

HaNDS for Older Adults (Health and Nutrition Directory Services)



Lubna Qureshi

Coordinated Program in Dietetics

UT Health Science Center, San Antonio, TX

Objectives



- Identify the factors that affect the nutritional status
- Examine nutritional epidemiology
- Review policy relating to the issue
- Introduce a business plan and grant proposal
- Analyze finance and budget implication
- Review lessons learned

Then and Now



Lifestyle factors in the past

Lifestyle factors now

Social isolation



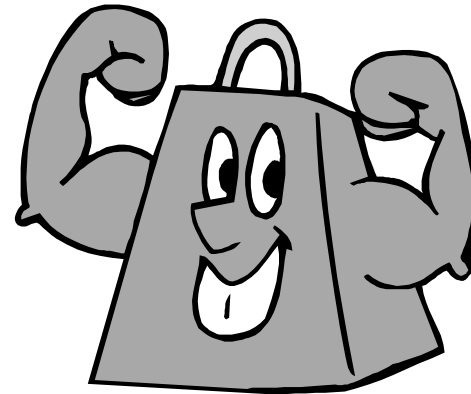
Malnutrition



Nutritional Epidemiology



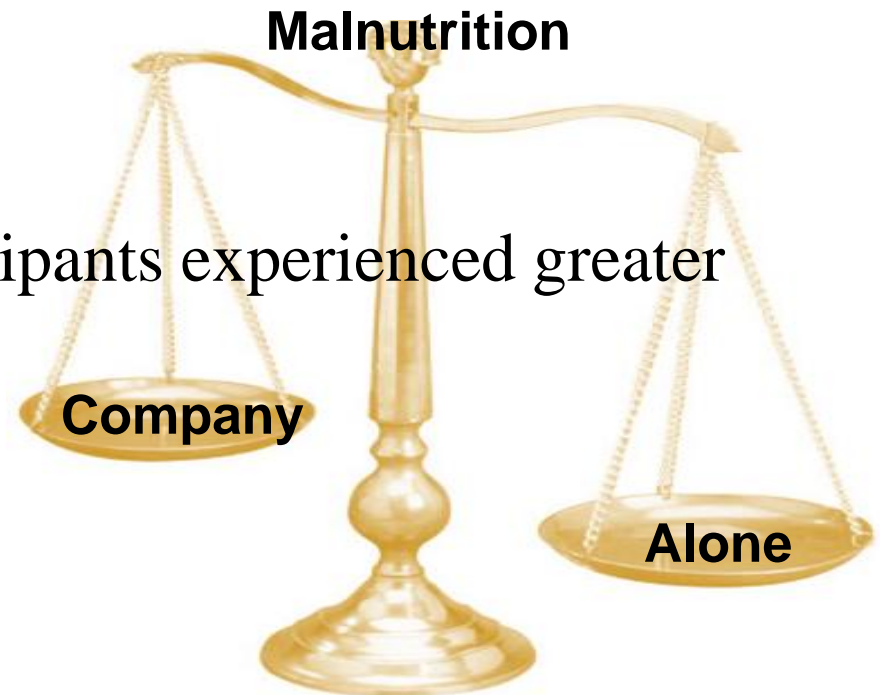
- Temporality
- Strength of association
- Specificity
- Consistency
- Coherence



Nutritional Epidemiology



- Living alone; a predictor of nutritional risk in older adults
- Elderly Nutrition Program participants better nourished, less socially isolated
- Home delivered meal participants experienced greater loneliness

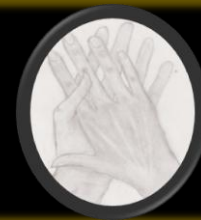


Community Needs Assessment

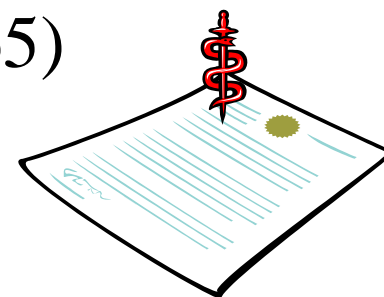


- 138,604 older adults lived in San Antonio
- 35,070 of those lived alone
- 10,471 males and 24,599 females
- 25% reported that living alone is a problem
- 6 % - participated in the education classes

