Nutrition as one such imperative is at the intersection of lasting pandemic effects, supply chain shocks, and until very recently crippling inflation.

This study sought to understand current conditions of food insecurity and the use of congregate meals among the general senior population as well as a light shone specifically on the conditions of the underserved including minority, rural, and low income seniors. 'Connected' refers to those with the means to complete a digitally deployed study.



Respondent Profile



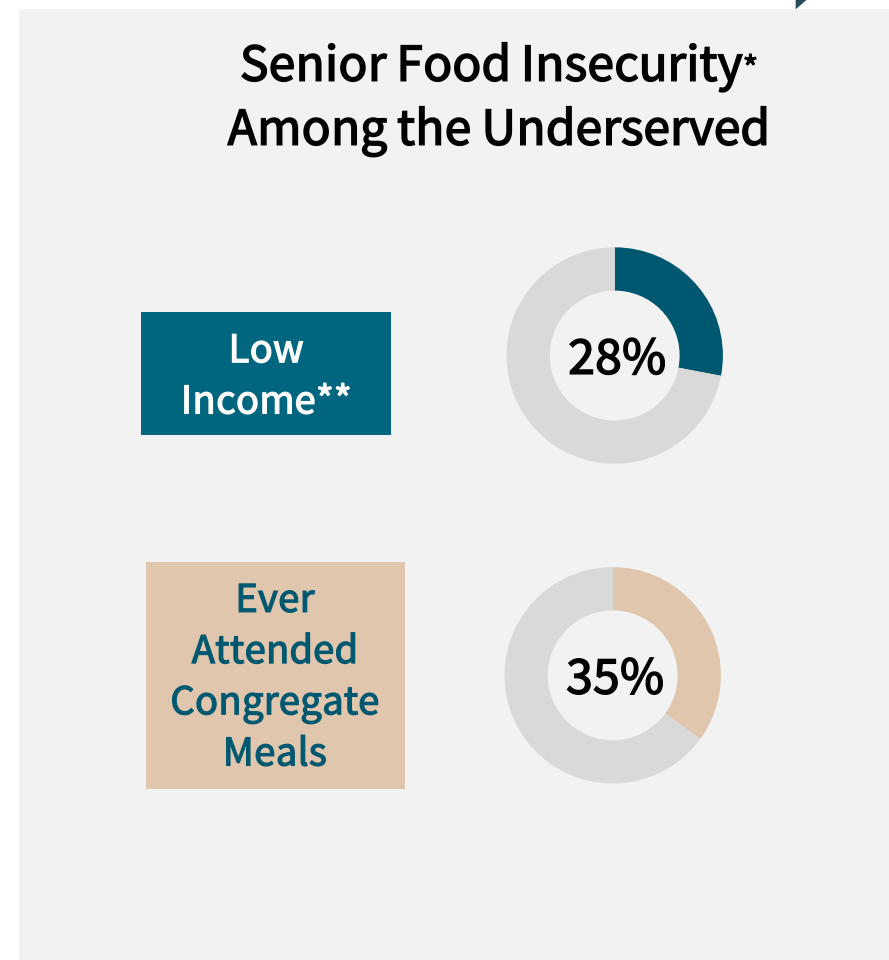
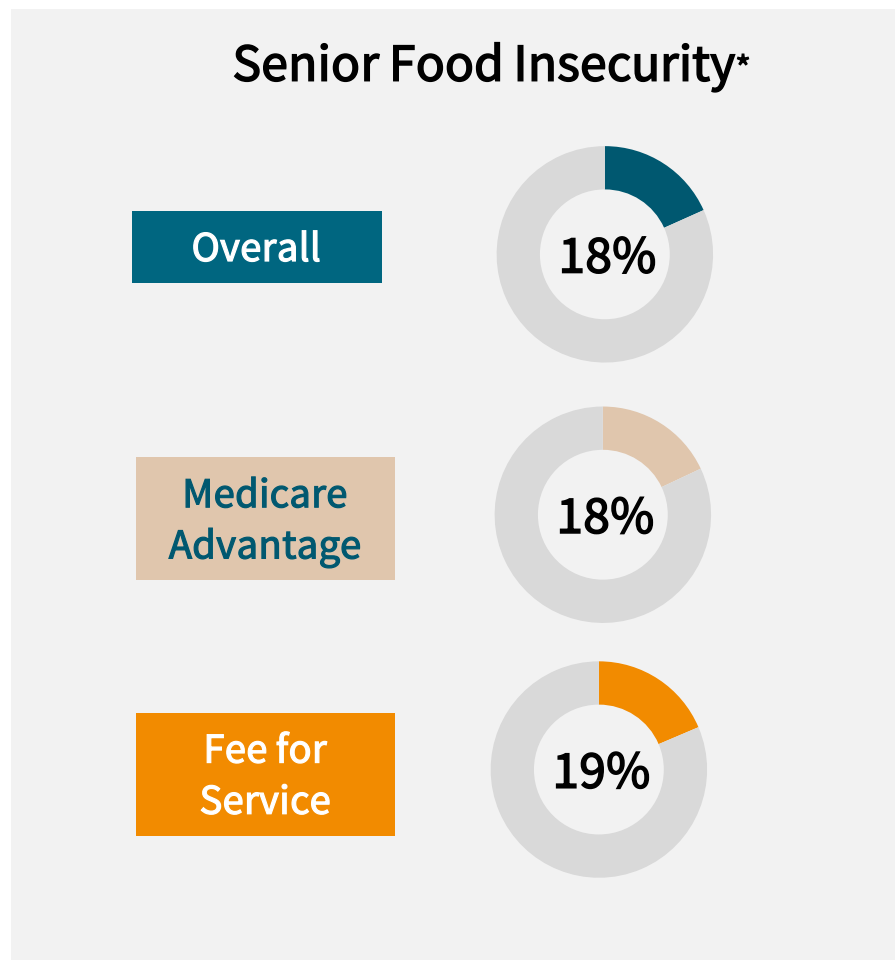
		Overall	Medicare Advantage	Fee For Service
Age	65-74	71%	71%	71%
	75+	29%	29%	29%
Gender	Female	55%	55%	55%
Income	<\$50,000 Annually	47%	47%	47%
Urbanicity	Urban	13%	13%	13%
	Suburban	48%	53%	42%
	Rural	39%	35%	44%

