



ACHIEVING FOOD AND NUTRITION ACCESS FOR OLDER ADULTS

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MEETING THE NUTRITION NEEDS OF OLDER ADULTS

Senior nutrition program providers nourish thousands.



2.2 MILLION SENIORS
served annually



251 MILLION MEALS
served annually

ESCALATING ISSUE OF SENIOR HUNGER (1)



1 IN 4 AMERICANS IS 60+
with 12,000 more turning
60 every day

AMONG AMERICANS 60 AND OLDER:

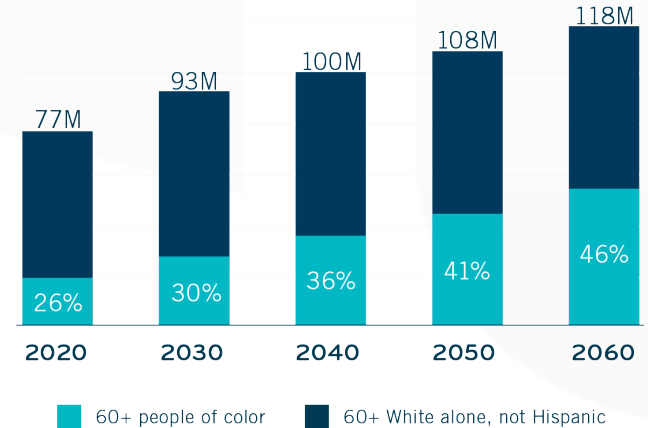
29% HAVE A DISABILITY

24% LIVE ALONE

12% ARE VETERANS

THIS POPULATION IS SET
TO **REACH 93M** IN THE NEXT
DECADE, with **118M EXPECTED BY
2060** – increasing the number of
seniors today by more than half.

**OLDER AMERICANS OF COLOR
WILL CONTINUE TO MAKE UP AN
INCREASINGLY LARGER PORTION OF
THIS POPULATION.**



ESCALATING ISSUE OF SENIOR HUNGER (2)



SENIORS FACE
FOOD INSECURITY



OF SENIORS
FEEL LONELY



OF PHILANTHROPIC
DONATIONS GO TO
SENIOR CAUSES

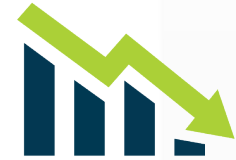


MEALS ON WHEELS
ORGANIZATIONS
HAS A WAITLIST

ESCALATING ISSUE OF SENIOR HUNGER (3)



DEMAND



FUNDING

The onset of the pandemic saw an influx of emergency funding, doubling support to address increased demand. However, this funding is receding while community need is not, and **PROGRAMS ARE STRUGGLING.**



