



Breathing New Life into the Congregate Program

2011 MOWAA Annual Conference

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Iowa Congregate Meal Program

- SFY 2010

<input type="checkbox"/> Clients	41,337
<input type="checkbox"/> Units	1,515,735
<input type="checkbox"/> Units/ client	37 (national 53 in 2009)
<input type="checkbox"/> Nutrition Counseling	61
<input type="checkbox"/> Nutrition Education	1,148



Iowa Congregate Meal Trends

- **Participation is declining**

• 54,534	50,584	44,217	41,337	41,408
• 2007	2008	2009	2010	2011

ARRA 17,676

- **Participants are aging**

• SFY 2008	SFY 2010
• 64% were 75%	64% were 75+
• 17% were 85%	24% were 85+


Nutrition Risk

- 21% were at high nutritional risk
- 81% improved or maintained nutrition risk
- 39% of congregate meal participants who were at high nutrition risk after 6 mo on program were no longer at high nutrition risk based on DETERMINE Checklist



Nutrient Requirements

- 2005 Dietary Guidelines for Americans
- DRI/AI

Nutrient	Per Meal	Range	Weekly Ave
Protein	10-35% of cal		
Fat	20-35% of cal		
Sodium	$\leq 1,000$ mg		May have 2 meals/month higher and identify with 
Potassium	≥ 1567 mg		
Vitamin C	>30 mg		
Vitamin D	≥ 2.5 mcg		
Calcium	> 400 mg		
Folacin	≥ 133 mcg		
Fiber	≥ 8 gm		

Innovation in Iowa Nutrition Program

Name Change

- Healthy Lifestyle Centers
- Diner Date

Menu Changes

- Offer 2 meal choices each day
- Posting CHO and other nutrients

Activities

- Chef Charles nutrition education program
http://www.idph.state.ia.us/nutritionnetwork/chef_charles.asp
- Annual walk for Older Americans Month through Healthy Lifestyles centers
- Fall Awareness activities on September 23 - 1st day of Fall - Promote Matter of Balance
- CarFit Events at the Healthy Lifestyles Centers
- Offer Evidence-based health promotion programs





Focus Groups

- Working with Iowa State University
- Non-Meal Participants ages 45+ yrs
 - Ascertain health programming needs
 - Impressions of congregate meals sites
 - Barriers and motivators for participating



Falls Prevention Coalition

- National Council on Aging
 - Falls Free Coalition <http://www.healthyagingprograms.org/>
- Iowa small workgroup (Departments on aging, public health injury prevention, county public health, hospital trauma coordinator)
- Governor's Proclamation 1st day of Fall - National Fall Prevention Day 2010, 2011
- Statewide survey
- Webinar- AAA walking event; walk-ability assessment
- Website <http://www.idph.state.ia.us/FallPrevention/>

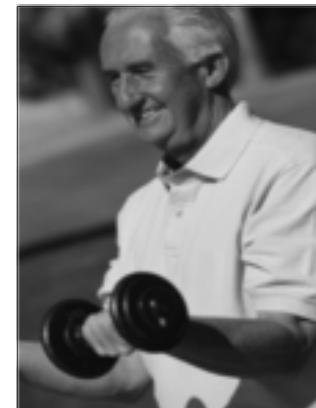
Walk-ability Audit Checklist

Walking with a Purpose www.idph.state.ia.us/lowansfitforlife

Concerns	Location	Comments
<p>Do you have room to walk?</p> <ul style="list-style-type: none"><input type="checkbox"/> No sidewalks<input type="checkbox"/> Sidewalks broken<input type="checkbox"/> Sidewalks blocked		
<p>Is it easy to cross street?</p> <ul style="list-style-type: none"><input type="checkbox"/> No traffic signals<input type="checkbox"/> View of traffic blocked<input type="checkbox"/> Road too wide to cross safely		
<p>Do drivers behave safely?</p> <ul style="list-style-type: none"><input type="checkbox"/> Drive too fast<input type="checkbox"/> Ignore traffic signals<input type="checkbox"/> Do not yield to pedestrians		

Evidence-Based Health Promotion Programs

- Chronic Disease Self Management
 - 1,488 participants; 1,250 (84%) completing 4 or more classes since 2007
 - Available in 66 of 99 counties
- Matter of Balance
 - 1,511 participants: 1246 (82%) completing 5 or more classes since 2010
 - 40 leaders
 - Available in 73 of 99 counties
- Enhance Fitness
 - Three sites



Chronic Disease Self Management

The evidence based program, started by Stanford University, is held for 2.5 hours once a week for six weeks and is taught by 2 trained leaders.

- Program outcomes (Stanford)
 - improvements in exercise
 - cognitive symptom management
 - communication with physicians
 - **self-reported general health (Iowa)**
 - health distress
 - fatigue, disability, and social/role activities limitations
 - spent fewer days in the hospital
 - a trend toward fewer outpatient visits and hospitalizations
 - a cost to savings ratio of approximately 1:4 (3yrs)
- Link for Stanford
 - <http://patienteducation.stanford.edu/programs/cdsmp.html>
- Iowa Healthy Links
 - <http://www.iowahealthylinks.org/>



Matter of Balance

Classes are held twice a week for four weeks and are taught by trained leaders

- Program outcomes
 - participants demonstrated significant improvements in their levels of falls management
 - **exercise and social limitations with regard to concerns about falling (Iowa)**
 - **Up and Back test (Iowa)**
 - **Flexibility (Iowa)**
- Link for Maine
 - http://www.mainehealth.org/mh_body.cfm?id=432
- Iowa Healthy Links
 - <http://www.iowahealthylinks.org/>



Impact of EB Programs on Nutrition Program

- Workshop offered at variety of locations
- At meal site - schedule workshop around meal time
- At senior centers - participants more aware of services available
- Other organizations offer these EB program and now see the AAA as an equal partner or place to refer older adults to for services
- ADRCs are making referrals



Take Away Message

- Evidence based programs can
 - Expand services offered
 - Raise the awareness of AAAs and nutrition program
 - Bring more people (including younger seniors) into senior centers/meal sites
 - Address requirement to provide disease prevention and health promotion programs
 - Have a positive impact on the quality of life for older adults

Take Away Message

- **Affordable Care Act**

- Transitions
- Readmissions
- Medical Home

- **Role for**

- Nutrition program
- Evidence-based health promotion programs