Key Findings

- The underserved face food insecurity to a much greater degree than the average senior
- Food insecurity is consistently experienced across groups through lacking access and affordability
- The underserved face greater risk of malnutrition compared against the average senior as well
- Congregate meals remain an embraced solution among those looking for a nutritious meal
- As limited access to nutrition solutions persists, social isolation among seniors compounds the problem
- Access to, and perceptions of, congregate meals continue to hamper use of this critical service

Food Insecurity

The underserved face food insecurity to a much greater degree than the average senior

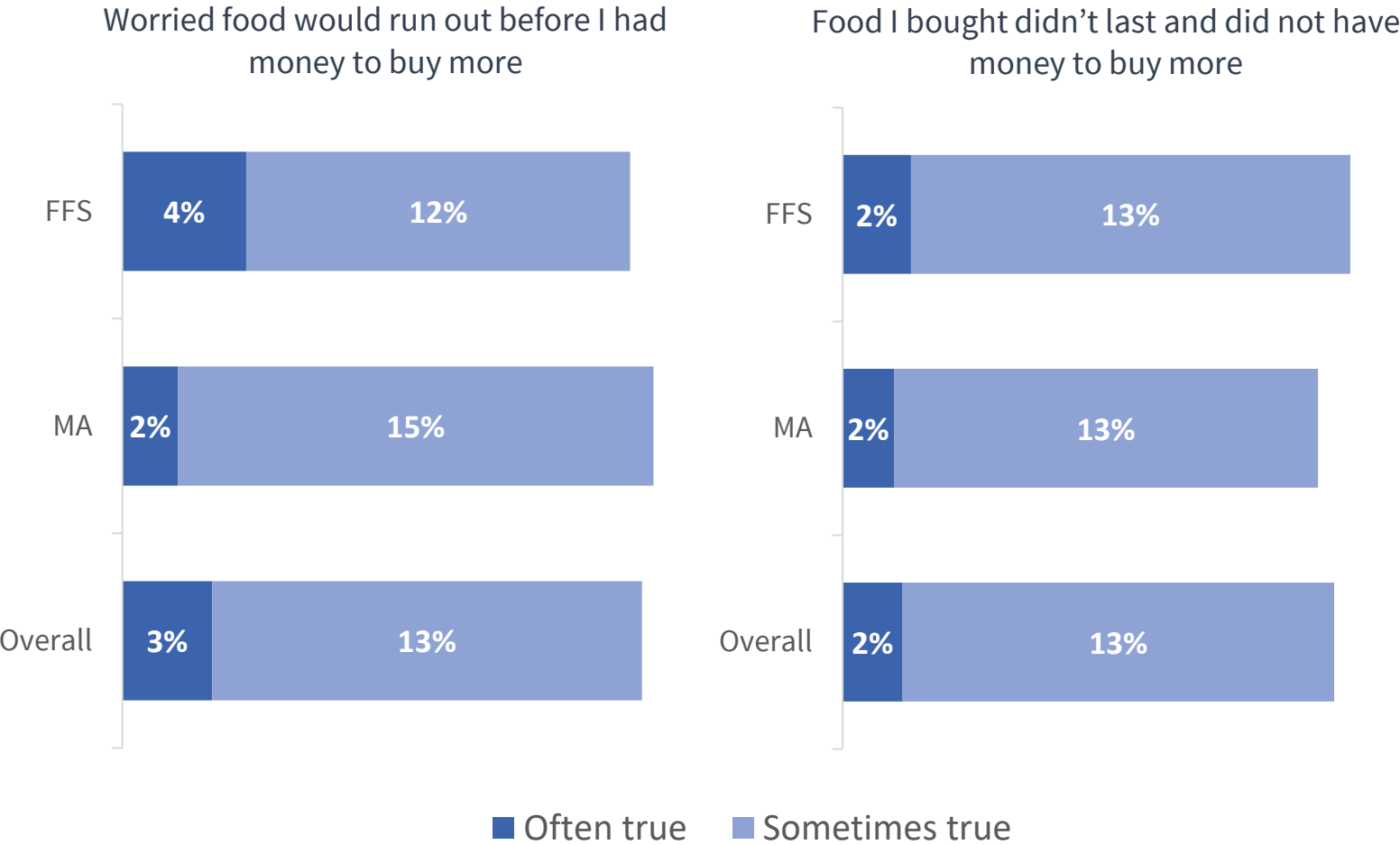


*Hagar ER, et al. Pediatrics. 2010;126(1):e26-e32

**Gunderson C, et al. Public Health Nutr. 2017;20(8):1367-71

**Annual household income of <\$50,000

Food insecurity is consistently experienced across groups through lacking access and affordability



I have limited mobility and don't get out very much.

