Agenda

- RFI Timeline & Process
- Program Overview
- Summary of research, best practices, community input, and other data
- Policy Direction
- Q&A
- Short Break
- Break out Sessions
- Short Closing
Purpose for Meeting

- Share research and other information
- Provide opportunity for networking and develop partnerships
- Learn from each other
Why are we opening funding for Senior Nutrition Services?

- Four year cycle for funding
- Opportunity to respond to program and population trends
  - Declining attendance
  - Increase in aging population
  - Increase in food insecurity
  - Growing diversity among King County elders
Funding, Cont.

- Develop new ways to provide quality services that will meet the needs of our elders:
  - What would make the services more appealing and utilized?
  - How can we effectively channel resources to those in most need?
RFI Timeline & Process

- June 18 – planned date for RFI release
- July 8 - Bidder’s Conference
- Proposals due early August
- August/September – ADS review of proposals.
- Late September – Funds Awarded
- January 1, 2009 – Contracts begin
RFI Details

- Estimated funds available:
  - Congregate $1,943,248
  - Home Delivered $989,371
  - (includes Federal, NSIP, Seattle General Funds)

- Other nutrition related services (anything other than meals) will not be open for applications.
  - Transportation & Ethnic Dietician will be reviewed in 2009.
  - Outreach services must be incorporated in the meal program, not a separate service.

- Must meet HSD contracting guidelines
Senior Nutrition Program

- **Goal of congregate & home delivered meals**
  - Improve dietary intake;
  - Decrease social isolation; and,
  - Improve physical and mental well being of participants.

- **Authorized by the Older American’s Act (OAA)**
  - Eligible participants are ages 60+ (some exceptions)
  - No income requirements or fees; suggested donation only
Congregate Meals

- Provide social and physical exercise opportunities, information and education on health/nutrition issues, and serve nutritious, culturally appropriate meal.
- Group setting (such as senior or community centers)
- 5 or more days/week when feasible
- Meals must meet nutrition, serving and sanitation guidelines.
Home Delivered Meals

- Hot, cold, or frozen meals delivered to homebound elder’s homes
- Screen for nutritional risks and in-home assessments at least yearly
- Available for ages 60+ who meet ‘home-bound’ guidelines
Federal & State Requirements

- Priority given to persons with greatest economic and social need; low-income, minority, and elders living in rural areas, limited English proficient.
- Meals must meet 1/3 recommended Dietary Reference Intakes (DRI, previously RDA)
- Monitoring by registered dietician (or individual with comparable expertise)
- Collect and report participant and service data for NAPIS
2008 Contracted Services

- **Congregate Meals**
  - 10 contracts, 42 lunch sites
  - Service goals: provide 290,000 meals to 9,016 participants
  - Contracted funds: $1,943,248

- **Home Delivered Meals**
  - 3 contracts
  - Service goals: provide 2,284 home bound seniors with 430,000 meals
  - Contracted funds: $989,371
Congregate Nutrition Sites, by Subregion, 2008

- North King: 2 General, 0 Ethnic Food
- East King: 7 General, 1 Ethnic Food
- Seattle: 7 General, 18 Ethnic Food
- South King: 8 General, 2 Ethnic Food
<table>
<thead>
<tr>
<th>Who We Serve: 2007 Profile</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Congregate</strong></td>
</tr>
<tr>
<td>- 9,206 participants</td>
</tr>
<tr>
<td>- 37% Minority</td>
</tr>
<tr>
<td>- 31% Live Alone</td>
</tr>
<tr>
<td>- 13% Limited English</td>
</tr>
<tr>
<td>- 36% Ages 75+</td>
</tr>
<tr>
<td><strong>Home Delivered</strong></td>
</tr>
<tr>
<td>- 2,588 participants</td>
</tr>
<tr>
<td>- 27% Minority</td>
</tr>
<tr>
<td>- 55% Live Alone</td>
</tr>
<tr>
<td>- 6% Limited English</td>
</tr>
<tr>
<td>- 66% Ages 75+</td>
</tr>
</tbody>
</table>
Home Delivered Meal: Participant Ethnicity

- Caucasian: 61%
- Black, African-American: 14%
- Hispanic, Latino: 2%
- American Indian, Alaska Native: 2%
- Hawaiian Native or Pacific Islander: 1%
- Multi-Racial: 1%
- Asian: 4%
- Unreported: 12%
- Other: 3%
Congregate Meal: Participant Ethnicity

