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# Area Agencies on Aging Nutrition Programs



# OAA Nutrition Requirements

- ▶ The Older Americans Act (OAA) Nutrition Programs include congregate nutrition programs and the home delivered nutrition programs (Meals-on-Wheels)
- ▶ Purpose:
  - ❖ Reduce hunger and food insecurity
  - ❖ Promote socialization
  - ❖ Promote health and well-being
  - ❖ Delay adverse health conditions
- ▶ The intent is to make community-based nutrition services available to older adults who may be at risk of losing their independence and their ability to remain in the community
- ▶ All meals provide at least 1/3 of daily recommended dietary allowances for adults age 60 and older

# Overview

## Congregate

- ▶ Serves healthy meals while also presenting opportunities for social engagement, health and wellness activities and meaningful volunteer roles, all of which contribute to health and well-being
- ▶ Congregate sites can be offered in a variety of group settings, such as senior centers, and faith-based settings

## Registered Dietician (contracted)

- ▶ Nutrition Counseling
- ▶ Nutrition Education

## Home Delivered (Meals on Wheels)

- ▶ Provides healthy meals delivered to the home, and in most cases an informal “safety check” for homebound older individuals
- ▶ Volunteers and paid staff deliver meals to homebound older adults often spend time with the individual, helping to decrease feelings of isolation
- ▶ Volunteers often report any health or other issues that they observe during their visits

# Vermont Eligibility

## Home Delivered Meals vs. Congregate Meals

### Congregate Meals

- ▶ 60 years of age or older
- ▶ Disabled and living in a housing site where a meal program is operated
- ▶ Non-senior volunteer performing essential duties for the operation of the meal program
- ▶ The spouse of an eligible participant regardless of age

### Home Delivered Meals (Meals on Wheels)

- ▶ If participant is 60 years of age or older and are unable to leave the home without considerable difficulty and/or assistance
- ▶ **AND** experiences a physical or mental condition making them unable to obtain food or prepare meals on a temporary or permanent basis
- ▶ **Also eligible:**
- ▶ The spouse of an eligible participant (regardless of age)
- ▶ People under 60 years of age with a disability are eligible if they reside with or are in the care of people receiving MOW

# Meals Served

## 2018 AAA Nutrition Program Numbers

### Age Well:

5,710 clients served  
270,500 meals served



### Senior Solutions:

4,645 clients served  
206,741 meals served



### Central Vermont Council on Aging:

2,283 clients served  
208,947 meals served



### Southwestern Vermont Council on Aging:

2,875 clients served  
208,834 meals served



### Northeast Kingdom Council on Aging:

2,461 clients served  
172,614 meals served



### Vermont Totals:

17,830 clients served  
1,067,636 meals served



# Cost vs. Need

- ▶ Contracts between meal provider and AAA vary across the state
- ▶ Meal provider capacity is different throughout regions
- ▶ The **average** meal cost is a little over **\$10**, while the average AAA meal reimbursement is anywhere from \$3.00 to \$6.00 depending on service area and AAA
- ▶ The **average** client contribution is **.86** cents per meal
- ▶ Contracted meal provider's offer anywhere from 2 to 7 meals per week/currently not enough funding to increase

# Facts Around Home Delivered Meal (HDM) Participants

- ▶ 72% of HDM clients who are enrolled in the program is because of a medical condition that they have
- ▶ 84% of HDM clients receiving meals reported that Meals on Wheels helps them manage their medical condition
- ▶ 88% of HDM clients reported that they eat healthier food since receiving Meals on Wheels
- ▶ 83% of HDM clients reported Meals on Wheels has improved their overall health
- ▶ 82% of HDM clients reported that Meals on Wheels helps them remain living at home

# Older Vermonter Nutrition Coalition

- ▶ The OVNC came out of discussions with all of the Area Agencies on Aging Nutrition Directors to discuss the immediate and broad nutritional needs and related factors for older Vermonters. Recognizing that there are partners also working on food equality for other population groups, the Vermont Association of Area Agencies on Aging (V4A) originated the Older Vermonters Nutrition Coalition. The first meeting was held in October of 2017 and has continued to meet on a regular basis. The OVNC's ultimate goal states that:

**“All older Vermonters will have access to what they need to be well-nourished”**

Questions and Answers?