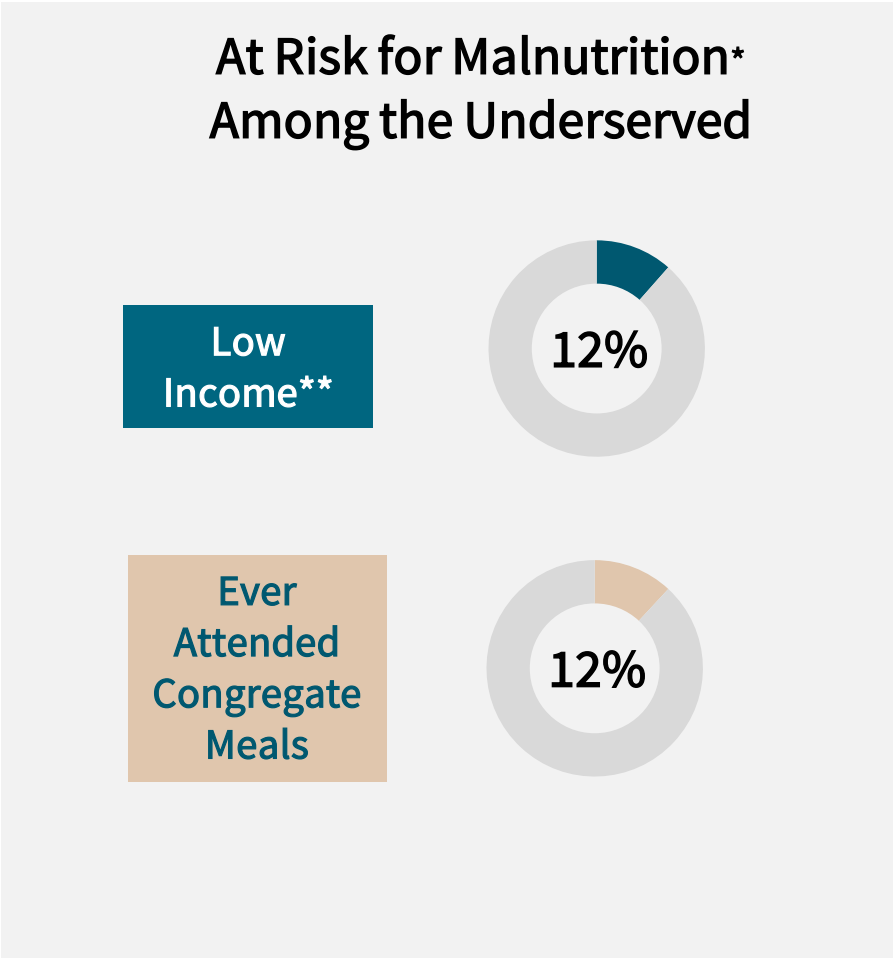
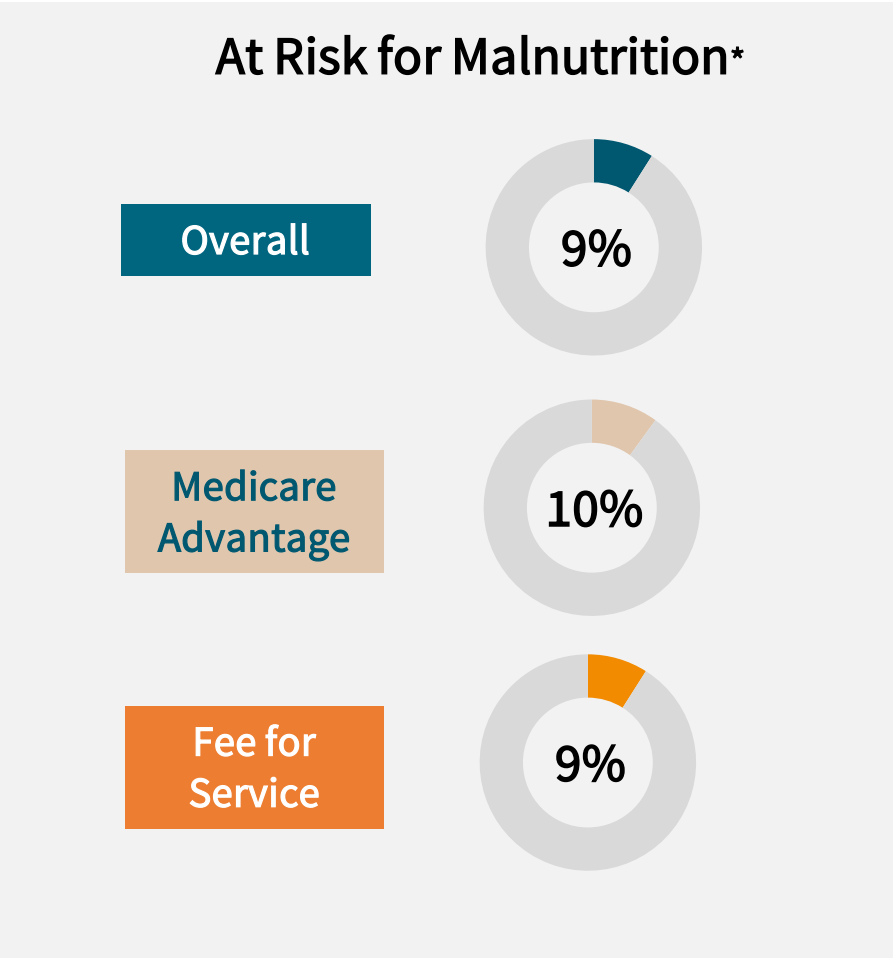
I am still working full-time.

Price of gasoline.



Malnutrition

The underserved face greater risk of malnutrition compared against the average senior as well



Malnutrition leads to weight loss of up to 13 pounds per month among most losing without trying



Malnutrition Screening Tool*	Overall	Medicare Advantage	Fee For Service
% ‘Yes’ – Lost weight without trying	14%	13%	15%
Lost 2-13lbs	83%	82%	84%
Lost >13lbs	15%	17%	13%

Food brought to our residence.

Due to health reasons, I have to watch fat content, salt content, etc. [and] this is difficult to do if you are not personally preparing your meals.

I am on a very strict diet.