- Caucasian: 37%
- Asian: 24%
- American Indian, Alaska Native: 2%
- Hispanic, Latino: 3%
- Black, African-American: 5%
- Hawaiian Native or Pacific Islander: 1%
- Multi-Racial: 1%
- Other: 1%
- Unreported: 26%
2007 Nutrition Program Participants by Sub-Region

Seattle: 2,755
   - Congregate: 1,149
   - Home Delivered: 1,537
North Urban: 428
   - Congregate: 232
   - Home Delivered: 114
East Urban: 214
   - Congregate: 874
   - Home Delivered: 14
South Urban: 2,551
   - Congregate: 702
   - Home Delivered: 20
East Rural: 246
   - Congregate: 70
   - Home Delivered: 65
South Rural: 350
   - Congregate: 49
   - Home Delivered: 55
Vashon: 70
   - Congregate: 15
   - Home Delivered: 15
Outside King County: 395
   - Congregate: 11
   - Home Delivered: 10
Unknown: 190
   - Congregate: 0
   - Home Delivered: 190
Congregate Meal Program

Meals


Clients

Congregate: Ethnic Meal Programs

- Meals
- Clients

Graph showing the increase in meals and clients from 2001 to 2007.
Where We Looked for Answers

- Research: University of Washington, Science to Policy Papers; Hunger Fellow Study, 2003 surveys and study
- Best practices: local and national programs
- Community Input: participants, providers and other stakeholders
- Other Data: population trends, possible service gaps
Nutritional Risk – identify major risk factors and approaches for targeting resources to those most in need.

Nutrition Education – best practices & effective approaches for older adults

Food Quality – assess the impact of food quality on participation and nutritional status, and recommend strategies for improving access to high quality foods.
Best Practices & Other Models

- Carter-Burden Luncheon Club, New York City
- Mather’s Café, Chicago
- Loaves and Fishes, Portland, OR
- Mom’s Meals – Iowa based home delivery program
- Local resources
  - Survey of AAA’s in Washington state
  - Other local food providers
  - Restaurant voucher programs
Community Input

- Participant surveys
- Community surveys
- Provider and stakeholder meetings
- Advisory Council member site visits
- “Rethinking Congregate Nutrition” – 2003 UW report
Population Data & Possible Service Gaps

- Housing Study (June 2008)
- BRFSS Food Insecurity
- DSHS CSO data
- Area Plan on Aging
  - Census Data
  - Populations Estimates (geolytics)
Summary of Findings

- Strengths and challenges of current program
- Diet and menu recommendations
- Critical components of successful programs
- Effective nutrition education practices for older adults
- Populations most at risk and underserved groups
Current Strengths

- Fellowship and socialization
  - Key to mental and physical health
  - Minority and LEP elders can share language and culture (rephrase)
- Balanced meal (primary meal of day for many)
- Reasonable price / low cost
- Adequate food quality
Strengths, Cont.

- Access to other services:
  - Language specific assistance and information
  - Culturally relevant food bank
  - Physical exercise
  - Other social and health promotion activities
- Flexibility of providers to tailor services to their participants
Participant Comments
“How do you like?”

“I like the people. The company and good food is healthy for us.”

“.. the opportunity to connect, visit, … have something to do.”
Challenges

➢ Transportation

• Getting clients to meals
  • Cost of gas
  • Inability to drive
  • Challenges of public transit and Access

• Impact of gas prices on home delivery program, especially for rural areas and volunteer deliveries
Challenges, Cont.

- **Declining Enrollment**
  - Difficult to attract younger seniors
  - Many people don’t know about the program
  - Need to pre-register for meals – can be difficult to “drop-in”
  - Cultural differences – feelings of not being accepted or honored
Challenges, Cont.

- **Donations**
  - amount is high for low-income seniors
  - perceived pressure to “pay full price”

- **Food**
  - poor quality
  - few choices
Challenges, Cont.

- Funding – need more money for:
  - Quality food
  - Transportation
  - Staff and administrative costs
  - Other related program services (outreach, fitness, education, etc.)
Participant Comments on Food

“Beats not eating at all.”

“It’s great!”

“Unhealthy … not appealing.”

“Hot and delicious … just the right amount.”

“You can’t please me all the time, and I accept that.”
Diet and Menu

Older adults need to consume more:
- Vitamins D, E, B12, K,
- Folate
- Calcium
- Potassium
- Fiber

Older adults need to consume less:
- Sodium
- Protein
- Fat
Diet & Menu, Cont.

