

# National Resource Center on Nutrition and Aging Presents

## **The OAA Meal is only Part of the Equation: A conversation with Lance Robertson**

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National Nutrition Month Observation

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# Overview

- Welcome and Opening Remarks
- Setting the Stage
- A Conversation with Lance Robertson, ACL Administrator and Assistant Secretary for Aging
- Questions and Answers
- Closing / Evaluation

# Setting the Stage

- The OAA meals are a key part of the equation.
- National Nutrition Month is the perfect opportunity for the nutrition and aging network to leverage this annual information and nutrition education campaign to highlight why nutrition matters.

# Social Determinants of Health

Economic Stability	Neighborhood and Physical Environment	Education	Food	Community and Social Context	Health Care System
Employment	Housing	Literacy	Hunger	Social integration	Health coverage
Income	Transportation	Language	Access to healthy options	Support systems	Provider availability
Expenses	Safety	Early childhood education		Community engagement	Provider linguistic and cultural competency
Debt	Parks	Vocational training		Discrimination	Quality of care
Medical bills	Playgrounds	Higher education			
Support	Walkability				

## Health Outcomes

Mortality, Morbidity, Life Expectancy, Health Care Expenditures, Health Status, Functional Limitations



Ms. Holly Kellner Greuling  
ACL/AoA Senior National  
Nutritionist

# Every Day is Nutrition Day for our Programs



OAA Nutrition Programs =  
more than just healthy meals

  
Administration for Community Living  
#morethanameal

OAA Nutrition Programs  
provide more than  
900,000 meals a day



 Administration for Community Living  
 Administration on Aging

# Share our Messages



An infographic on a purple background. At the top is a large yellow umbrella. Below it, a series of icons are connected by arrows, showing a flow from a group of people to a meal, then to a shield, and finally to a heart held by two hands. The icons include a group of people, a dollar sign, a restaurant dome, a water bottle, a person with a cane, a checkmark, a carrot, an apple, a shopping cart, a car, and speech bubbles.

**Congregate meal =**  
healthy food + better health  
+ social connection

  
Administration for Community Living  
[#morethanameal](#)



An infographic on a teal background. At the top is a large yellow umbrella. Below it, a series of icons are connected by arrows, showing a flow from a target icon to a meal, then to a shield with a house inside, and finally to a heart held by two hands. The icons include a target, a lifebuoy, a restaurant dome, a water bottle, a shield with a checkmark, a carrot, an apple, a handshake, a car, and speech bubbles.