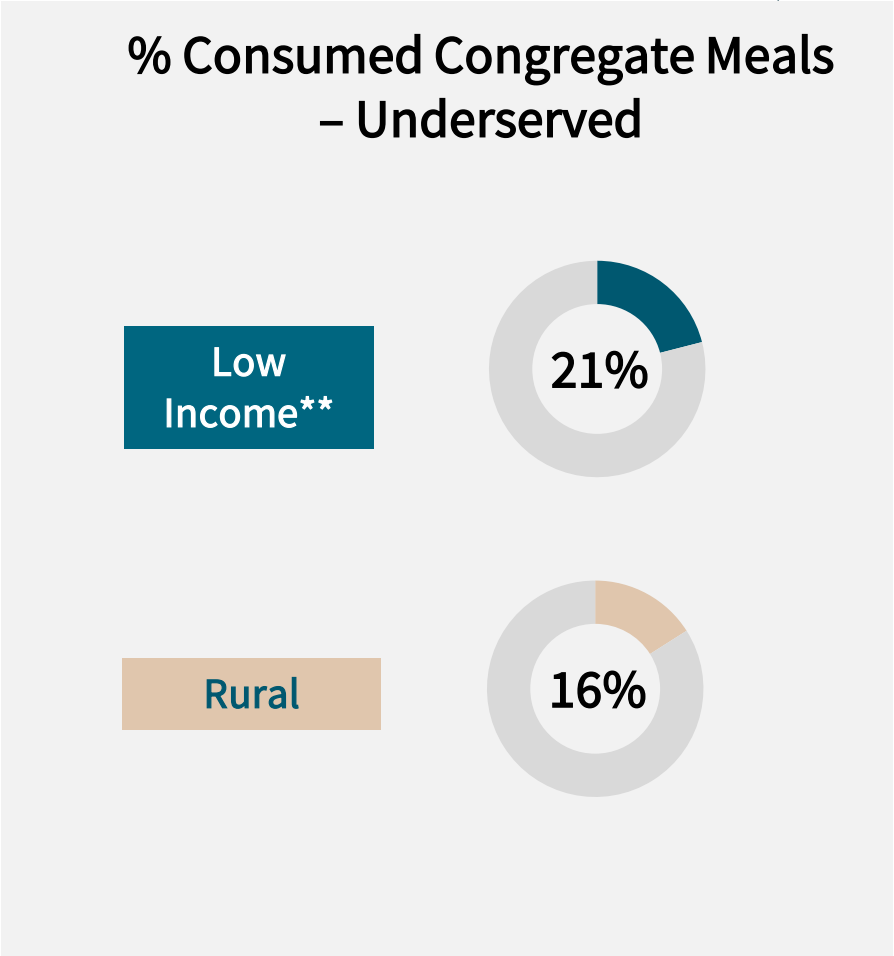
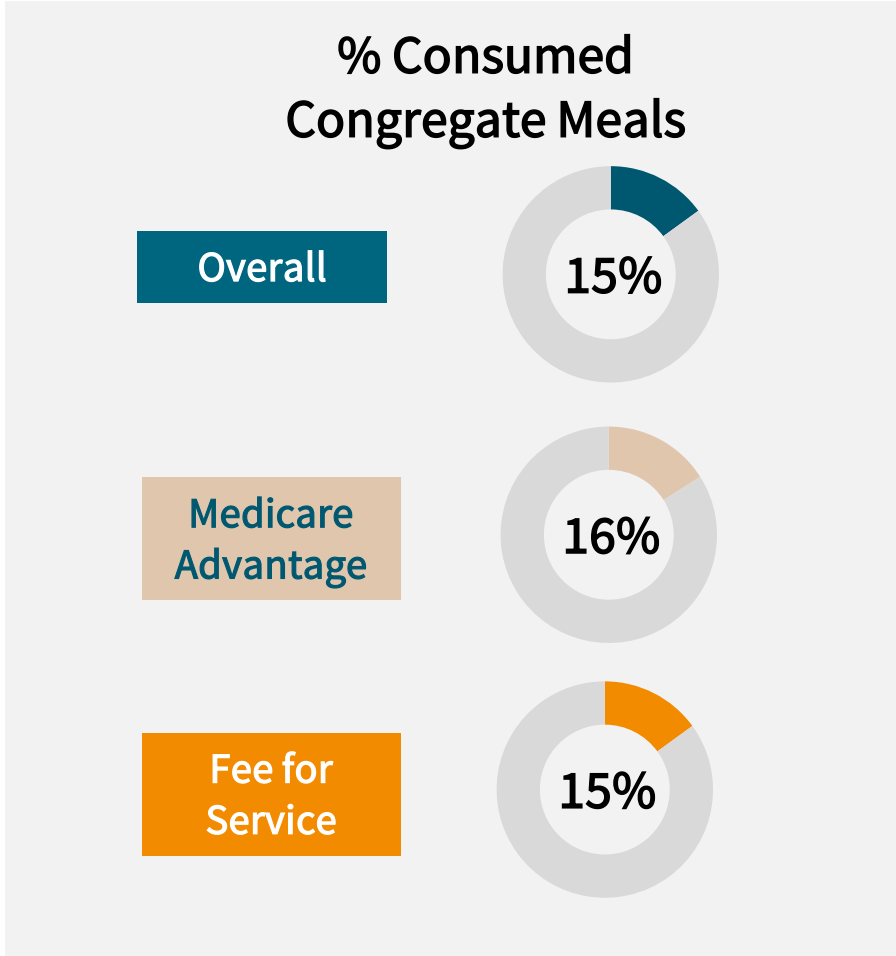
Congregate Meals

