OVERVIEW

• NRCNA Mandate and Journey
• Goals for the 2018 NRCNA Website Redesign
• Resources for Key Audiences
• NRCNA Proposed Title VI Project
• Next Steps

www.nutritionandaging.org
OUR MANDATE AND OUR JOURNEY
WHAT IS THE NRCNA?

• **Primary goal of the NRCNA is:**
  • Equip the network with timely, relevant, high quality education and training opportunities for nutrition and aging professionals across the Network.

• **NRCNA is designed to:**
  • Strengthen the capacity of the aging services network to provide nutrition services for both current and future older adult populations;
  • Integrate the aging network into the home- and community-based service system, and
  • Provide training and technical assistance to the aging network regarding nutrition services.
The National Resource Center on Nutrition and Aging (NRCNA) is hosted by Meals on Wheels America as part of a cooperative agreement with the Administration for Community Living.
Since 2011, the NRCNA has supported the national aging and nutrition network through access to research, promising practices, and training.
NEW LOOK, SAME GREAT CONTENT

• The vision for this updated website to provide users with a clean and simplified experience.
CHALLENGE TO ADDRESS

• Content delivery that meets the needs of today’s user

• Design a functional website
• Ability to solve problems is key
• Ease of navigation
• Responsive website design
• Curated resources
• Managing user ‘overwhelm’
GOALS FOR THE 2018 REDESIGN: 4 E’S

• Educate
• Engage
• Empower
• Energize
EDUCATE: HIGHLIGHT CONTEMPORARY TOPICS
SHOWCASE KEY AREAS OF INTEREST

- Combating Malnutrition
- Client Education Materials
- NRCNA Training

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MAY 4, 2018
Get Smart(er) with the NRCNA

The goal of the National Resource Center on Nutrition and Aging (NRCNA), hosted by Meals on Wheels America, is to modernize the provision of senior nutrition services by providing tools and resources that promote program excellence, service quality, business acumen...

MAY 4, 2018
Screen, Document and Intervene: Addressing Food Insecurity in Older Adults

Food insecurity in older adults is increasingly being recognized as a serious health and social problem in the United States. Recent research shows that in 2016, 8% of older adults (~ 2.8 million) experienced food insecurity – which can lead...
October 22, 2017

2017 Pre-Conference Workshop – Hosted by Meals on Wheels America

Looking for 2014 Pre-Conference Workshop? Click here.
Looking for 2015 Pre-Conference Workshop? Click here.
Looking for 2016 Pre-Conference Workshop? Click here.

The Importance of Social Determinants of Health in Healthcare

WORKSHOP PRESENTATIONS

Over the last few years, the healthcare environment has provided the Aging Network and senior nutrition programs new opportunities for engagement with healthcare payers that support positive health outcomes. While these relationships have focused largely on addressing food access, senior nutrition programs are also uniquely well-positioned to address the broader community-based approaches that address social, economic and environmental factors that influence health. There is a growing recognition of the impact of social determinants on health and well-being which gives senior nutrition programs more leverage with healthcare entities to better support seniors with complex needs and bridge the gap between clinical and community care. Challenges such as malnourishment, social...
The Role of Social Determinants of Health: Perspectives from Healthcare Providers and Payers

Lori Peterson, CEO, Collaborative Consulting

Lori’s 25 years of experience in the health care industry, her background in psychology and organizational development and her deep understanding of the dynamics of change,
• New curated resources for key user groups
Nutrition, Food & Health ➔ Native Food, Nutrition and Health

Diet-related chronic conditions like obesity and diabetes remain a persistent challenge for Native Americans. Through increasing awareness of the connection between diet and health, as well as greater attention to the role of traditional foods in maintaining health and wellness, great gains are being made. This section includes a diversity of resources focused on client education, nutrition and health promotion resources related to Native American communities.
PART I
TRADITIONAL FOODS IN
NATIVE AMERICA

A compendium of stories from the Indigenous Food Sovereignty movement in

Results for Native Origins 3 videos

Native Origins: Three Sisters & Friends Salad — AARP
4:12
Go back to the roots of traditional Native cooking and learn to prepare quick, simple meals that promote wellness. In this episode, Chef Loretta B. Oden shows us how to make a colorful salad with...