- **Offer choices**
  - Special diets (i.e., diabetic, hypertension, etc.)
  - Portion sizes
    - salad bars
    - family style meals
    - take home left-overs or “grab & go” meals

- **Provide more fresh foods**
  - Fruit
  - Vegetables
  - whole grains

- **Meals prepared on-site**
Critical Program Features

- Welcoming and social atmosphere
  - Greeters, culturally welcoming pleasant setting
  - Donation system that encourages participation
  - Activities and meal presented with respect (such as table clothes, individually served, etc.)
Critical Program Features, Cont.

- **Supported Service**
  - Transportation support
  - Variety of activities such as exercise, field trips, family and community activities, computer training, etc.
  - Flexible scheduling to meet needs of population
  - Culturally appropriate services and meals for non English Proficient and minority elders.
Critical Program Features, Cont.

- **Marketing & Outreach**
  - Ongoing and integral part of program
  - Reach out to seniors and specific populations
  - Create awareness in the larger community – key to developing a source of volunteers, support and funding
Critical Program Features, Cont.

- Creative fund-raising and development of other resources
  - Successful programs rely on up to 2/3 non-government funds or resources.
  - Research on risk factors, diet & menu also indicate need for more resources for quality and variety of food.
Critical Program Features, Cont.

- Strong leadership and participant involvement
  - The site leader(s) shows passion for and takes ownership of the service
  - All players (elders, volunteers, staff) participate in planning, fund raising, food selection, etc.
  - Everyone’s voice is heard
Nutrition/Health Education “best practices”

- Participant driven: ask what topics are of interest to them
- Include hands-on activities,
- Focus on 1-2 messages over multiple sessions
- Use peer educators and train staff & volunteers to provide information sessions
Characteristics of Nutritionally At-Risk Older Adults

- A limited income
- Loneliness
- Reduced activity
- Living alone/ eating alone
- Social isolation
- Lack of social and family support
- Chronic invalidism
- Poor dental health
- Mental impairment
Populations at Greatest Nutritional Risk

- Low Income (Seattle and South King County have highest poverty rates)
- Very old (age 75 and over)
- Women
- Non-white ethnic groups, non-mainstream culture/language
- Living alone
Possible Service Gaps

- SHA and KCHA senior housing residents (Solid Ground’s Emerson Hunger Fellow Report).
  - 54.8% of 188 households surveyed were food insecure
  - 21.3% very low food security
- Non-English proficient elders (DSHS RIA data)
### Region 4 DSHS LEP Clients, Ages 55+ (Country of Origin and CSO)