Congregate Meals Defined

Now, let's talk about meals you may or may not have received at your local community center, senior center, church, or school.



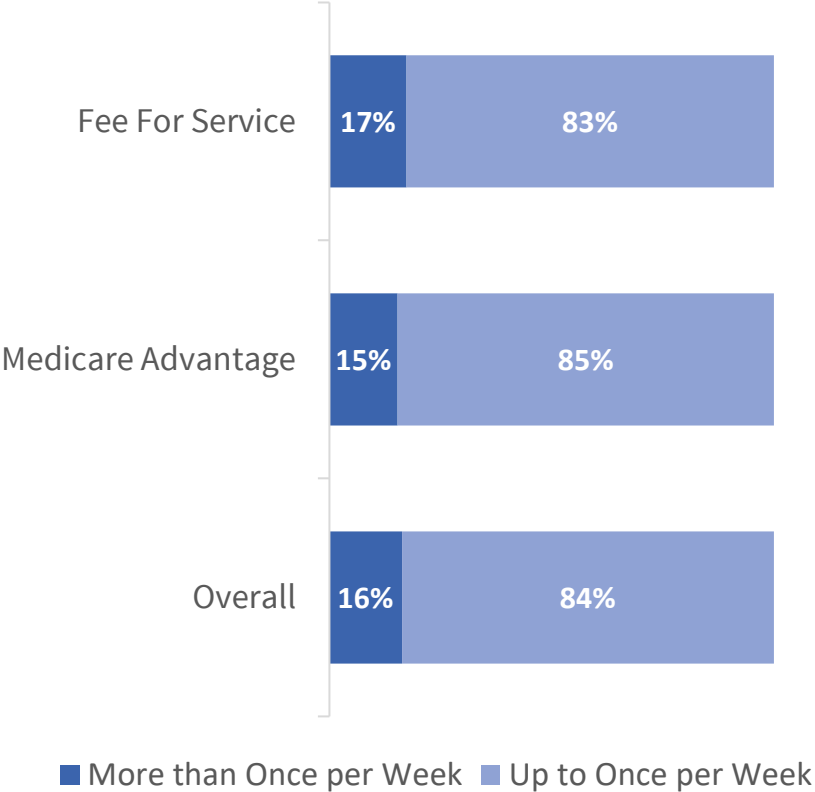
Congregate meals remain an embraced solution among those looking for a nutritious meal



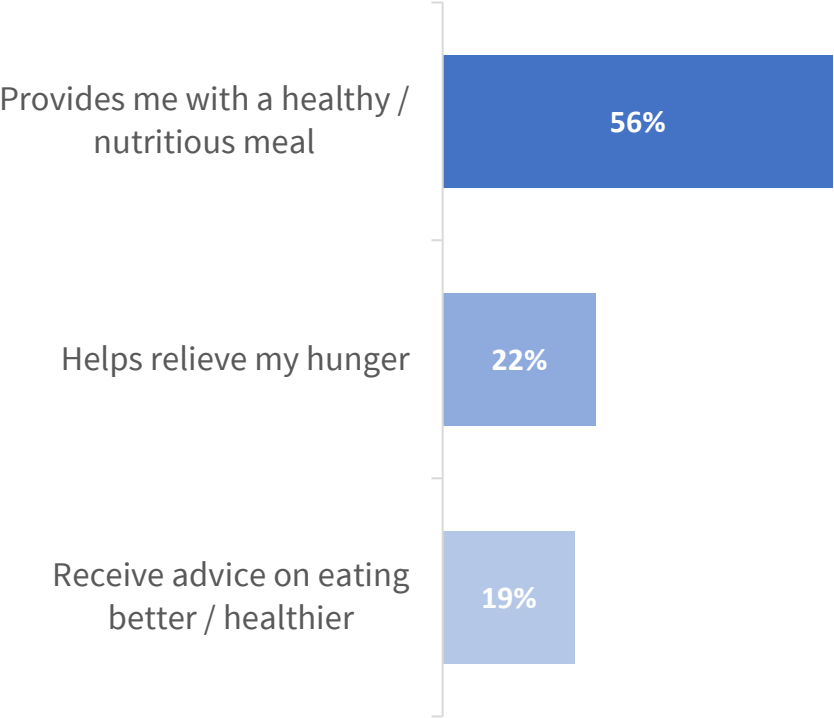
Those attending congregate meals most often attend up to once per week



