Healthy Eating for Healthy Aging: Combating Hunger and Improving Nutrition for Older Adults

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MEALS ON WHEELS AMERICA

A national leadership organization supporting the 5,000+ local, community-based Meals on Wheels programs across the country through advocacy, education, research and national partnerships and campaigns.
SOCIALIZATION
Providing social interaction that contributes to overall physical and emotional well-being

SAFETY
Helping at-risk seniors feel safe and more secure in their own homes

NUTRITION
Meeting the nutritional needs of at-risk seniors

Serving as the “eyes and ears” in the home to monitor client change in condition and connect seniors to needed services in the community
ADDRESSING A GROWING PROBLEM

Our nation’s senior population is growing exponentially, outpacing available resources and leaving more and more Americans at risk of facing hunger and isolation.
SENIOR HUNGER AND ISOLATION

THE IMPACT ON HEALTH & WELLBEING

• Seniors struggling with hunger are more likely to experience adverse health outcomes that lead to hospitalization or institutionalization
  • 1 in 7 seniors face the threat of hunger

• Socially isolated seniors experience negative feelings that have the same health effect as heavy smoking
  • 1 in 5 seniors feels lonely

A PROBLEM EXACERBATED BY POVERTY

• Millions of seniors today live in poverty, where they are twice as likely to be forced to leave their home or rely on caregivers

• Food insecure and low-income seniors are not receiving the community support services they need
THE ECONOMIC COST OF HUNGER & ISOLATION

- Malnutrition contributes to $51 billion in healthcare costs among seniors
- Costs associated with senior falls is an additional $50 billion
- Costs associated with negative effects of isolation are equivalent to those of having high blood pressure
THE GREATER IMPACT

SENIOR HUNGER & ISOLATION HARMS EVERYONE

• Failure to address these growing these problems will only cause the number of seniors who struggle with hunger and isolation to rise – especially as this population grows and lives longer

• We all share the healthcare and economic costs when our seniors experience malnutrition and loneliness
OPPORTUNITIES TO PARTNER
MEALS ON WHEELS OF CENTRAL INDIANA

Our mission:
Meals on Wheels of Central Indiana innovates, advocates and collaborates to end hunger and malnutrition for our senior, disabled and critically ill neighbors.
Food Is Medicine
Medically-Tailored Meals (MTMs)

Meals customized specifically for a client’s chronic disease(s) or medical conditions.

~ Involves nutritional therapy & education
~ Physician-directed
Even though we have been providing these meals since 1971, Meals on Wheels of Central Indiana officially changed from using this term physician-directed to MTMs several years ago.
Key themes:

• Education
• Accessibility
• Partnerships
• Advocacy
**Food is Medicine Pyramid**

Food is Medicine interventions, such as prescribed medically-tailored meals, should be covered services within public and private health insurance systems as they improve health outcomes and reduce healthcare costs for individuals living with chronic health conditions.

- **Prescribed medically-tailored meals for those diagnosed with serious illness or disability who cannot shop or cook for themselves**
- **Prescribed medically-tailored food for those diagnosed with acute or chronic illness**
- **Prescribed medically-tailored food for those diagnosed as at risk for acute or chronic illness**
- **Healthy food for those who are malnourished or food insecure**

**Medically-tailored Food:** Food designated by a Registered Dietitian as an appropriate part of a treatment plan for an individual with a defined health condition or combination of conditions.
Medical malnutrition is an urgent crisis

1 in 3 hospital patients are admitted malnourished

- Patient & family stress
- Treatment intolerance
- Increased hospitalizations
- Non-compliance

3x higher costs to treat malnourished patients

$156.7 billion - Annual burden of disease-associated malnutrition (DAM) across 8 diseases in the US
Length of hospital stays for malnourished patients are up to 3X longer than for properly nourished patients.
For the Price of…

- Average cost of an ED visit ($2,168) = 3 months of 3 medically-tailored meals per day

- Average cost of hospitalization paid by Medicaid ($7,500) = 10 months of meals
For the Price of...