Native Origins: Salmon with Oyster Potato Cakes — AARP
5:37
Go back to the roots of traditional Native cooking and learn to prepare quick, simple meals that promote wellness. In this episode, Chef Loretta Ba shows us how to make a classic Native dish...
ENGAGE & ENERGIZE

• Increased opportunities for interaction
  – Getting help while you search is easier than ever.
  – Click on this hovering button to submit a question!

• Content rating / Feedback
• Now you can let us know what you think of the resources on the site.
• Please rate how helpful each resource is to you.
• We like to hear from you!
SHARING IS CARING

- The NRCNA is also a platform for nutrition and aging providers to share promising practices with their peers.

What kinds of resources are we looking for?

- Client education materials
- Traditional foods recipes
SHARING IS CARING
PROPOSED TITLE VI DATA PROJECT
EXPAND TRAINING AND TECHNICAL ASSISTANCE

• To further equip the Aging Network with Title VI specific training and technical assistance resources that build knowledge and skills among nutrition and aging professionals.

• This new project is expected to involve the synthesis of key Title VI programmatic survey data sources and the development nutrition and aging training courses.
DATA SOURCES IN QUESTION

Evaluation of the ACL Title VI Programs: Year 1 Interim Report

What is the Evaluation of the ACL Title VI Programs?

In 2018, the Title VI Program will celebrate 40 years of providing programs and services to older AI/AN/Native communities. ACL decided the time was right to better understand how the Title VI program impacts people’s lives and to look for ways ACL can do more to make these programs more effective. In 2018, ACL hired a contractor, ICF, to help with:

- Evaluating the Title VI Programs to learn more about how Tribes organize and manage their Title VI programs and
- Providing grants to participating Tribes to meet their own data needs.

Preparing for Evaluation

In 2014, ICF helped ACL conduct an evaluation of the Title VI programs. EAs are used to guide and inform investments in evaluation and research. The purpose of the EA was:

- To describe the characteristics, context, activities, processes, implementation, and intended outcomes of the Title VI nutrition, supportive, and caregiver support services and
- To assess the feasibility of, and best approaches for, a full-scale evaluation of the Title VI Programs.

As part of this process, a 20-member stakeholder advisory group provided input and guidance on the best way to evaluate the Title VI Programs in a culturally responsive way.

EA Stakeholder Advisory Group Members

- National Indian Council on Aging
- National Resource Centers on Aging
- National Resource Center for Native Elders (University of Alaska, Anchorage)
- National Resource Center for Native Hawaiian Elders (University of Hawai’i)
- National Resource Center on Native American Aging (University of North Dakota)
- Title Vigilantes

The EA team identified outcomes for the Title VI programs in the form of a medicine wheel in order to show the outcomes in the four quadrants of Indigenous practice: Spiritual, Mental, Emotional, and Physical. The four quadrants are encircled by community, family, and intergenerational connection which highlights their importance to the spiritual, mental, emotional, and physical well-being of Indigenous communities and Elders. The medicine wheel guides the evaluation to ensure the questions accurately reflect planned and achieved program outcomes.

ACL Title VI Evaluation

The National Resource Center on Nutrition & Aging

Identifying Our Needs Survey of Tribal Elders

2017 Report

NATIONAL TITLE VI PROGRAM SURVEY
Serving Tribal Elders Across the United States
WHAT KIND OF INFORMATION IS AVAILABLE?

National Association of Area Agencies on Aging
Title VI Program Survey

• Structure and Staffing
• Programs and Services
  • Meeting Tribal Elders Service Needs
  • Outreach and Evaluation of Services
• Technology and Infrastructure
• Healthcare, Long-term Services and Supports
• Training and Technical Assistance Needs
WHAT KIND OF INFORMATION IS AVAILABLE?

Identifying Our Needs Tribal Data:

• General Health Status
• Activities of Daily Living
• Long-Term Care Need
• Vision, Hearing and Dental health needs
• Healthcare Screening Practices
• Weight and Nutrition
• Social Support/Social Functioning
• Demographics
WHAT KIND OF INFORMATION IS AVAILABLE?

