

The Nutrition Program is the Iowa Aging Network's largest health and wellness program

The Older Americans Act Nutrition Program



About the Nutrition Program

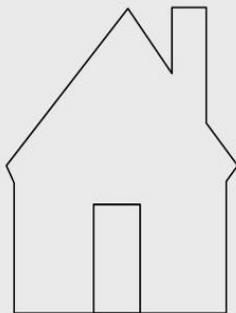
July 2012

The Older Americans Act was passed in 1965 to address inadequate community social services for older persons. One of the major emphases: Nutrition.

The nutrition program targets adults who are 60 years of age or older, in greatest economic need and/or social need, with particular attention to low-income minorities, those in rural areas, with limited English proficiency and those at risk for institutionalization.

Purpose:

- Reduce hunger and food insecurity
- Promote socialization of older adults
- Promote health and well-being by increasing access to nutrition and other disease prevention and health promotion services to delay onset of adverse health conditions resulting from poor nutritional health and sedentary behavior



Where do older adults live?

- 93 % in the community
- 4 % in nursing homes
- 2 % assisted living

Older Americans 2010: Key Indicators of Well-Being: Federal Interagency Forum on Aging Related Statistics

Funding:

In Iowa state fiscal year 2011, the congregate nutrition program received about half of its funding federally, 27 percent from program income including participant contributions, 3 percent from state appropriations and the rest from local sources (see pie chart within.)

Federal funding has been flat and has not kept up with inflation and increase in food and delivery costs. The Consumer Price Index (CPI) for all food increased 0.8 percent between 2009 and 2010 and is forecast to increase 2.5 to 3.5 percent in 2012. Participant voluntary contributions are down due to economic conditions. Limited funding translates to unmet needs, inability to renovate meal sites, and reluctance to promote programs.

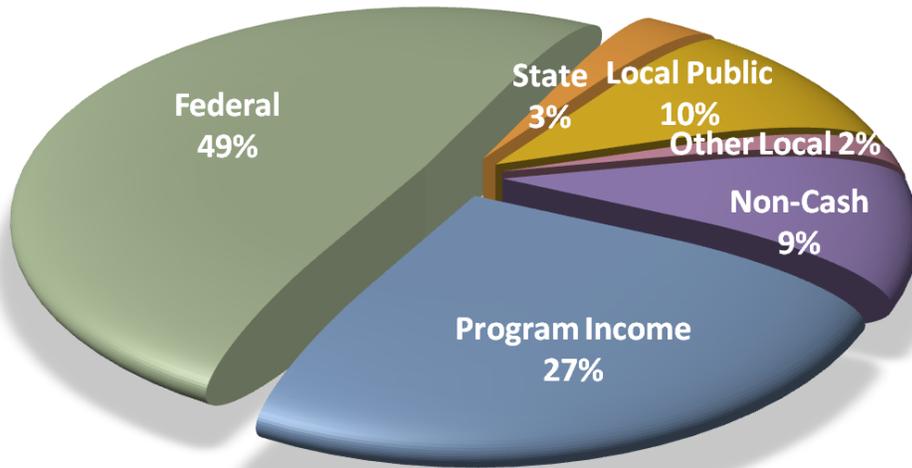
The Nutrition Program

- Keeps older Iowans nutritionally healthy and maximizes their functionality
- Enables them to live in the least restrictive environment

21% The percentage of congregate meal participants who are at high nutrition risk. 82% of them might qualify for facility based care due to limitations in their activities of daily living (ADLS).

84% After participating in the nutrition program for a year, 84 % have improved or maintained their nutrition risk scores helping them stay in their homes.