- Average cost of hospitalization – all payers ($9,700) = 1 year of meals
- Average cost of hospitalization paid by Medicare ($11,600) = 16 months of meals
Chronic disease is the enemy of the natural aging process.
Focus on the strong connection to chronic disease and poverty.
Chronic disease causes people to enter into the homebound system prematurely.
Attention on low income and vulnerable populations & become safety net.
PREVENTING PERMANENT HOMEBOUNDING

CHRONIC ILLNESS
- Cardiovascular
- Cancer
- Stroke
- Diabetes
- Pre-diabetes
- Arthritis
- HIV
- Osteoporosis
- Mental illness

INTRODUCTION OF MEDICALLY-TAILORED MEALS

COMMUNITY ENGAGEMENT
- Employment
- Socializing
- Consumer Access
- Financial Stability

ASSISTED LIVING
Medically Tailored Home-Delivered Meals are a Low-Cost Healthcare Intervention

Individuals with severe chronic illnesses who received medically tailored home-delivered meals from **MANNA of Philadelphia** through Health Partners Plans experienced:

- 20% lower healthcare costs than other groups
- 32% fewer hospital admissions
- 8% fewer ER visits
Medically Tailored Home-Delivered Meals are a Low-Cost Healthcare Intervention

Individuals with HIV and/or diabetes who received medically tailored home-delivered meals from Project Open Hand of San Francisco experienced improvements in:

• Food security, nutritional health, mental health, and behavioral health
• Depression, diabetes distress, diabetes self-management, trading-off between food and healthcare, and HIV medication adherence
• Glycemic control, and reduced hospitalizations and ED visits (among participants with Type 2 diabetes)
**Programs**

Traditional Meals on Wheels ~ program provides one hot & one cold meal each weekday, or 10 frozen meals each week.

*Funded by private pay and financial assistance.*
Programs

- EMBRACE Cancer Treatment program ~ provides low-income cancer patients with medically-tailored meals during their treatment plus another three months post-treatment.

Funded by Eskenazi Health.
Programs

- Head Start Readmission program ~ studies effect of nutrition intervention on hospital readmissions and preventing permanent home bounding specifically for adult cardiovascular and diabetic patients.

Funded by Community Health Network.
Programs

- Ryan’s Meals for Life program – medically-tailored meals to low-income Persons Living with HIV across Indiana.

  Funded by a federal Ryan White Supplemental Grant Award through the Indiana State Department of Health.
Factors Supporting Growth of the Food is Medicine Movement:

- Growing recognition of nutrition as a cornerstone to improved health; and of the high costs of malnutrition to healthcare.
Factors Supporting Growth of the Food is Medicine Movement:

- Growing network of medically tailored meals programs across the nation through the Food Is Medicine Coalition (FIMC)
Factors Supporting Growth of the Food is Medicine Movement:

- **Growing** partnerships between healthcare providers and FIMC agencies to conduct research demonstrating the impacts of medically-tailored meals on health outcomes and costs.
Factors Supporting Growth of the Food is Medicine Movement:

- **Increasing** interest in medically tailored meals from insurers seeking to lower healthcare costs and improve outcomes for their patients
Partnership with Noble Center

• Provide medically-tailored bulk meals to 20 low-income individuals with disabilities
• Work with nursing staff
• Accommodate special diets, such as pureed
• Started January 2016
Partnership with Noble Center

ADVANTAGES: Adherence to dietary needs and enjoy socializing in a group setting.

This is one idea of a collaboration – Meals on Wheels is open to other opportunities and locations.
Center for Health Law and Policy Innovation

Training center for the next generation of health and food lawyers, law and policy reform think tank, advocacy leadership development and law reform advising program

Health Law
- Access to health care for underserved populations
- Preventive health care & chronic disease management

Food Law
- Access to healthy food
- Sustainable food systems
Health Care Impact of Food Insecurity

- Improved Population Health
- Health Care Reform
- Improved Patient Experience
- Reduced Costs
City of Tualatin
Meals on Wheels People Senior Nutrition Program
Funding

• Older American Act (OAA) 43%
• Fundraisers
• Partnerships
• Private Donations
• Local Partners:
  • City of Tualatin
  • Fred Meyer
  • New Seasons
  • Winco
  • Oregon Food Bank
  • Panera Bread
  • Tualatin Chamber
Volunteers

- Orientation & Background Check
- Kitchen Support (food prep, dish salad, servers)
- Dining Room Assistant (set tables, roll silverware)
- Greeters
- Drivers
Participant Registration
Participant Registration
• 90 meals served daily
• Annually we serve 18,300 seniors
  • 9,400 Congregate
  • 8,900 Home Delivery
• No one is ever turned away and there is never a waitlist
Congregate & Home Delivery
MEALS ON WHEELS PEOPLE MENU – SEPTEMBER 2018
Second course available only at centers. Whole wheat roll and milk served with every meal.