ACL Evaluation of Title VI Programs

• **Target Populations:**
  - Congregate and home-delivered meal program participants
  - Caregivers

• **Key Evaluation Questions:**
  - How do tribes operate their Title VI programs?
  - What is the effect of the Title VI program on elder in the community?
  - How does impact on elder differ by funding matrix (single sources vs multi-sourced)?
  - How Title VI programs are serving each community, opportunities for additional support.
WHY DOES THIS MATTER?

- There is a need for an expressed need for training on nutrition to support the needs of tribal elders.
- These resources contain a wealth of information in the needs of Title VI programs and the older adults that they serve.
- There is no single summary of all the data sources.
- No need to reinvent the wheel – there resources are robust and contemporary, and can provide needed insights to inform training prioritization and development.
OUR PROPOSED APPROACH

- Review and synthesize the summary of key Title VI data sources
- Summarize available literature on the needs of elders served by the Title VI programs.
- Design a needs assessment instrument that can be fielded to Title VI program directors to understand nutrition-centered training needs.
- Craft recommendations for the development of trainings to address identified needs.
OUR PROPOSED METHODS

NRCNA staff in concert with national/regional consultants will use the following methods of data collection:

- Focus groups / talking circles
- Online and paper-based surveys
- Key informant interviews
- Advisory Committee oversight
- Secondary data review and analysis
WHAT KINDS OF TRAINING TOPICS ARE OF INTEREST?

Depending on who you ask:

- My conversations with federal staff:
- Nutrition and food service:
- Cook’s training
- Resource management
- Safety and sanitation

Don't you agree with these topics?

What other ideas do you have?

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<table>
<thead>
<tr>
<th>Training Area</th>
<th>Percent</th>
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</thead>
<tbody>
<tr>
<td>Resource development: Identifying, cultivating and securing financial and workforce support</td>
<td>52%</td>
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<tr>
<td>Understanding the long-term services and supports (LTSS) system</td>
<td>51%</td>
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<td>Title VI program basics/new director training</td>
<td>50%</td>
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<tr>
<td>Learning more about Medicaid</td>
<td>49%</td>
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<tr>
<td>Grant writing</td>
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<td>Elder abuse program development</td>
<td>47%</td>
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<tr>
<td>Evidence-based programs</td>
<td>46%</td>
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<tr>
<td>Learning more about Medicare</td>
<td>41%</td>
</tr>
<tr>
<td>Business development: expanding services, reaching new clients, etc.</td>
<td>40%</td>
</tr>
</tbody>
</table>
WHERE WOULD THIS TRAINING BE OFFERED?

Several possibilities are possible:

• Online through the National Resource Center on Nutrition and Aging

• Live, in-person training at a variety of national/regional conferences

• Tribal colleges (operate >75 campuses in 16 states—serving students from well more than 250 federally recognized Indian tribes.)

Q.

• Do you have other ideas for ideal training venues?
WHAT HAPPENS NEXT?

• NRCNA staff actively seeking to secure funding for this proposed project.

• We’d like to hear from with your thoughts and ideas following this presentation. You can reach out to me directly at: uche@mealsonwheelsamerica.org.
CLOSING THOUGHTS
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WHAT’S NEXT?

• Continue to identify and host more resources.
• Create a Hot Topics Blog and Promising Practices Feature.
• Continue to improve the functionality of the site.
• Promote greater awareness of the site.
• Identify and curate more practice-informed and multilingual resources.
• Promote New Issue Briefs and Reports

• We welcome your ideas and resource suggestions!
TAKE HOME MESSAGES

• The National Resource Center on Nutrition and Aging is a resource for you to use.

• It is a comprehensive collection of reports, research, client education materials, and tools dedicated to nutrition and aging issues.

• We welcome your suggestions to grow the online collection of native food, nutrition and health resources.

www.nutritionandaging.org
THANK YOU!

UCHE@MEALSONWHEELSAMERICA.ORG