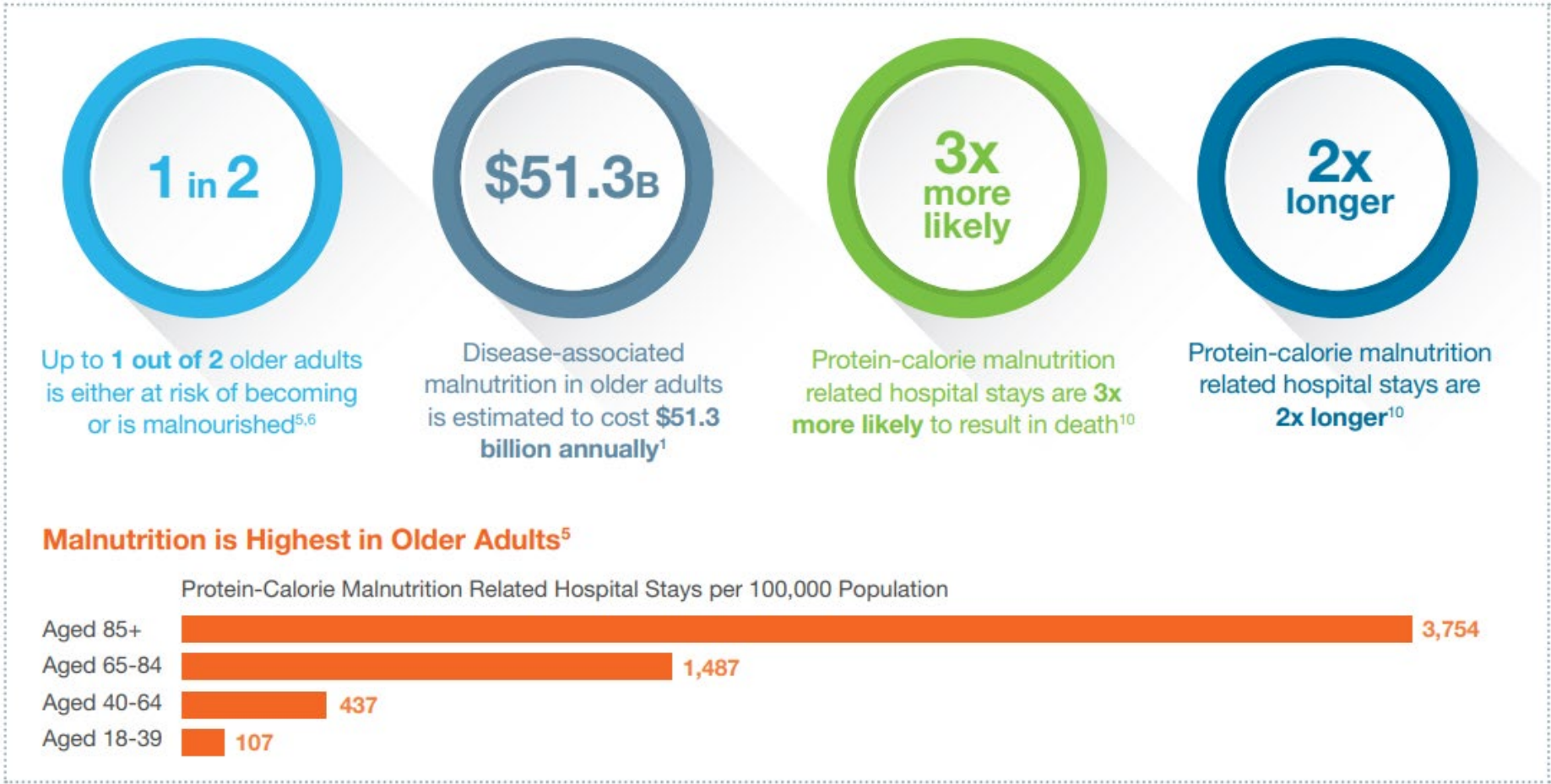
7 OUT OF 10 LOCAL PROGRAMS are facing higher demand for home-delivered meals than before the pandemic

SENIOR NUTRITION PROGRAM SERVICES

Senior nutrition program services, authorized under Title III of the Older Americans Act, provides grants to states and U.S. territories to support nutrition service programs for older adults that:

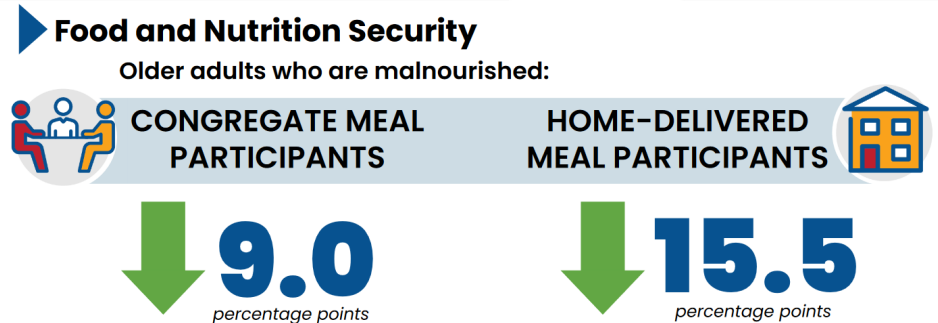
- Reduce hunger, food insecurity, and malnutrition;
- Promote socialization of older adults;
- Promote the health and wellbeing of older adults by assisting the to access nutrition and other disease prevention and health promotion services.

Figure 1: Malnutrition is a Critical Public and Patient Safety Issue *(national data)*



COMMUNITY BASED NUTRITION SERVICES FOR OLDER ADULTS ARE EFFECTIVE

- Older adults living in the community, especially those considered malnourished or at risk for malnutrition, should be referred to home delivered and congregate meal services to improve calorie and protein intake, and reduce incidence and risk of malnutrition.
- Individuals 60 years of age and older and their spouses are eligible to receive nutrition services.



Guide to Community Preventive Services. TFFRS - Nutrition: Home-delivered and Congregate Meal Services for Older Adults. <https://www.thecommunityguide.org/pages/tffrs-nutrition-home-delivered-and-congregate-meal-services-older-adults.html>. Page last updated: June 22, 2022.

CASE FOR MEALS ON WHEELS

- A comprehensive literature review establishes Meals on Wheels as an evidence-supported, cost-effective solution.