Mon 3 CEN1ERS CLOSED FOR LABOR DAY HOLIDAY
Tue 4 BEEF & MACARONI CASSEROLE, Country Tied Vegetable, Spinach Salad w/Italian Dressing, Orange
Wed 5 CITRUS TARRAGON CHICKEN, Mashed Potatoes, Italian Blend Vegetables, Pasta Salad, Cookie
Thur 6 SWEDISH MEATBALLS, Spiral Noodles, Scandinavian Blend Vegetables, Navy Bean Salad, Banana
Fri 7 PORK TENDERLOIN W/DILLON SAUCE, Triple Red Potatoes, Carrot Bean Blend Vegetables, Tossed Salad w/Summer Dressing, Strawberry Luscious
Mon 10 TILAPIA W/LEMON PEPPER, Brown Rice, Wilted Lettuce, Mixed Vegetables, Seasonal Fruit
Tue 11 MEAT LOAF, Mashed Potatoes, Sunshine Carrots, Spinach Salad w/Ranch Dressing, Apple Pie, Grits, Carrot Cake, Orange
Wed 12 ROASTED PARMESAN CHICKEN, Spiral Noodles, Mixed Vegetables, Tossed Salad w/French Dressing, Strawberry Pear Gelatin
Thu 13 STIR FRY PORK, White Rice, Scandinavian Blend, Claremont Salad, Orange Chicken Salad w/White Beans, Scandinavian Vegetables, Orange
Fri 14 SALISBURY STEAK W/ GRAVY, Mixed Potatoes, Flavor Fiesta Vegetables, Creamy Cucumber Salad, Sliced Peaches
Mon 17 BAKED PENNE PASTA, Scandinavian Vegetables, Rainbow Spinach Salad w/Roast Beef Sandwich, Spring Vegetable Soup, Rainbow Spinach Salad w/Rainbow Dressing, Apple
Tue 18 BEEF & BROCCOLI, Rice, Capri Mix Vegetables, Garden Salad w/Salad Dressing, Banana

Wed 19 SOMALI CHICKEN, White Rice, Garden Blend Vegetables, Pepper Cole Slaw, Orange
Fri 21 CHICKEN STROGANOFF, Noodles, Capri Mix Vegetables, Four Bean Salad, Strawberry Pear Gelatin

Mon 24 CHICKEN TERYAKI, Brown Rice, Edamame Medley, Creamy Cole Slaw, Apple Pie, Cinnamon Rolls w/Salad, Potatoes, Edamame Medley, Apple Pie
Tue 25 SPAGHETTI W/MEAT SAUCE, Scandinavian Blend Vegetables, Rainbow Spinach Salad, Seasonal Fruit
Wed 26 BAKED FISH w/Black Bean Salsa, Couscous, Sliced Carrots, Cucumber Salad, Russian Cream w/Topping
Thu 27 HONEY PINEAPPLE PORK, Noodles, Garden Blend Vegetables, Tossed Salad w/Rainbow Dressing, Banana
Fri 28 SOUTH BEACH BEEF CASSEROLE, Carrot Bean Blend Vegetables, Santa Fe Salad, Orange and Peach Gelatin

Meals on Wheels People strives to serve 100% fresh produce in season in our dining rooms.
*Menu subject to change.
A pair of new studies points towards two potential paths to the fountain of youth. When older adults feel more control of their lives and get more exercise, they feel younger—and that improves their thinking, overall quality of life and longevity, the studies say.

One study included 160 older adults (ages 60 to 80) and 166 younger adults (ages 18 to 36). For nine days, the participants kept track of how much control they felt they had each day and how old they felt.

Among the older adults, there was a significant link between perceived level of control and how old they felt, according to the findings. “Staying the daily environment in ways that allow seniors to exercise more control could be a helpful strategy for maintaining a youthful spirit and overall wellbeing,” study presenter Jennifer Bellingham said in an APA news release.

The second study found that increasing physical activity can help adults feel younger.

It included 59 adults, ages 53 to 69, whose daily step counts were tracked. After five weeks, those with greater increases in their step counts felt younger.

“Our results suggest that promoting a more active lifestyle may result in a more youthful subjective age,” study presenter Matthew Hughes said in the news release. “As this was part of a pilot study, our sample size was small,” he noted. “While the results suggest that walking may contribute to feeling younger, further research with a larger sample in a more controlled setting is needed to confirm.”
City of Tualatin & MOWP

• Positive and continually growing relationship
• Pride ourselves on teamwork and collaboration
• Same vision: To serve older adults and make someone’s life a little better everyday
Questions?

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