

Nutrition and Aging Resource Center: A Year in Review



The Iowa Department of Health and Human Services, previously the Iowa Department on Aging, in partnership with Iowa State University, reflects on its second year of hosting the Nutrition and Aging Resource Center. Highlights and successes listed below.

Reached 203,536 people

The Nutrition and Aging Resource Center met its goal to increase the number of individuals reached on social media and communications platforms through targeted messaging and an outreach plan. The Nutrition and Aging Resource Center reached an estimated 203,536 individuals (of which some may be duplicative) via social channels and platforms.

If you have not yet followed the Nutrition and Aging Resource Center on your favorite social media channel, please follow today at the QR code. Also, [subscribe](#) to the bimonthly newsletter to ensure you never miss a new resource or connection opportunity!



Published 101 New Resources

These resources were created and targeted based on the results of the [2022 Nutrition and Aging Resource Center Needs Assessment](#). Resources created include full guides, infographics, social media toolkits, quick guides, webinars, ready-to-use materials, and quickinars. A few highlighted items are listed below:

Instructional Campus on Aging Nutrition (ican!):

[ican!](#) is a series of interactive, study-at-your-own-pace online training modules covering a wide array of topics relevant to Older Americans Act (OAA) nutrition programs including:



- Basics of the Older Americans Act nutrition program
- Participation, Promotion, and Partnerships
- Reaching Older Adults at Greatest Economic and Social Need
- Nutrition, Health and Wellness Needs
- Operating a Nutrition Services Program: Volunteer and Employee Management

The targeted audience for the modules includes Area Agencies on Aging, local service providers, State Units on Aging, congregate and home delivered meal programs' staff and volunteers, Registered Dietitians, and all those who interact with older adults living in the community. Participants receive a certificate of completion at the end of each module, and modules are less than 30 minutes in length.

Institutional vs Innovative: Meal Site Metamorphosis:

A [resource](#) and [Quickinar playlist](#) with ideas and tips to optimize the meal site environment and improve overall participation were created by the Nutrition and Aging Resource Center. The succeeding [webinar](#) produced using Mentimeter was a hit and highlighted the new resources. Participants played a game of "Jeopardy" and new things were learned by all ([takeaways](#))! The Nutrition and Aging Resource Center helped the network feel more comfortable with taking its congregate meal sites from "drab" to "fab".

Jenn Viergutz to Hosts and panelists

JV This has been the best zoom meeting in a long time! Thank you so much for making it interactive, fun and learning from our peers.



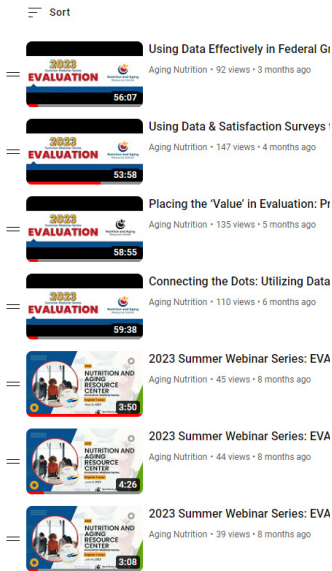
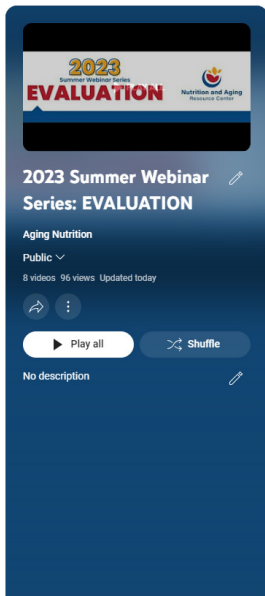
Anonymous Attendee 10:56 AM

Thank you all for the ideas! So many were great and not out of reach! :)

Ronda James to Hosts and panelists

RJ How can we access the recording? This was great!



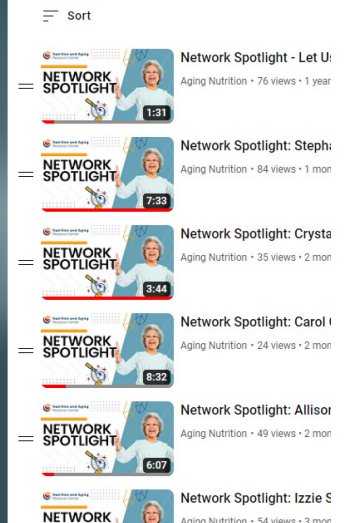
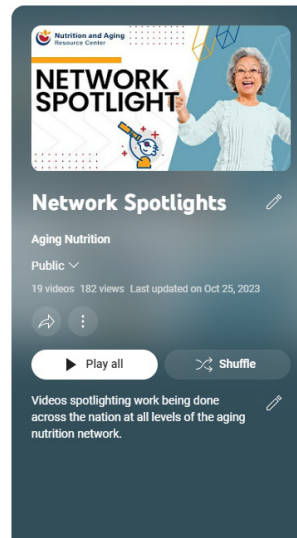


