Programs Serving Older Adults

- Food Stamp Program
- Senior Farmer’s Market Nutrition Program
- Commodity Supplemental Food Program
- Child and Adult Care Food Program
- Nutrition Assistance Program in Puerto Rico
- Food Distribution Program on Indian Reservations.
- Food pantries
- Programs specific to local communities
The average older adult participant is 71. (2004)
Eat Smart, Live Strong: Formative Research
Purpose

- Understand the characteristics of older adults
- Identify interventions with some promise in addressing target behaviors
- Develop a concept to improve eating and physical activity among older adults participating in FNS programs
Steps

- Formative Research
  - Research, literature, and resource review
  - Promising practices review
  - Input from stakeholders
  - Recommendations for intervention
Promising Practices Review

- One source for intervention development
- Increasingly used to develop national interventions and programs
- Challenge ------ how to guide and organize findings?
What is a Promising Practice?

- An individual program component or activity?
- An integrated program with many components?
- A general principle based on many intervention studies?
Sources of Data

- Published evaluations of interventions (18)
  - Rated based on 12 criteria
- Unpublished descriptions from interviews with program managers (21)
  - Evaluation data not available
- Published review articles (4)
  - Summarized principles – not activities
Recommendations from Findings

- Priority Group (WHO)
  - All needed to be
    - Low-income, 60 to 74
    - Basically healthy
  - Test concepts with
    - White, African-American
    - Rural and urban
    - Majority female
    - Majority living alone
Findings

- **Behavior (WHAT)**
  - Primary... to eat at least 5 servings of fruits and vegetables **every day** (at the time research was conducted, 2000 Dietary Guidelines were in effect and this was a successful and prevalent message)
  - Secondary ... to participate in a physical activity on most days of the week
Key Factors/Determinants: Eating FV Every Day

- Psychosocial
  - Give up traditional food; f&v are boring

- Environmental
  - Lack of social networks – why eat healthy??

- Antecedent behaviors
  - Hesitancy to try new food
Key Factors/Determinants: Participate in Physical Activity

- Psychosocial
  - Anxiety about injury
  - Doctors recommend

- Environmental
  - No one to show me how
  - Lack of resources

- Antecedent behaviors
  - Make a public commitment
  - Participate in intervention
Formative Research Findings

Activities (HOW)

- Didactic sessions and materials
  - On benefits of the behaviors
  - Important at any age
  - Information on ways to exercise safely

Key recommendation from providers:
Do **MORE** than just didactic health education!!!!!!!!!!
Formative Research Findings

Activities (HOW)

- Individualized goal setting with professional involvement
- Motivational content tailored to the audience and theory-based
  - Tailored program based on readiness
  - Individual counseling about benefits and ways to overcome barriers
Formative Research Findings

Activities (HOW)

- Feedback and monitoring activities
  - Color coding to record progress
  - Submit minutes walked
- Rewards
  - Coupons at sessions
  - Incentives for attaining goals
Formative Research Findings

Activities (HOW)

- Empowerment and self-efficacy building activities
  - Recipes and demonstrations
  - Sessions to learn exercise
- Active participation
  - Games and contests
  - Role-playing
  - Tasting
Formative Research Findings
Activities (HOW)

- Social support from professionals
  - Reminders (phone calls and magnets)
  - Telephone supervision

- Social support from peers
  - Group exercise sessions
  - Meetings planned by participants
Formative Research Findings

**Activities (HOW)**

- Changes in the environment for long-term change
  - Meal and congregate eating programs
  - Walking trails

- Addressing barriers
  - Food provided through intervention
  - Accident prevention session
Formative Research Recommendation

Develop an Activity Kit
Eat Smart, Live Strong
Formative Testing
Purpose

To develop concepts for a behavior focused intervention for able bodied, low-income older adults 60-74 years of age.
Key Behaviors

- Increase fruit and vegetable consumption
- Participate in 30 minutes of physical activity most days of the week
Concept Development and Testing

- Review Panel
- Site Visits
- Materials Testing
- Field Review
Eat Smart, Live Strong
Activity Kit
3 ½ Cups & 30 Minutes

Message is based on...

- 1600 calorie diet
- Female
- Sedentary
- Have at least 1 chronic condition
- Relatively easy to remember
- Accurately reflects current DGA recommendations for a significant majority of the target audience
Leader’s Guide

Provides guidance and tips about:

- using the sessions
- motivating older adults
- adapting the materials for people with physical limitations
- identifying resources for older adults
- promoting the behaviors and the intervention to participants and their communities
Session 1

- Introduce goal setting
- Self-assessment of key behaviors
Session 2

- Reviews challenges and solutions specific to this population
- Encourages health provider support – SMART Card

Eat Smart, Live Strong
Nutrition Education for Older Adults

Challenges and Solutions

Through a word game and other activities, participants seek solutions to the challenges they may face as they try to eat more fruits and vegetables and exercise more.
Session 3

- Trying new foods through classic recipes
- Make something old new again; promoting self-efficacy
Session 4

- Addresses cost of fruits and vegetables
- Promotes nutrition assistance programs for the older adults
- Helps promote awareness about local resources
Handouts
Handouts for All Sessions

Set Your Goal

Recommended Goals:

1. Eat at least 3-4 cups of fruits and vegetables every day.
2. Exercise to at least 30 minutes of physical activity most days.

My Personal Goals:

- __________ cups of fruits and vegetables every day.
- __________ minutes of physical activity on __________ days each week.

In the weeksLog below, note the number of cups of fruits and vegetables you eat each day. Note on the number of minutes you are physically active each day. Write questions, ideas, tips, or other notes in the space provided.

Exercises

**Set 1:**
- **Walking in Place:**
  - Stand up.
  - Walk in place, raising knees as high as possible.
  - Continue for 2 minutes.
  - Inhale deeply while walking.

**Set 2:**
- **Leg Curls:**
  - Stand behind chair and grasp its back.
  - Keeping knees together, lift your right leg and make a right angle.
  - Count to 10 holding this position.
  - Lower leg to the floor.
  - Repeat 5 times.
  - Repeat with left leg.

Participant Feedback Sheet

For Session 4: Eat Smart, Live Strong

Please take a few moments to complete this form. Return this sheet to the group leader. Your comments will help the leader continue to improve the session.

**Today's Date:**

1. How much fun did you have from this session?
   - Very enjoyable.
   - Somewhat enjoyable.
   - Not enjoyable.

2. Why or why not?

3. What did you like the most about this session?

4. What did you like the least about this session?

5. What would you change about this session?

6. How would you rate the instructor?
   - Excellent.
   - Good.
   - Fair.
   - Poor.

7. What questions do you have about this session?

8. Would you recommend this session to others?
   - Yes.
   - No.
   - Not sure.

9. What suggestions do you have for future sessions?

Thank you for participating in Eat Smart, Live Strong!