**Home-delivered meal =**  
healthy food + safety check  
+ companionship

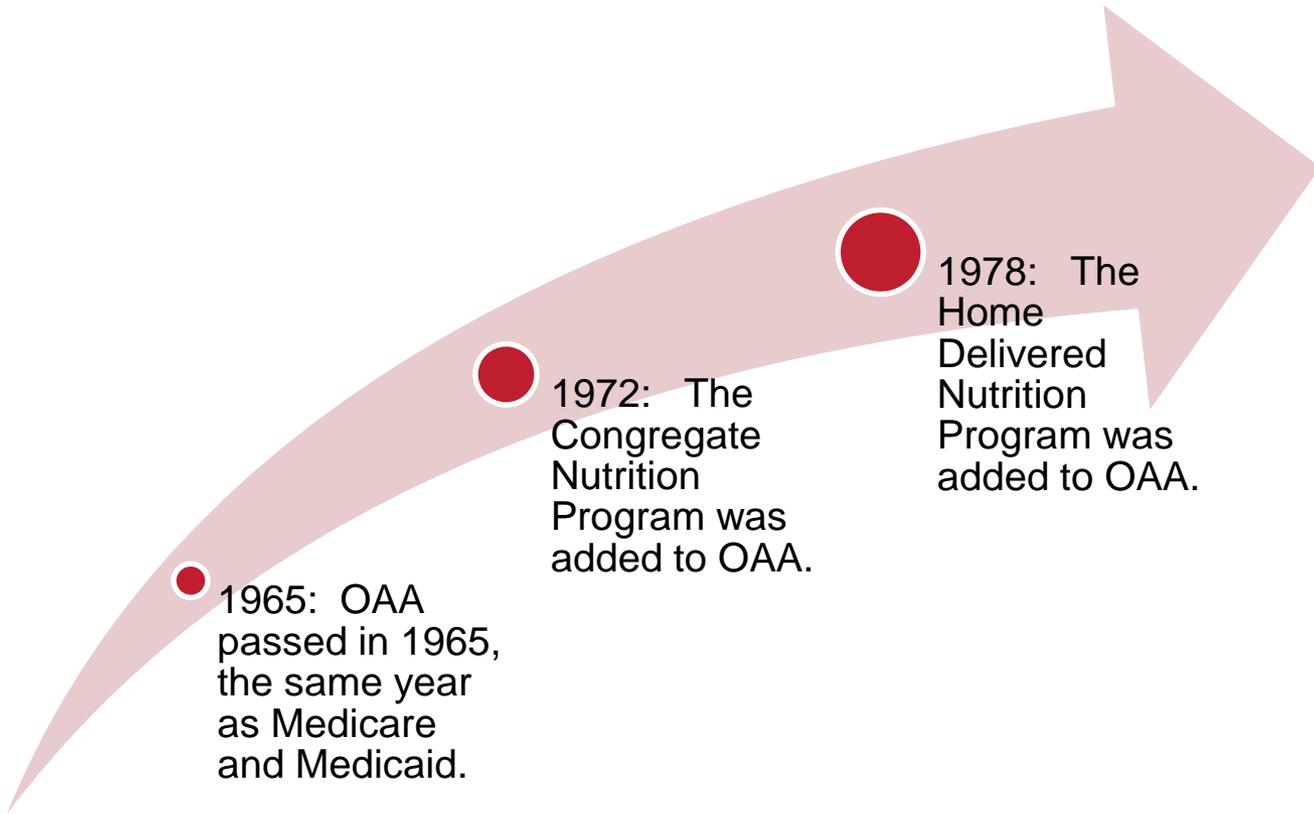
  
Administration for Community Living  
[#morethanameal](#)

Visit AoA Facebook or Twitter Account. Read Nutrition Blog on ACL.GOV

Mr. Lance Robertson  
ACL Administrator and  
Assistant Secretary for  
Aging



# Older Americans Act Nutrition Program Time Line

A large, light pink arrow pointing from the bottom left towards the top right, serving as a timeline for the program's history. Three red circular markers are placed along the arrow's path, each corresponding to a text box describing a key event.

1965: OAA passed in 1965, the same year as Medicare and Medicaid.

1972: The Congregate Nutrition Program was added to OAA.

1978: The Home Delivered Nutrition Program was added to OAA.

A red, 3D-style rectangular badge with white text, tilted slightly to the right. It commemorates the 40th anniversary of the Home Delivered Meal (HDM) program.

HDM  
1978-2018  
40<sup>TH</sup>  
ANNIVERSARY

# Polling Question

How long have you worked in the Aging Network?

- a. 20 years or more
- b. 10 years or more
- c. 3 years or more
- d. Less than 3 years

# Food Insecurity

- US Older Adult Population (age 60 and older)
  - 8 % are food insecure
    - Limited or uncertain access to adequate food
    - May result in hunger
- Food insecure older adults are:
  - 65 % more likely to be diabetic,
  - 57 % more likely to have congestive heart failure,
  - 66 % more likely to have experienced a heart attack,
  - 91 % more likely to have asthma

