



Advances in Nutrition, Aging and Oral Health

Administration for Community Living Grant: NYC Oral Health Meal Pilot



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MEALS ON WHEELS AMERICA

2018 MEALS ON WHEELS ANNUAL CONFERENCE & EXPO

Vital Partnerships

NYC's Department for the Aging (DFTA)

- ~1.6 million people age 60 and older live in NYC, DFTA committed to helping them age in their homes, eliminate ageism and ensure the dignity and quality of life of diverse older adults. **Largest local Area on Aging Agency (AAA).**
- DFTA funds 24 meal provider agencies who deliver **weekday** meals for 18,000+ homebound seniors on NYC's Home Delivered Program (HDML).
- Cognizant demand on funded services will continue to grow as older adults are **projected to reach 1.86 million - or 20.6 percent - of NYC City's population by 2040.**



Vital Partnerships

Citymeals on Wheels (CMOW)

- Citymeals on Wheels: nation's largest MOW organization working in **public-private partnership** with local AAA, NYC's Dept. for Aging (DFTA).
- CMOW provides funding to 30 meal provider agencies enabling delivery of **weekend, holiday, and emergency** meals for all of the **18,000+** homebound seniors on NYC's Home Delivered Program (HDML).
- As private funder has mandate in ensuring **efficient** meal and volunteer programs.



Vital Partnerships

Columbia University, College of Dental Medicine (CUCDM)

- CUCDM, within an exceptional academic environment, supports students and faculty as they aspire for preeminence in dentistry, education, and science.
- Stresses integration of **oral health** as part of overall health for the individual and the community
- CUCDM advances scientific research and scholarly effort in the basic, oral health, and social sciences and in education.



COLUMBIA UNIVERSITY
College of Dental Medicine

Vital Partnerships – Early Pilots

A history

Kavita P. Ahluwalia, DDS, MPH of CUCDM went on a HDML meal delivery as volunteer through CMOW

- As dentist professionally attuned to oral health needs
 - Bewildered by lack of oral health information
 - Noted neglect of mouth, teeth, and dentures among meal recipients
 - Noted meals were not made specific to oral health needs of meal recipients
 - Lack of preventative care information
 - Motivated to become change agent; sought partnership with CMOW & DFTA.

Vital Partnerships – Early Pilots

A history

CUCDM, CMOW, and DFTA Early year results

- HDML mean age is 80, 73% live alone, ~49 % minority, 40% never leave the home, 20% have Medicaid
- Documentation of oral health status/needs
- Improvements in case manager training
- Linking meal recipients to dental providers
 - Improvements in case manager training
 - Development of a toolkit for case managers
 - Delivery of daily oral care aides
 - Documentation of oral health status
 - Delivery of outreach/oral health promotion materials

