



**Western Reserve**

Area Agency on Aging

**Advocacy Efforts to Combat  
Senior Malnutrition and  
Hunger**

**November 15, 2017**

**Presented by:**

**Dr. E. Douglas Beach, Chief Executive Officer**



# Older Americans Act: National Impact

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## The National impact of OAA programs from 2008-2012 were:

- Over 130 million rides to doctors' offices, grocery stores and other essential places
- More than 1 billion meals served
- Over 60 million hours of homemaker services
- Nearly 20 million hours of case management
- Over 30 million hours of respite care
- Almost 248 million hours of community service
- More than 1.5 million individual consultations to long-term care residents and their families

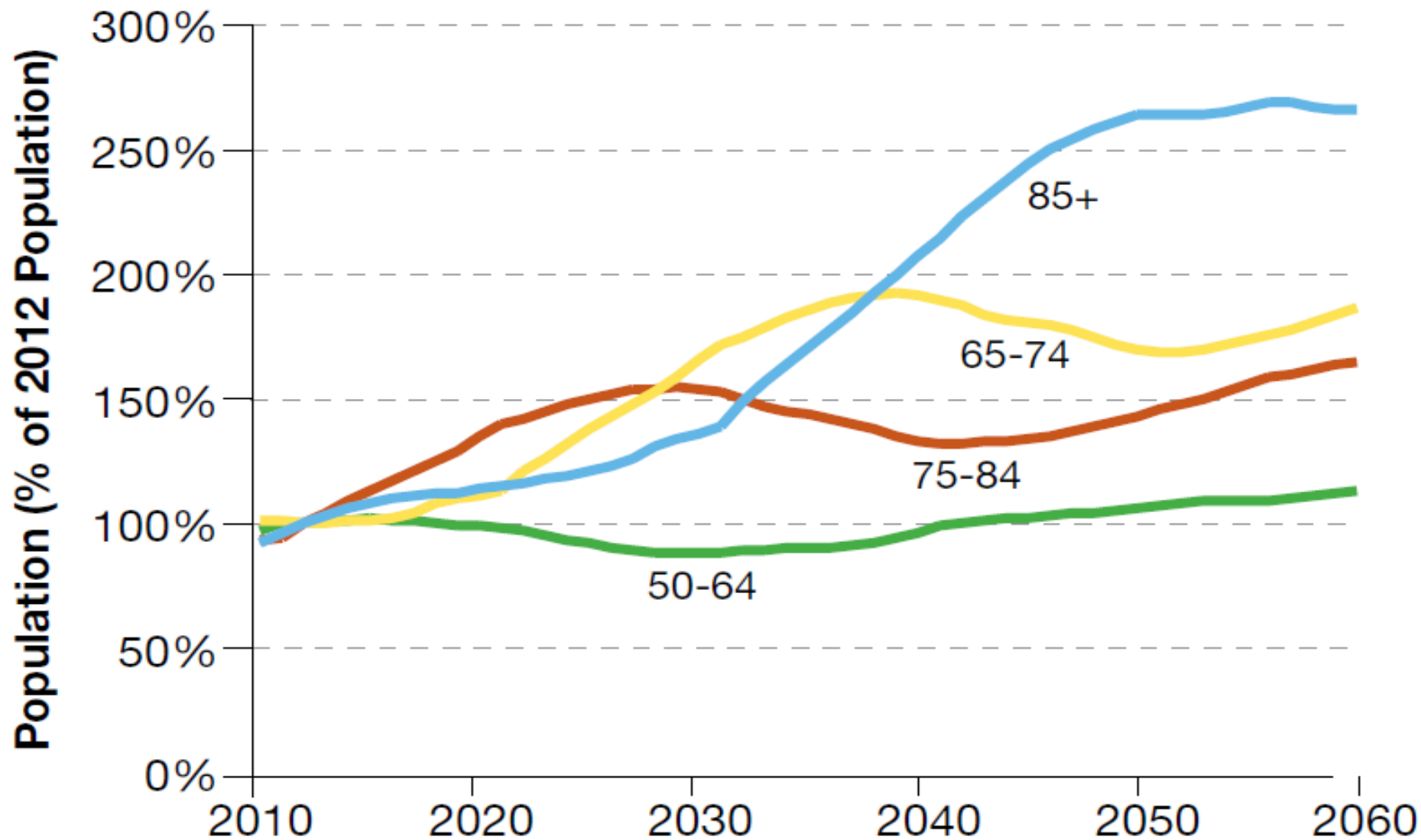
**Source:** Administration for Community Living, Data represented represent accomplishments between 2008 and 2012