Policy at Work



- Older Americans Act (OAA, PL 109-365)
- Administration on Aging (AoA)
- Title III of AoA-Elderly Nutrition Program
- **Nutrition education mandated by law; evaluation not required**

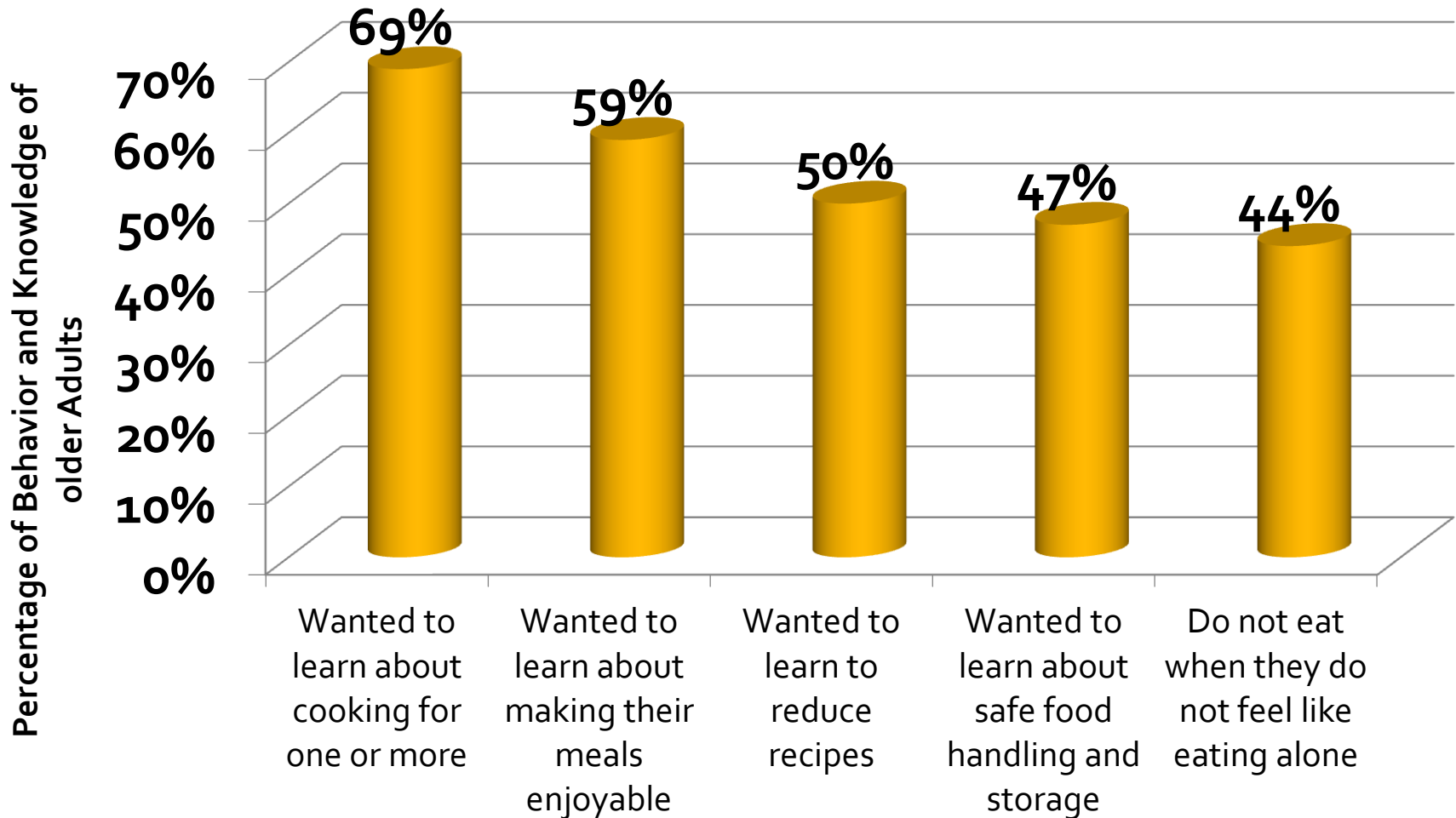


Available Services and Resources



- Meals on Wheel
- Congregate Meals Sites
- Food Bank
- Haven for Hope
- Senior Farmer's Market
Nutrition Program
- Senior Transportation Program
- Senior Companion Program
- Independent Faith Based
Programs
- Greater Randolph Area Services
Program (GRASP)