Frequency of Visits to Congregate Meals

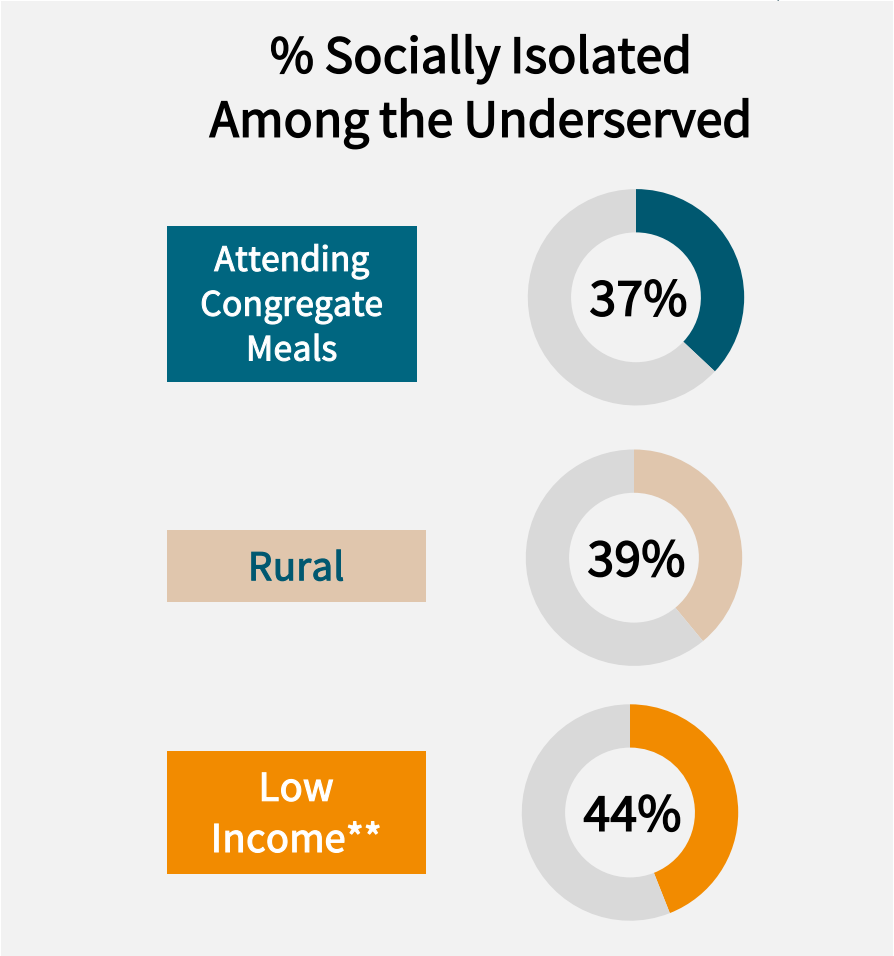
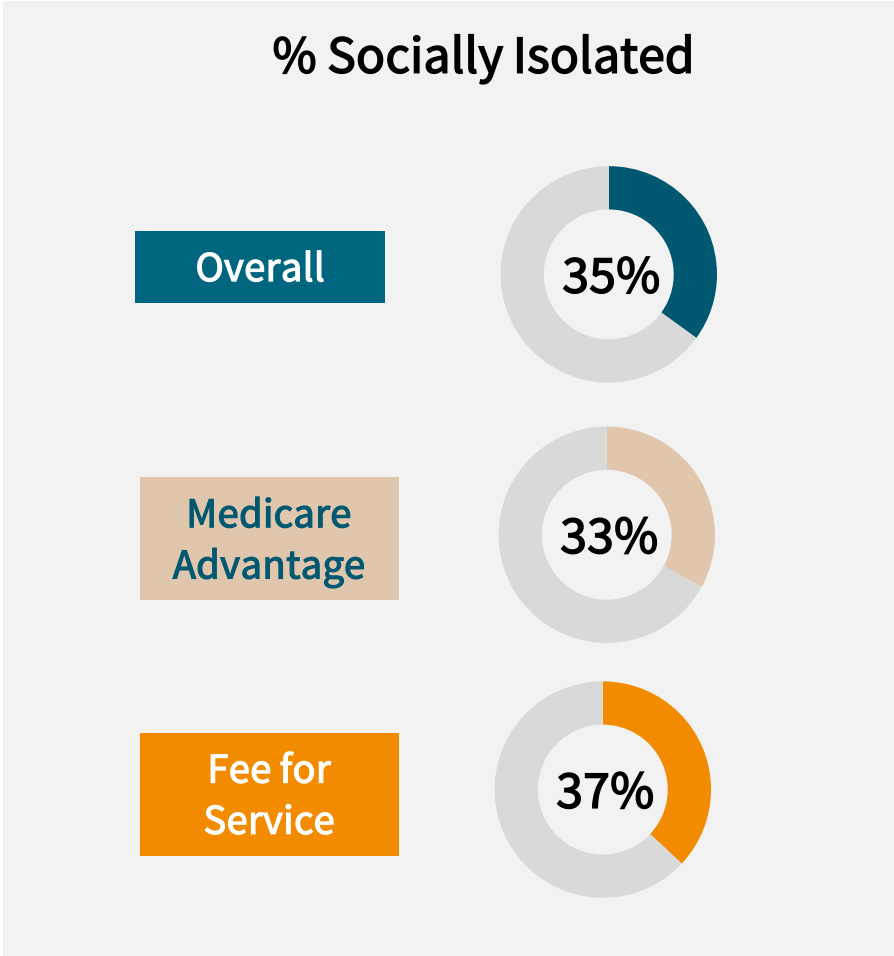