# The Problem:

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**76 million Baby Boomers  
began to retire in 2008**

# Projected Growth in the Older Population in Ohio as a Percentage of 2012 Population, by Age Group



# WRAAA OAA Funding has not Kept Pace with Senior Needs

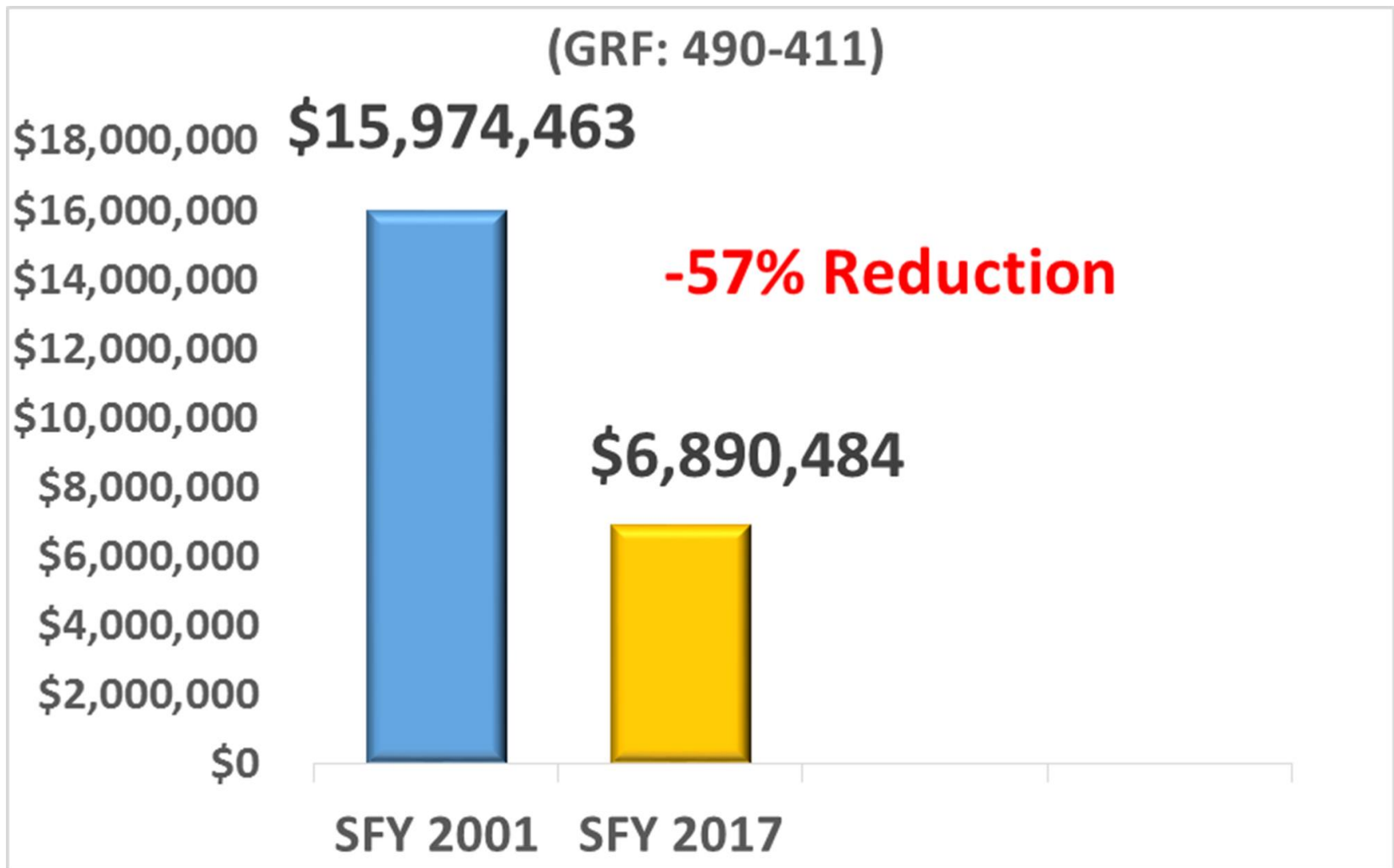
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**FY 2000-2015**



Source: U.S. Census, population estimates 2014. WRAAA OAA funding allocations, 2000-2015.