# Good Nutrition plays a Vital Role in Ensuring an Older Adult's Health Status

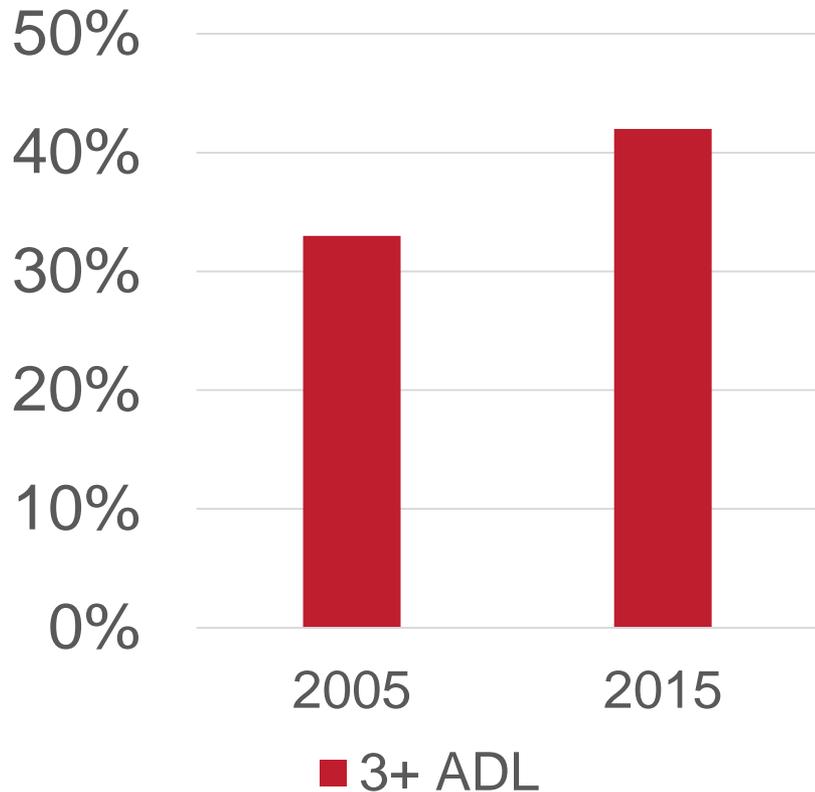
Our recent survey indicated that

- 81% of congregate and 90% of home delivered participants stated the program had helped them to **eat healthier foods**, and
- 71% of congregate and 90% of home-delivered participants, reported the program had helped them to **live independently and remain in their own home.**

# OAA Nutrition Program Participants Demographics

- More than 2/3 of participants are women
  - 15-17% are veterans
  - 60% live alone
  - Average age of a Home Delivered Program participant is 82 years old
  - Average age of a Congregate Program participant is 77 years old
- 

# Home Delivered Participants with 3+ ADL Impairment/Deficiency



26% increase over the last ten year period

# 3+ ADL Deficiency Score

- Older adults who have three or more impairments in Activities of Daily Living (ADL) are at a high risk for nursing home entry.
- ACL gathers this data via the State Reporting Tool (SRT/NAPIS).

# Polling Question

Does your program require a routine reassessment for home delivered participants; and if so, how often?

- a. No reassessment is required
- b. No, except if there are significant changes
- c. Yes, annually
- d. Yes, semi-annually
- e. Yes, quarterly

# Innovations

- PA: Six short questions were added to the Meal Delivery Software to assess any 'Health Status Change'.
- CA: Identifying a few home meal participants who are in need of extra attention because they show signs of loneliness.
- CT: Introduced a local chef to meal site. Chef attends site twice a week and has increased fresh locally grown vegetables and fresh baked bread to site.
- TX: Partnering with two local hospital systems to provide short term meal service, wellness/safety checks and daily health questions.

# Innovations

- WI: Meal Provider is partnering with Sustainable Kitchens to improve meal quality.
- CT: Meal Provider has purchased a food truck and began a “meals in motion’ program.
- NV: A provider launched “Meals on 2 Wheels” where a volunteer delivers a meal on their bike and stays to have lunch at the senior’s home.

QUESTIONS?

Thank you

Please complete the National  
Resource Center on Nutrition  
and Aging's survey