



DEPARTMENT OF ECONOMIC SECURITY

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OAA Nutrition Services & Health Promotion Program

Overview

- The Administration for Community Living (ACL)
 - Nutrition Services Program
 - Congregate Nutrition Services
 - Home-Delivered Nutrition Services
 - Disease Prevention\Health Promotion Program
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Administration for Community Living

Who is ACL and what do they do?

- The Administration for Community Living (ACL) is the principal agency of the U.S Department of Health and Human Services designated to carry out the provisions of the Older Americans Act of 1965 (OAA)
- The OAA promotes the well-being of older adults by providing services and programs designed to help older adults live independently in their homes and communities.
- The OAA also empowers the federal government to distribute funds to the states for supportive services for individuals over the age of 60.
- <https://acl.gov/about-acl/administration-aging>



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Nutrition Services

Nutrition Services (CNG)

- Title III-C1 authorizes meals and related nutrition services in congregate settings
- Requires serving healthy meals
- Presents opportunities for social engagement
- Provides information on healthy aging
- Provides the opportunity for meaningful volunteer roles

Eligibility for CNG

- An individual age sixty or older and their spouse of any age
- An individual with a disability, under age sixty who resides in a housing facility occupied primarily by older individuals at which congregate nutrition services are provided
- An individual with a disability who resides at home with and accompanies an older individual who participates in the program
- A volunteer under age sixty who provide services during the meal hour(s)

Nutrition Services (HDM)

- Title III-C2 authorizes home delivered meals for older individuals and their spouses of any age
- Home delivered meals are often the first in-home service that an older adult receives
- Requires serving healthy meals
- Requires a wellness check at the time of meal delivery
- Provides information on healthy aging

Eligibility for HDM

- Individuals age sixty or older, with functional limitations which restrict ability to obtain/prepare meals at home and have no other meal preparation assistance
- Individuals assessed as moderately to severely impaired in two areas of Instrumental Activities of Daily Living (IADL) and one of the IADLs must be meal preparation
- Significant other of individual regardless of age or condition where providing the meal is in the **best interest** of the eligible participant

Eligibility for HDM cont.

- An individual with a disability under age sixty who lives with an eligible person where receipt of the meal is in the **best interest** of the eligible participant
- An individual with a disability, under age sixty, who has functional limitations restricting ability to obtain and prepare meals in their home and has no other meal preparation assistance (Funds other than OAA must be expended for persons in this category)

Eligibility for HDM cont. 2

- The (live-in) caregiver of an individual defined in sections 3203.1.A and 3203.2 of DAAS Policy and Procedure Manual, regardless of age or condition where receipt of the meal is in the best interest of the eligible participant.

(Funds other than OAA must be expended for persons in this category)

- If Title III-E funds are used, the service is provided as a Supplemental Service of the FCSP, the service must be shown to complement the care of the caregiver, and can only be provided on a limited basis. Sections 3603 and 3604 of DAAS Policy and Procedure Manual, Family Caregiver Support



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Disease Prevention/Health Promotion Programs

DPHP or Health Promotion

- Title III-D authorizes health promotion services designed to promote the general health and well-being of older adults
- Funds must be spent on evidence-based programs (EBP) that have been proven to improve health and well-being and reduce disease and injury

Examples of EBP

- A Matter of Balance (MOB)
- Chronic Disease Self-Management Program (CDSMP)
- Bingocize
- Geri-Fit
- Tai Chi
- Enhance[®] Fitness

EBP Review Process

- The program meets the requirements for ACL's Evidence-Based Definition
 - Demonstrated through evaluation to be effective for improving the health and well-being or reducing disease, disability and/or injury among older adults
 - Proven effective with older adult population, using Experimental or Quasi-Experimental Design
 - Research results published in a peer-review journal
 - Fully translated in one or more community site(s)
 - Includes developed dissemination products that are available to the public

EBP Review Process cont.

- The program is considered to be an "evidence-based program" by any operating division of the U.S. Department of Health and Human Services (HHS) and is shown to be effective and appropriate for older adults.
- ACL completed a study of the review process
- Some updates can be immediately implemented
- Others may require considerable time to implement



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Program Monitoring

Why does DAAS monitor programs?

- DAAS answers to ACL of federal funding
- Federal Regs, State Policies, and SOWs are followed
- Understand program implementation
- Recognize what support/technical assistance is needed
- Understand what training DAAS needs to provide

What is included in the monitoring?

- Nutrition Program (Congregate and Home Delivered)
 - Food Temperature Logs
 - Food Safety/Sanitation Training
 - Menu Planning
 - Nutrition Education & Socialization
 - Nutritional Risk Assessments

This is not a complete list of items monitored.

What is included in the monitoring? 2

- Health Program
 - Evidence Based Programing Presented
 - Required Certifications are in place
 - Outreach & Community Education is evident
 - Program sign-in sheets

This is not a complete list of items monitored.



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Questions/Contact Information

Questions



Contact Information

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Thank you!