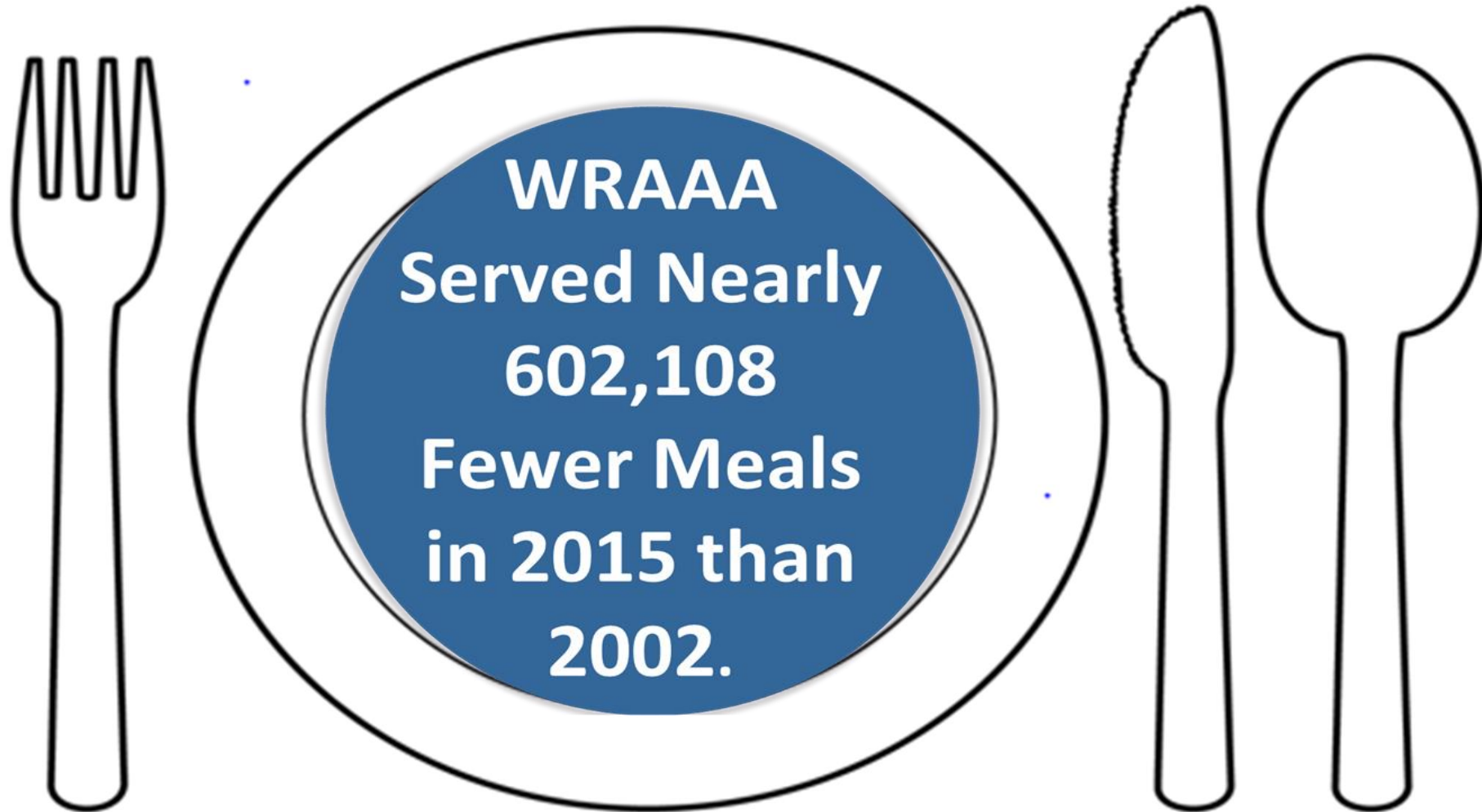
# State: Senior Community Services Funding





# WRAAA: Serves Fewer Meals

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# Advocacy Role

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## **Sec. 1321.61**

### **Advocacy responsibilities of the area agency:**

The area agency shall serve as the public advocate for the development or enhancement of comprehensive and coordinated community-based systems of services in each community throughout the planning and service area.

# Advocacy *In Motion*

## Goals:

- Sustain a coalition of advocates through collaborative efforts and partnerships with community stakeholders.
- Learn about the legislative process, pending legislation, and how to become an effective advocate.
- Formulate advocacy action plans to influence public policy.

# WRAAA Advocacy Priority: Food Insecurity Among Older Adults

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## Food insecurity:

A household-level economic and social condition of limited or uncertain access to adequate food.