2023 Summer Webinar Series: Evaluation:

Evaluation is an important tool that ensures programming aligns with goals, leverages funding, builds partnerships, supports equity, and maintains program effectiveness. [Four webinars](#) were hosted by experts in the evaluation field. These experts shared emerging best practices on leveraging data for grant application and to strengthen partnerships and provide person-centered services such as culturally diverse menu planning. Almost one-half (46%) of attendees responded that the webinars were their first encounter with training sponsored by the Nutrition and Aging Resource. The webinars were well received with a satisfaction rating of 4.6 out of 5 stars. Attendees also stated a high intention on carrying out recommended action steps (avg 4.7 score out of 7), and most indicated positive attitudes that taking the action steps would be beneficial and a good idea (avg 5.5 score out of 7).

Network Spotlights:

New and exciting things are constantly developing all over the nation in the nutrition and aging field. The Nutrition and Aging Resource Center is working to highlight individuals implementing out-of-the-box ideas into their Senior Nutrition Program. The [Network Spotlight videos](#) are featured monthly in the Nutrition and Aging Resource Center newsletter and show that change can be scary but exciting and, more importantly, possible! The videos are meant to be short, fresh, and engaging. They are meant to inspire the viewer to incorporate a similar idea or take action on ideas they had been considering. The videos also help build connection within the network for individuals wanting to try similar things in their states and communities. During the past year, more than 1,325 views of the network spotlights were shared via the newsletter and Instagram Reels.



In the News

The Nutrition and Aging Resource Center partnered with the National Association of Nutrition and Aging Services Programs (NANASP). An [article](#) published by the Associated Press brought national attention to the benefits of restaurant-based aging nutrition programs.

Hosted a Malnutrition Learning Collaborative

The Nutrition and Aging Nutrition Center partnered with NANASP to host a learning collaborative for state units on aging. Subject matter experts worked with 10 states to incorporate malnutrition prevention in their state plans.

Redesigned the Website

The Nutrition and Aging Resource Center worked tirelessly over the past year to re-organize all resources on the [Nutrition and Aging Resource Center website](#) to make it user-friendly and the “go-to” resource for the senior nutrition program network.

I am really enjoying the Nutrition and Aging Resource Center website updates! SO much easier to navigate with the updated subject headings. I use it constantly. – Anonymous



Building the capacity of senior nutrition programs

The Nutrition and Aging Resource Center builds the capacity of senior nutrition programs funded by the Older Americans Act (OAA) to provide high-quality, person-centered services and to assist ACL and stakeholders with identifying opportunities to enhance program sustainability and resiliency. OAA-funded senior nutrition programs work to reduce food insecurity, hunger, and malnutrition; enhance socialization; and promote health and well-being of older adults. [More about us.](#)



Highlighted Innovations in Nutrition Grantees

The Nutrition and Aging Resource Center is the technical assistance center for all Innovations in Nutrition Programs & Services grantees. Over [one dozen new resources](#) were published specifically for grantees this past year, [new replication guides](#) were published for all completed grants, [17 Lightning Talks](#) (short highlight videos) were published about grant projects, and the second annual conference for grantees was held May 23-24, 2023, in Des Moines, Iowa. The theme was “[Howdy, Partner! How to Make Partnerships Work for You](#),” and hosted incredible speakers and workshops. Attendees reported positive feedback and were satisfied with the conference, and attendees plan to utilize learnings in their work.

Presented Nationally

The Nutrition and Aging Resource Center team presented at six national conferences and three state/local conferences and also held three poster presentations at national conferences. Overall, surveys showed familiarity with the Nutrition and Aging Resource Center, the Senior Nutrition Program, and each session’s main content increased significantly after presentations. Conference session satisfaction ratings averaged 4.6 out of five stars. Some quotes from attendees were:

- “It was great!! I love the hands-on and round table talk! It’s working no need to change it”
- This was one of the best sessions I’ve attended. I loved the small group setting. This made asking questions much easier and less intimidating.”



Nutrition Innovations:

The Nutrition and Aging Resource Center has specific goals which include, but are not limited to providing impactful and responsive technical assistance to ACL and INNU grantees, and to act as an advocate for nutrition programs to ensure the network’s strength and sustainability. Combining these two goals into one spot on the website was achieved during the past year with the “[Nutrition Innovations](#)” bucket added to the home page of the Nutrition and Aging Resource Center website. The Nutrition and Aging Resource Center team reorganized resources with INNU grantees, Capstone Projects, and other innovative projects into three sections within Nutrition Innovation. The aging network is impacted as they now have a clear place on the website to go that is broken into three sections; [Grantee Spotlights](#), [Looking to Innovate](#), and [Managing an INNU Grant](#). These pages provide resources for current Innovation in Nutrition grantees to manage their grants, and it includes resources for all organizations to replicate these innovative projects.

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