Data from a pilot program at GRASP



HaNDS for Older Adults

(Health and Nutrition Directory Services)

Business Plan



Mission Statement

HaNDS for Older Adults



The mission of HaNDS for Older Adults is to provide a comprehensive nutrition and activity information service to help older adults find valuable resources, in their respective districts, which may help decrease the prevalence of social isolation and related nutritional consequences thus enhancing overall health and well being.

Goal

To decrease the prevalence of adverse nutritional issues for older adults by providing comprehensive nutrition, health and activity resources and services information.

Program Overview

HaNDS for Older Adults



- A collaborative program with the City/County Joint Commission on Elderly Affairs to pool resources and information
- Provide necessary tools and resources to older adults
- Provide nutrition related information and education
- Increase access to community meal and activity programs

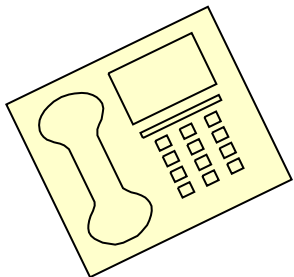
Program Organization and Management

HaNDS for Older Adults



Program development

- Updating the available information
- Website
- Telephone hotline



- **Services directory**
- Eating healthfully
- Cooking for one or two
- Recipe reduction
- Hydration and exercise
- Food safety and storage

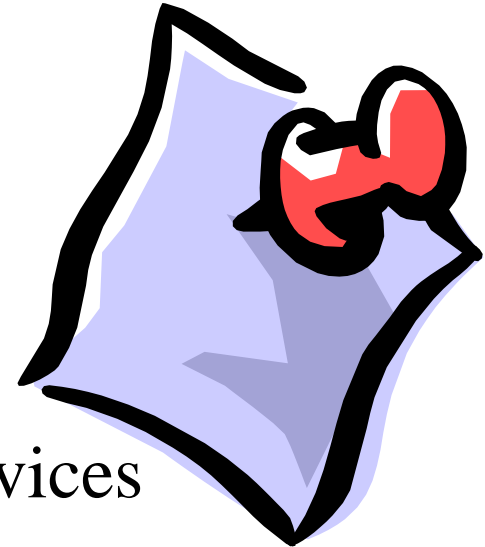


Marketing Strategies

HaNDS for Older Adults



- Press release from the City/County Joint Commission on Elderly Affairs of San Antonio
- Introductory flyers
- Through existing programs and services



Grant Proposal

HaNDS for Older Adults



- Community-Based Prevention Health Activities Grants
- Based on evidence-based community preventive health programs
- Open to state and local health departments and non-profit organizations

Annual Budget

HaNDS for Older Adults



Categories	Proposed Expenses
Payroll	\$ 174,870
Directory Development/Shipment/ Program Evaluation	\$53,361
Marketing/Promotion	\$ 12,786
Rent	\$ 9,540
Utilities	\$ 4,520
Equipment	\$ 10,500
Other	

Program Evaluation and Dissemination

HaNDS for Older Adults



- **Biannual evaluations**
- Formative evaluation
- Impact evaluations - beliefs, attitude, self-efficacy and knowledge
- End of the year report-disseminated to stakeholders, consumers and granting agency

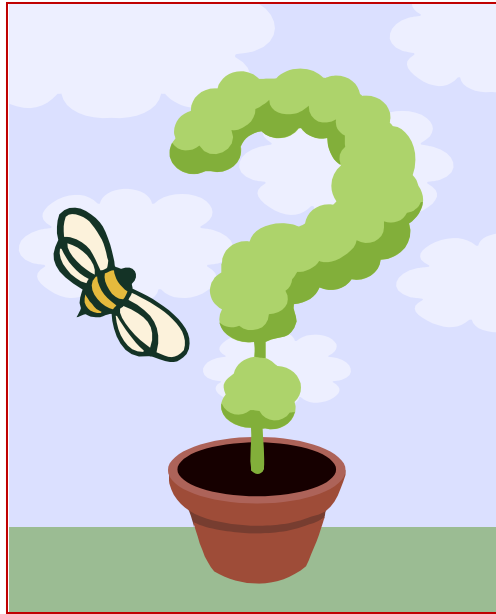


Lessons Learned

HaNDS for Older Adults



- Exposure to the suffering and needs of older adults
- Recognition of available services and programs through research and data analysis
- Critical analysis of the gaps in the provision of services
- Discrepancies in attitudes, behavior and knowledge among older adults
- Utilization and application of the principles of health promotion and disease prevention
- Marketing and promotion, grant proposal and advocacy
- Funding resources and budget design