***Source: USDA***

# Strategy to Address Food Insecurity Among Older Adults

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Overall strategy to address food insecurity among older adults:

- Education
- Increase Funding
- Innovative Strategies


# Identified Key Stakeholders

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## Community Stakeholders:

- Advocates
- Consumers
- Service Providers – e.g., Benjamin Rose Institute on Aging
- Center for Community Solutions
- Greater Cleveland Food Bank

# Developed a Handout: Food Insecurity Fact Sheet



**Western Reserve**  
Area Agency on Aging

Spotlight on Hunger:

## Food Insecurity and Older Adults

### Fact Sheet

**WRAAA Mission:**  
*We provide choices for people to live independently in the place they want to call home.*

#### 1. What is Food Insecurity?

Food insecurity is a household-level economic and social condition of limited or uncertain access to adequate food.

- Low food security – reports of reduced quality, variety, or desirability of diet. Little or no indication of reduced food intake.
- Very low food security-reports of multiple indications of disrupted eating patterns and reduced food intake.

Source: USDA.

#### 2. National Statistics


- From 2001 to 2015, the number of seniors experiencing hunger increased by 121% and the number of seniors in this group increased by 250%.<sup>1</sup>
- The number of food insecure seniors is projected to increase by 50% when the youngest of the Baby Boom Generation reaches age 60 in 2025.<sup>2</sup>
- Fifty percent of all diseases impacting older Americans are directly connected to lack of appropriate nutrient intake.<sup>3</sup>

<sup>1</sup> Ziliak, JC and Gunderson, C. "The State of Senior Hunger in America 2015: An Annual Report and Supplement." National Foundation to End Senior Hunger, August 2016

<sup>2</sup> Senior Hunger Fact Sheet, Feeding America, September 2017.

<sup>3</sup> "The Causes, Consequences, and Future of Senior Hunger in America," University of Kentucky Center for Poverty Research and Iowa State University, 2008.

#### 3. 1 in 6 Seniors Struggle with Hunger



Ziliak, James and Gunderson, Graig. "The State of Senior Hunger in America 2015: An Annual Report and Supplement." National Foundation to End Senior Hunger, August 2016.



#### 4. Ohio Statistics

- Ohio ranks 21<sup>st</sup> nationwide for seniors aged 60+ who are food insecure (15.02%) in 2015.<sup>1</sup>
- Ohio ranks 10<sup>th</sup> nationwide for individuals aged 50-59 who are food insecure (10.41%) in 2011.<sup>2</sup>

<sup>1</sup> Ziliak, JP and C. Gunderson. "The State of Senior Hunger in America 2014: An Annual Report and Supplement". August 16, 2017.

<sup>2</sup> Ziliak, JP and C. Gunderson. "Food Insecurity Among Older Adults: A Report Submitted to AARP Foundation". August 2011.

#### 5. Meals Keep Seniors at Home - Saves Billions in Medicare & Medicaid Costs

<p><b>Cost of 1 year for a senior to receive Meals on Wheels</b></p>  <p><b>\$1,820</b></p>	<p><b>is less than</b></p> <p><b>1 Day at the Hospital</b></p>  <p><b>\$2,608</b></p>
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Warren, Kate. "Fighting Food Insecurity Among Older Adults: Ohio's Home-delivered and Congregate Meals," The Center for Community Solutions, May 2017.

#### 6. Percentage Difference in Health Outcomes when Comparing Food Insecure Seniors to Food Secure Seniors

Food insecure seniors are at increased risk for chronic health conditions, even when controlling for other factors such as income:

<b>60%</b>	more likely to experience depression <sup>1</sup>
<b>53%</b>	more likely to report a heart attack <sup>1</sup>
<b>50%</b>	more likely to develop diabetes <sup>2</sup>

<sup>1</sup>Senior Hunger Fact Sheet, Feeding America., September 2017.

<sup>2</sup> Ziliak, JP and C. Gunderson. "The Health Consequences of Senior Hunger in the United States: Evidence from the 1999-2010 NHANES," February 2014.

#### 7. Older Americans Act Meal Programs

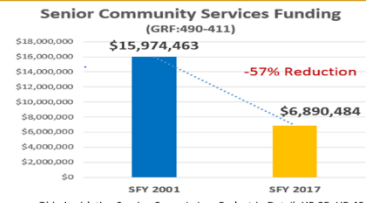
The purpose of the Older Americans Act Nutrition program:

- Reduce hunger and food insecurity among older individuals,
- Promote socialization of older individuals,
- Promote the health and well-being of older individuals, and
- Delay adverse health condition for older individuals.

The nutrition programs are targeted to adults age 60 and older who are in greatest social and economic need.

Source: U.S. Administration for Community Living, *Older Americans Benefit from Older Americans Act Nutrition Programs*, 2015.


#### 8. Senior Community Services Funding



SFY	Funding
SFY 2001	\$15,974,463
SFY 2017	\$6,890,484

Resource: Ohio Legislative Service Commission, Budget in Detail, HB 95, HB 49.