<table>
<thead>
<tr>
<th>Country Name</th>
<th>East King</th>
<th>Rainer</th>
<th>North / Ballard</th>
<th>South King</th>
<th>White Center</th>
<th>Federal Way</th>
<th>Capitol Hill</th>
<th>Belltown</th>
<th>West Seattle</th>
<th>Auburn</th>
<th>Lake City</th>
<th>Renton</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>VIETNAM</td>
<td>48</td>
<td>259</td>
<td>46</td>
<td>82</td>
<td>258</td>
<td>38</td>
<td>95</td>
<td>57</td>
<td>5</td>
<td>1</td>
<td>3</td>
<td>124</td>
<td>1,016</td>
</tr>
<tr>
<td>RUSSIA</td>
<td>149</td>
<td>4</td>
<td>71</td>
<td>105</td>
<td>35</td>
<td>82</td>
<td>4</td>
<td>11</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>44</td>
<td>507</td>
</tr>
<tr>
<td>CHINA</td>
<td>57</td>
<td>79</td>
<td>43</td>
<td>8</td>
<td>11</td>
<td>12</td>
<td>100</td>
<td>72</td>
<td></td>
<td></td>
<td></td>
<td>30</td>
<td>412</td>
</tr>
<tr>
<td>UKRAINE</td>
<td>22</td>
<td>13</td>
<td>113</td>
<td>6</td>
<td>140</td>
<td>1</td>
<td>4</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td>41</td>
<td>342</td>
</tr>
<tr>
<td>SOMALIA</td>
<td>3</td>
<td>88</td>
<td>17</td>
<td>49</td>
<td>93</td>
<td>1</td>
<td>21</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td>48</td>
<td>328</td>
</tr>
<tr>
<td>CHILE</td>
<td>52</td>
<td>12</td>
<td>9</td>
<td>6</td>
<td>2</td>
<td>4</td>
<td>28</td>
<td>37</td>
<td></td>
<td></td>
<td></td>
<td>12</td>
<td>162</td>
</tr>
<tr>
<td>KOREA (SOUTH)</td>
<td>14</td>
<td>12</td>
<td>4</td>
<td>9</td>
<td>74</td>
<td>27</td>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>7</td>
<td>153</td>
</tr>
<tr>
<td>CAMBODIA KAMPUCHEA</td>
<td>22</td>
<td>20</td>
<td>7</td>
<td>10</td>
<td>51</td>
<td>13</td>
<td>7</td>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td>17</td>
<td>150</td>
</tr>
<tr>
<td>ETHIOPIA</td>
<td>3</td>
<td>32</td>
<td>19</td>
<td>2</td>
<td>28</td>
<td>1</td>
<td>19</td>
<td>8</td>
<td>1</td>
<td></td>
<td></td>
<td>14</td>
<td>127</td>
</tr>
<tr>
<td>LAOS</td>
<td>10</td>
<td>42</td>
<td>2</td>
<td>8</td>
<td>8</td>
<td>3</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td></td>
<td></td>
<td>27</td>
<td>106</td>
</tr>
<tr>
<td>MEXICO</td>
<td>14</td>
<td>3</td>
<td>7</td>
<td>10</td>
<td>19</td>
<td>28</td>
<td>4</td>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td>13</td>
<td>106</td>
</tr>
<tr>
<td>IRAN</td>
<td>72</td>
<td>10</td>
<td>1</td>
<td>1</td>
<td>3</td>
<td>4</td>
<td>3</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td>4</td>
<td>101</td>
</tr>
<tr>
<td><strong>Total All Countries</strong></td>
<td><strong>571</strong></td>
<td><strong>624</strong></td>
<td><strong>384</strong></td>
<td><strong>548</strong></td>
<td><strong>716</strong></td>
<td><strong>550</strong></td>
<td><strong>353</strong></td>
<td><strong>265</strong></td>
<td><strong>7</strong></td>
<td><strong>7</strong></td>
<td><strong>4</strong></td>
<td><strong>494</strong></td>
<td><strong>4,523</strong></td>
</tr>
</tbody>
</table>

*Total includes figures from countries not shown above
Data as of February 2008 from ACES warehouse
Unduplicate number of LEP elder age from 55+ who receives any type of DSHS service in Region 4 Oct-Dec 2007.
# 2007 Program Participants Compared to Population, ages 60+

<table>
<thead>
<tr>
<th>Sub-Region</th>
<th>Congregate</th>
<th>Home Delivered</th>
<th>*Population Age 60+</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seattle</td>
<td>29.9%</td>
<td>44.9%</td>
<td>32.5%</td>
</tr>
<tr>
<td>North Urban</td>
<td>4.6%</td>
<td>9.1%</td>
<td>8.5%</td>
</tr>
<tr>
<td>East Urban</td>
<td>9.5%</td>
<td>8.4%</td>
<td>22.6%</td>
</tr>
<tr>
<td>South Urban</td>
<td>27.7%</td>
<td>27.4%</td>
<td>30.7%</td>
</tr>
<tr>
<td>East Rural</td>
<td>2.7%</td>
<td>1.0%</td>
<td>2.0%</td>
</tr>
<tr>
<td>South Rural</td>
<td>3.8%</td>
<td>1.9%</td>
<td>3.0%</td>
</tr>
<tr>
<td>Vashon</td>
<td>0.8%</td>
<td>0.6%</td>
<td>0.8%</td>
</tr>
</tbody>
</table>

*Geolytics, 2006 estimate*
Map 3. 60+ Persons of Color

ADS 2004-2007 Area Plan on Aging
ADS Policy Direction: Funding

- Distribute a balance of funds to serve:
  - All regions of the county, and
  - Priority populations (highest need and nutritional risk)

- Applicants must bring significant resources to the table.
Encourage collaboration and partnerships to reach communities with limited capacities

- Partnership approaches must have low administrative costs
- Capacity is limited in terms of the number of contracts ADS can support
ADS Policy Direction: Program Elements

- Provide fresh, quality, on-site prepared meals with choices as much as possible

- Promote cultural competency between partners, within organizations, and among participants

- Demonstrate participatory leadership at all levels
Questions & Comments
Resource Materials

ADS Web Site

www.agingkingcounty.org

Materials will be posted in the “Highlights” section, lower left corner of the home page.