Top Reasons for Visiting Congregate Meals



The Pernicious Effects of Access & Social Isolation

As limited access to nutrition solutions persists, social isolation among seniors compounds the problem



Access to, and perceptions of, congregate meals continue to hamper use of this critical service



Did not hear of any during this time period.

I am embarrassed.

Not offered in my community that I know of.

Feel I'm not worthy to get it.

Our senior center still hasn't opened because of covid.

None is available.

I am not aware of a food distribution center for seniors in my area.

The nearest place is over 30 miles from my home.

Don't know of any place providing food.

I just am unsure about how I would feel there.

We live 50 miles from town.

There is no facility like that in my area.

I do not know where they are.





In Conclusion

- As our session has demonstrated the field of older adult nutrition is growing more active and diversified
- As many of us have said for years, it is more than just about a meal
 - Good nutrition is a key element to healthy aging
 - Investments in nutrition are both preventive and proactive
 - Data collection will be key to our success
- On the surface it looks like we have a challenging policy year ahead of us in DC especially with respect to funding.
- Yet we have proven before and can do so again that the value of nutrition merits bipartisan support in Congress.
- **Our advocacy continues and your advocacy is needed. Let's work together**

Thank You to our Sponsor:

defeat malnutrition today

Resources

- White House Conference
 - Strategy <https://health.gov/our-work/nutrition-physical-activity/white-house-conference-hunger-nutrition-and-health>
 - Commitments: <https://www.whitehouse.gov/briefing-room/statements-releases/2022/09/28/fact-sheet-the-biden-harris-administration-announces-more-than-8-billion-in-new-commitments-as-part-of-call-to-action-for-white-house-conference-on-hunger-nutrition-and-health/>
- Congressional Agriculture Committee Members
 - https://www.senate.gov/general/committee_membership/committee_memberships_SSAF.htm
 - <https://agriculture.house.gov/about/>
- OAA Regulations
 - <https://acl.gov/OAArule>
- Ican! modules
 - <https://acl.gov/senior-nutrition/ican>
- Malnutrition in State Plans on Aging Study
 - <https://pubmed.ncbi.nlm.nih.gov/35963994/>