#### 9. WRAAA Older Americans Act Meal Programs



Western Reserve Area Agency on Aging ~ Phone: 216.621.0303 Toll Free: 1.800.626.7277 Website: www.psa10a.org ~ Published: 2017 Data resources available upon request.

# Research: Brown University Study

## *More Than A Meal*

A SENIOR WHO RECEIVES DAILY-DELIVERED MEALS EXPERIENCES THE GREATEST IMPROVEMENTS IN HEALTH AND QUALITY OF LIFE COMPARED TO A SENIOR WHO RECEIVES FROZEN, WEEKLY-DELIVERED MEALS OR NO MEALS AT ALL.



WHEN COMPARED WITH A SENIOR WHO RECEIVES JUST FROZEN MEALS ONLY ONCE A WEEK, A SENIOR WHO RECEIVES DAILY-DELIVERED MEALS IS MORE LIKELY TO:



ATTRIBUTE THE MEALS TO MAKING THEM  
**FEEL SAFER**



REPORT THAT THE MEALS HELPED THEM TO  
**EAT HEALTHIER**

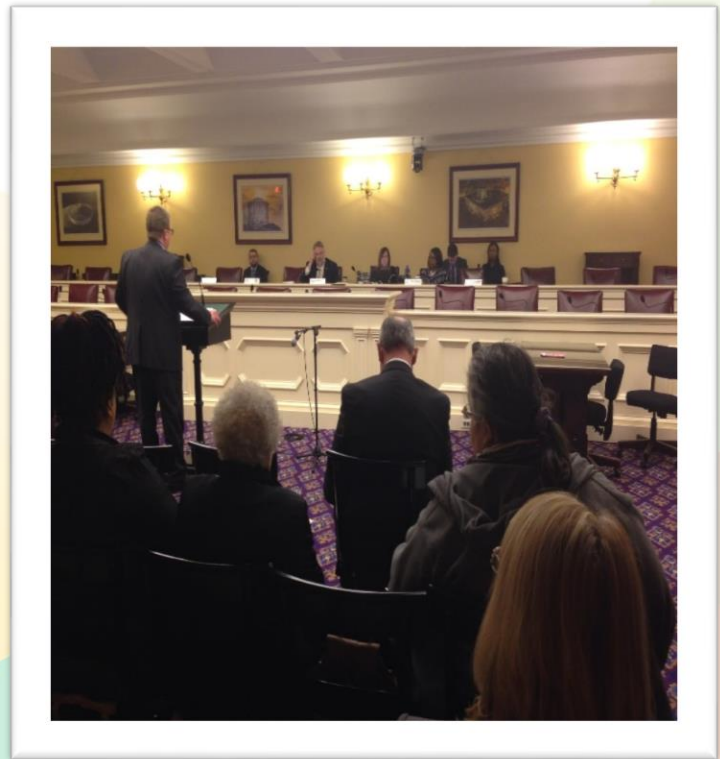


NOTE THAT THE MEALS RESULTED IN  
**LESS LONELINESS**



# Testified: Ohio House and Senate Finance Subcommittees

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# Testified in Support of the Malnutrition Prevention Commission



# Home Delivered Meal Visits with Key Legislators



Senator John Eklund



Senator Gayle Manning

# Educated Legislators: Senior Hunger Advocacy Day

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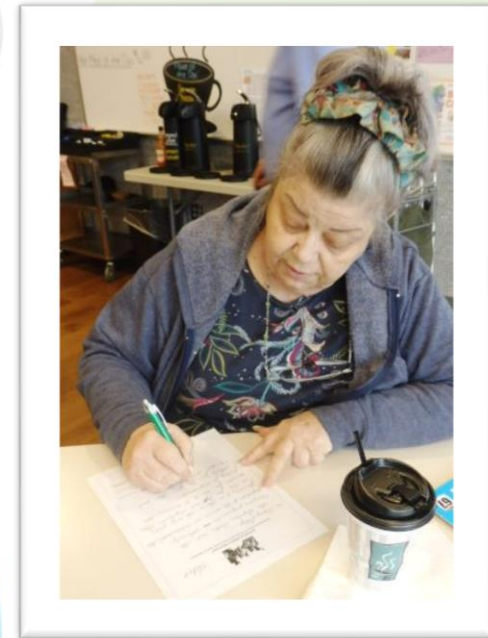
Senator Michael Skindell



Senator Sandra Williams



# Advocacy Campaign: Letter Writing



# Older Americans Act Funding: Paper Plate Campaign



Congressman David Joyce



Congresswoman Marcy Kaptur



Office of Congresswoman Marcia Fudge

# Contact Information

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