Congregate Nutrition Program Funding Sources SFY 2011

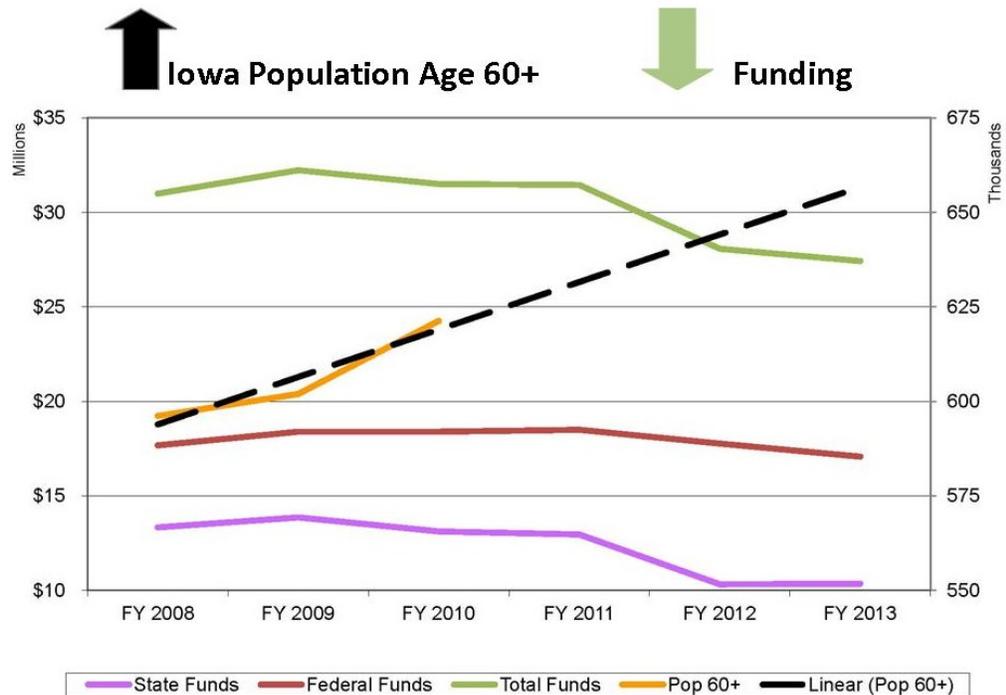


Source: Iowa Department on Aging

Food security is the linchpin for healthful living.

Proper nourishment reduces the risk of disabilities related to chronic illnesses and supports better mental and physical function. Food insecurity results in lower intake of nutrition, more health concerns and functional limitations related to loss of independence.

State & Federal Funds vs. Population 60+



Source: Iowa Department on Aging

Investing in Nutrition

and improving the nutritional status of older adults is cost effective.
Good nutrition helps older lowans stay in their homes.

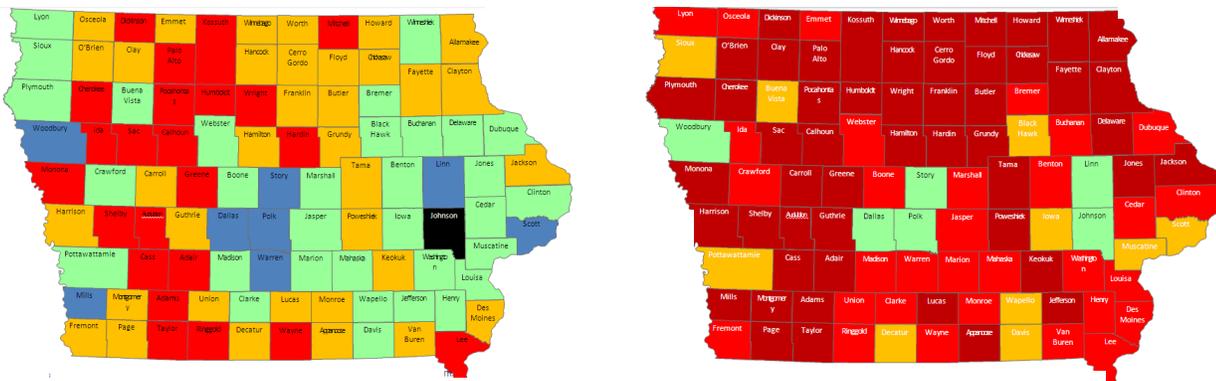
ONE MONTH in Facility-based care = **ALMOST THREE YEARS** of mid-day meals for five days a week

The Older Americans Act nutrition program provides meals that meet nutrient requirements of older adults based on the most recent science. These meals are part of a wellness program that maximizes health and function of the participants. The nutrition program is a key intervention for the long-term care services and supports to help older lowans remain in their community.

Percent of Iowa Population Age 65 and Older

Year 2010

Year 2030



Color Legend:

- <10% 65+
- 14-17% 65+
- 21-24% 65+
- 10-13% 65+
- 18-20% 65+
- >25% 65+

Source: National Council on Aging

The number of older lowans continues to grow.

The 2010 Census identified 621,245 individuals 60+ years of age which is 20 % of the total Iowa population. The number of older adults is predicted to grow rapidly. Soon there will be more lowans over the age of 65 than children under the age of 18.

