

NANASP Retirement Research Foundation Grant

February 21st 2017



Presenters

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The Retirement Research Foundation (RRF)

- ▶ **Mission:** To improve the quality of life for our nation's older adults.
- ▶ RRF is one of the first private foundations devoted exclusively to aging and retirement issues.
- ▶ Headquarters in Chicago, IL
- ▶ Thank you to our Senior Program Officer Nancy Zweibel, Ph.D.

NANASP One-Year Grant Proposal to RRF

- ▶ *"Beyond the Meal: The Value of Socialization in The Older Americans Act (OAA) Congregate Nutrition Programs"*
- ▶ **Goal:** To study the value of socialization for older adults who participate in Congregate Nutrition programs under the The Older Americans Act (OAA) and how this contributes to their health and well-being outcomes while potentially saving Medicaid and Medicare funds. The findings will be used to influence future policy decisions on the OAA and possibly other legislation.
- ▶ Past research has focused on the meal that is provided as well as nutrition education. **Little evaluation if any has ever been done solely on the benefits of socialization to the health and well being of older adults.**



OAA Amendments of 2006 P.L. 109-365

- ▶ Added a new purpose statement for the Nutrition Services Program (OAA Title III C)
- ▶ The three purposes of the programs as stipulated in the law are to
 - ▶ (1) Reduce hunger and food insecurity,
 - ▶ (2) Promote socialization of older individuals, and
 - ▶ (3) Promote the health and well-being outcomes of older individuals by assisting them to access nutrition and other disease prevention and health promotion services to delay the onset of adverse health conditions resulting from poor nutritional health or sedentary behavior



Recent Research and News on Socialization

- ▶ "Easing Old People's Loneliness Can Help Keep Them Healthy" (January 2017, NPR)
- ▶ "Loneliness: A Growing Health Threat for Older Adults" (December 2016, Next Avenue)
- ▶ "Researchers Confront an Epidemic of Loneliness" (September 2016, NYT)
- ▶ "Loneliness and Social Isolation as Risk Factors for Mortality" (March 2015, Perspectives on Psychological Science, Julianne Holt-Lunstad)
- ▶ "Loneliness in Older Persons: A Predictor of Functional Decline and Death" (July 2012, JAMA, Carla Perissinotto, MD, MHS)



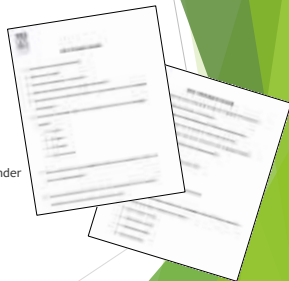
Project Timeline

- ▶ Retirement Research Foundation (RRF) approves NANASP grant proposal for \$20,000 (May 2016)
- ▶ Literature Review on Nutrition and Socialization for Older Adults (July 2016)
- ▶ Survey Tool Dissemination and Data Collection (January 1st - March 1st 2017)
- ▶ Data Analysis (March 1st - June 1st)
- ▶ ASA Conference to mention the project (March 20th - 24th)
- ▶ NANASP Conference Session Presentation (June 15th)
- ▶ Final RRF Grant Report Due (July 1st)



NANASP Survey Tool

- ▶ Provider Focused Questions (14 total)
- ▶ Participant Focused Questions (9 total)
- ▶ Initial Survey Limitations:
 - ▶ There was no question on respondent gender
 - ▶ The tool was not translated into Spanish



Participant Survey Questions

- ▶ What do you like best about socializing during the congregate meal program?
- ▶ How do you arrive at the congregate meal site?
- ▶ How frequently do you receive meals at the congregate meal site?
- ▶ Since participating in the program, has your knowledge of good nutrition and healthy eating habits increased?
- ▶ Since participating in the program, are you exercising more? Are you eating well balanced meals at home?
- ▶ Has your physical health improved since you started visiting the congregate meal site?
- ▶ Have you made fewer visits to your doctor since you started visiting the congregate meal site?
- ▶ Do you have more friends now than before you started visiting the site?
- ▶ Do you believe enough time is allowed for socialization? Is it encouraged?

Thank you!

- ▶ WellMed
Corpus Christi and San Antonio, Texas
Laura Cisernos
(292 Completed Participant Surveys and 4 Provider Surveys)
- ▶ Area Agency on Aging 3
Lima, Ohio
Rhonda Davisson
(63 Completed Participant Surveys and 1 Provider Survey)
- ▶ Wood County Committee on Aging, Inc.
Bowling Green, Ohio
Denise Niese
(64 Completed Participant Surveys and 1 Provider Survey)

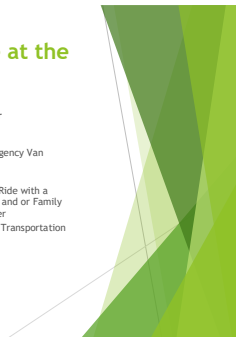
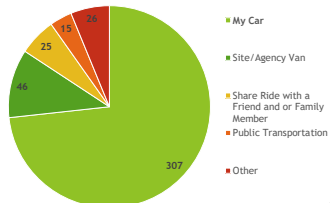


Initial Survey Results

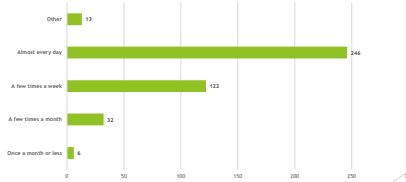
- ▶ Survey sent to NANASP Congregate Meal Sites in the following states:
 - ▶ Arizona, California, Colorado, Connecticut, Florida, Georgia, Illinois, Maryland, Massachusetts, Missouri, Montana, Nevada, New Mexico, New York, North Carolina, Ohio, Oklahoma, South Dakota, Tennessee, Texas, Virginia, Washington
- ▶ 507 participant surveys (includes complete and incomplete submissions) have been returned so far from sites in Texas and Ohio
- ▶ 6 provider focused surveys have been returned



Question 2: How do you arrive at the congregare meal site?



Question 3: How frequently do you receive meals at the congregate meal site?



Question 8: Do you have more friends now than before you started visiting the site?



Survey Participant Comment Examples

- ▶ "I just enjoy getting out and making new friends"
- ▶ "I'm exercising more and walking more"
- ▶ "I've stopped eating snacks all day and lost weight"
- ▶ "It is unbelievable how much we benefit and learn. It is so motivational"
- ▶ "I love seeing and participating, singing and listening to music on Thursdays"
- ▶ "Wish it was opened Saturday and Sunday"

In-Person Site Visits

Bob Blancato is conducting several in-person site visits to gather insights on the survey project

- ▶ Aging & In-Home Services (AIHS) of Northeast Indiana
 - ▶ Area III Agency on Aging for the State of Indiana
 - ▶ Nine county service area
- ▶ Meals on Wheels and Senior Outreach Services
 - ▶ Walnut Creek, California
 - ▶ For more than 40 years has served more than 5,000 seniors annually in Contra Costa County
- ▶ Additional Site Visits Scheduled for Bowling Green, OH (March 3rd) and Cleveland



Questions & Ideas

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