Resources



- Boyle, Marie. A., Holben, David. H. (2010). *Community Nutrition in Action; An Entrepreneurial Approach*. (5 ed., pp. 318 & 450). Belmont, CA: Wadsworth, Cengage Learning
- Kharicha K, Iliffe S, Harari D, Swift C, Gillmann G, Stuck AE. Health risk appraisal in older people 1: are older people living alone an “at-risk” group? *Br J Gen Pract*. 2007;57 (537):271–276).
- Solveig T Tomstad, Ulrika Söderhamn, Geir Arild Espnes, and Olle Söderhamn. Living alone, receiving help, helplessness, and inactivity are strongly related to risk of undernutrition among older home-dwelling people. *Int J Gen Med*. 2012; 5: 231–240.
- Gustafsson K, Sidenvall B. Food-related health perceptions and food habits among older women. *J Adv Nurs*. 2002; 39(2):164–173.
- Millen BE, Ohls JC, Ponza M, McCool AC. The Elderly Nutrition Program: An Effective National Framework for Preventive Nutrition Interventions. *J Am Diet Assoc*. 2002 Feb; 102(2): 234-240. Retrieved July 13, 2012, from http://www.adaevidencelibrary.com/worksheet.cfm?worksheet_id=254569
- Smith R, Mullins L, Mushel M, Roorda J, Colquitt R. An Examination of Demographic, Socio-cultural, and Health Differences between Congregate and Home Diners in a Senior Nutrition Program. *Journal of Nutrition for the Elderly*. 1994; 14(1): 1-21. Retrieved July 13, 2012, from http://www.adaevidencelibrary.com/worksheet.cfm?worksheet_id=254599
- Texas Department of Aging and Disability Services, Center for Policy and Innovation (April, 2009). “Aging Texas Well,” Indicators Survey Overview Report 2009. Texas Department of Aging and Disability Services, (pages v, vi). Retrieved November 10, 2011, from http://www.dads.state.tx.us/news_info/publications/studies/ATWIndicators2009.pdf

Resources (continued)



- US Census Bureau. (n.d). American Fact Finder. In US Census Bureau. Retrieved December 10, 2011, from http://factfinder2.census.gov/faces/tableservices/jsf/pages/productview.xhtml?pid=DEC_10_SF2_SF2DP1&prodType=table.
- US Department of Commerce. (June 6, 2012). United States Census Bureau. In US Census Bureau. Retrieved July 15, 2012, from <http://quickfacts.census.gov/qfd/states/48/4865000.html>.
- Older American Act and Aging Network. (November 15, 2011). Historical Evolution of Programs for Older Americans. In *Administration on Aging*. Retrieved July 12, 2012, from http://www.aoa.gov/AoARoot/AoA_Programs/OAA/resources/History.aspx
- Administration on Aging. (June 16, 2009). Elderly Nutrition Program. In Nutrition Information for You. Retrieved July 12, 2012, from <http://www.nutrition.gov/food-assistance-programs/elderly-nutrition-program>.
- Hope Andrade, Texas secretary of State, State rules and Open meetings, Texas Register viewer,(n.d). Retrieved July 14, 2012,from [http://info.sos.state.tx.us/pls/pub/regviewctx\\$regviewer.actionquery](http://info.sos.state.tx.us/pls/pub/regviewctx$regviewer.actionquery)
- Academy of Nutrition and Dietetics. (n.d). Community Transformation Grants from the Academy. In The Academy Member Center. Retrieved July 15, 2012, from <http://www.eatright.org/Members/content.aspx?id=6442453103&terms=Community+AND+Transformation+AND+Grants>.