Reduced use of costly health care services



Reduced nursing home use and increased ability to age in place



Reduced health care costs



Increased food security



Improved diet quality



Improvement or reduced decline in nutritional status



Reduced social isolation and loneliness



Reduced falls and increased home safety

THE OPPORTUNITY

- Achieving food and nutrition access for older adults' rests in a systematic approach to connecting older adults in need with the range of nutrition programs that can support nutrition, health and wellbeing.
- While senior nutrition providers across the nation serve over 2 million seniors annually, there are many more who are still waiting for help. What does it take to ensure as many as need services get them?



SCALING ACCESS TO NUTRITION SERVICES (1)

Serve More

- **Eliminate** waiting lists to ensure every senior who need community-based senior nutrition services gets them
- **Build** organizational capacity to serve more older adults through infrastructure investment, volunteer recruitment & retention, and training
- **Support** unserved or underserved populations by ensuring equitable access
- **Advance** effective policy solutions that increase federal and state funding for community based older adult services

END *the* **WAIT**™

SCALING ACCESS TO NUTRITION SERVICES (2)

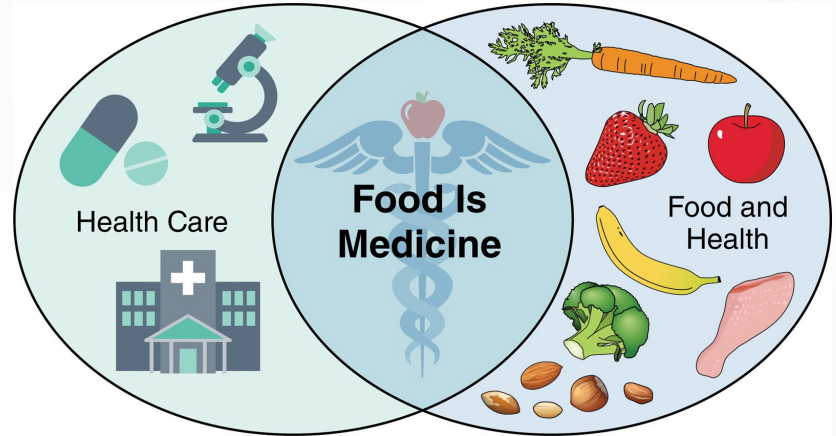
Serve Better

- **Enable** the delivery of more social connection services through partnerships
- **Enhance** the nutritional and culinary expertise of the aging and nutrition network
- **Strengthen** the evidence base and demonstrate the impact of Meals on Wheels while guiding continuous improvement
- **Position** community-based nutrition services as a solution for the healthcare industry

END *the* **WAIT**™

FOOD IS MEDICINE: OLDER ADULTS (1)

- Aging service providers have experience and expertise in supporting the interconnectedness of food, health and wellbeing
- Food is Medicine interventions in older adults have proven effective though more research is needed.



Renewed focus on:

- DASH Diet
- Mediterranean Diet
- MIND Diet

FOOD IS MEDICINE: OLDER ADULTS (2)

Food is Medicine interventions have shown positive impact in older adult diet quality, health and health outcomes and igniting new opportunities for collaboration, however the need for caution remains due to:

- Limited awareness and understanding of the Food is Medicine terminology
- Potential for perceived medicalization of eating and shopping
- Shifting away from prevention and person-centeredness to treatment
- Limiting effective, age-appropriate support for meeting dietary requirements

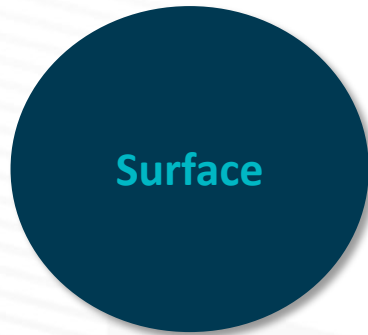
"A Cautionary Note On Food Is Medicine", Health Affairs Forefront, October 11, 2024. DOI: 10.1377/forefront.20241010.646975

ACHIEVING ACCESS TO FOOD AND NUTRITION SERVICES

- Focus: Connect older adults with the range of effective interventions.



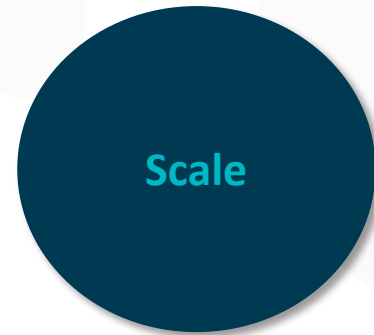
Seed



Surface



Support



Scale



Programming



Partnerships



Influence



TOGETHER, WE CAN DELIVER.®