Vital Partnerships – Early Pilots

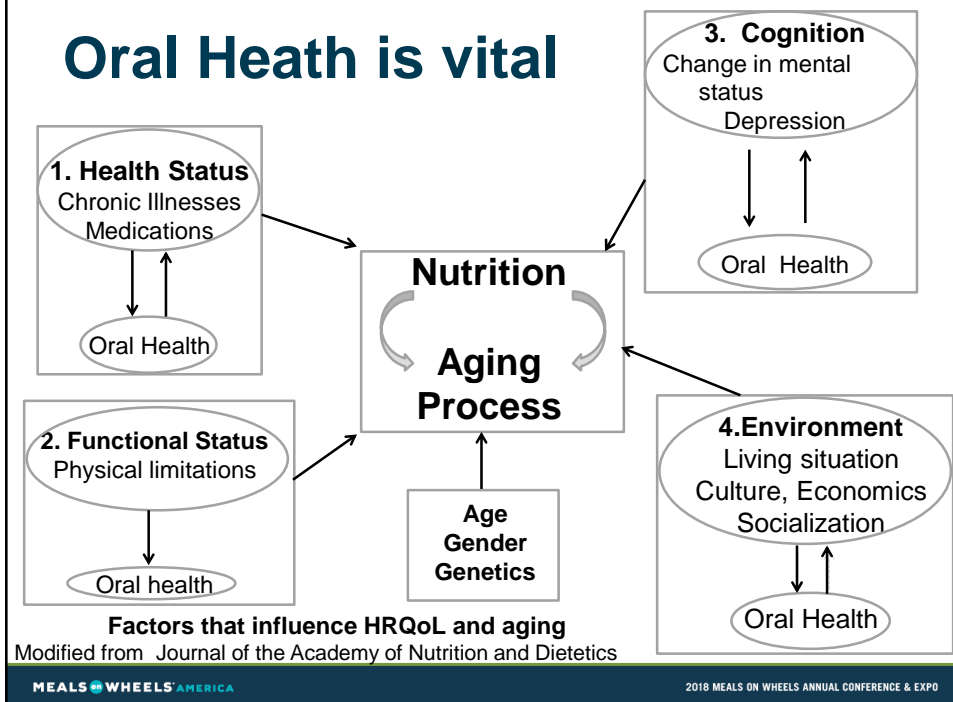
A history

CUCDM, CMOW, and DFTA Early year Challenges

- **Cost neutral delivery of special texture meals**
- **Documentation of oral health status/needs**
- **Bureaucracy**
- **Policy/Advocacy for geriatric oral health needs**



Oral Health is vital



Vital Partnerships – Today

Addressing the Challenges via ACL Grant

CUCDM, CMOW, apply & awarded 2017 The Administration for Community Living (ACL) **Innovations in Nutrition Programs and Services Grant.**

- Hope is ACL Grant allows for a pilot of modified meal based on meal recipients oral health needs.
- Research gained over 2 years will address concerns raised from past pilots
- Ensuring a sustainable cost neutral meal based on oral health needs.



Vital Partnerships – Today

Addressing the Challenges via ACL Grant

Nutritional analysis mandate of 1/3 RDI; based on seniors eating the **whole prepared meal but they do not** due to:

- Poor access to dental services
- No dental coverage in traditional Medicare
- Dental care through Medicaid is not standardized in NY
- Functional and/or cognitive difficulties
- Higher incidence of physical/cognitive conditions and/or multiple medications
- Focus has been on therapeutic meals



Vital Partnerships – Today

Addressing the Challenges via ACL Grant

- Fruit and vegetable intake negatively associated with loss of teeth (Joshipura et al, 1996; Sheiham et al, 1999)
- Totally edentulous individuals are likely to consume **fewer important nutrients** (Sheiham et al, 2001; Nowjack-Raymer and Sheiham, 2003)

You need your mouth to eat and chew!
WE MUST PROVIDE
APPROPRIATE MEALS



Vital Partnerships – Today

Addressing the Challenges via ACL Grant

Cost neutral delivery of special texture meals

- Simple steps that will soften, chop, slice or substitute difficult food items
- DFTA nutritionists providing menus, meal analysis.
- **No cost per meal increases**
- Pilot partner Henry Street Settlement; their on-site kitchen to pilot oral health modified meals.



Vital Partnerships – Today

Addressing the Challenges via ACL Grant

Documentation of oral health status/needs

- Senior Tracking Analysis and Reporting System (STARS) used to assess medical, social, environmental needs bi-annually
 - Six oral health related items included in STARS client database
- Case manager training and scope of practice Toolkit
- DFTA requested Article 6 funding from NY State
 - Hired dental and social work student to develop outreach materials and Dentist directory

Vital Partnerships – Today

Addressing the Challenges via ACL Grant

Bureaucracy

- CUCDM required IRB to ensure ethical ACL pilot.
 - IRB has been awarded.
- ACL Timeline was opaque regarding start date.
 - Monthly calls with ACL ensure all involved clear regarding timeline and deliverables.
- Protecting meal recipients privacy and consent
 - Secured consent via case management partner for pilot, New York Foundation for Senior Citizens (NYF).

The logo for the New York Foundation for Senior Citizens features a stylized sun with rays rising behind a horizon line. Below the sun, the text "New York Foundation for Senior Citizens" is written in a serif font, with "Senior Citizens" underlined.

Vital Partnerships – Today

Addressing the Challenges via ACL Grant

Policy/Advocacy for geriatric oral health needs

- ACL Grant lead agency is LiveOn NY
- Only advocacy and policy changes will ensure a sustainable cost neutral meal based on oral health needs.

The logo for LiveOn NY features the word "LiveOn" in orange and "NY" in green. Below the logo, the tagline "Making New York a better place to age" is written in a smaller, grey font.

Oral Health Moving Forward

Responding to current and future needs

Invested Stakeholders

- The ACL Grant has pooled together resources from the **entire** NYC older human services infrastructure
- Research continues
 - Estimate 400 meal recipients will participate, where appropriate modified meals will be provided, educational preventative materials will be sent to all.
 - Modified meals will be distributed this year.
 - Intervention will be assessed next year.

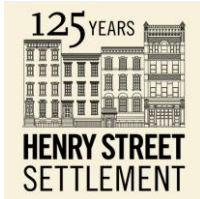
Oral Health Moving Forward





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LiveOn NY

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