



**The National
Resource Center on
Nutrition & Aging**

THE NEW NORMAL WAY TO OFFER KEY NUTRITION SERVICES

MAY 19, 2020



**The National
Resource Center on
Nutrition & Aging**

INTRODUCTIONS



**The National
Resource Center on
Nutrition & Aging**

OPENING REMARKS

WELCOME

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WELCOME

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VIRTUAL NUTRITION EDUCATION FOR OLDER ADULTS

Katie M. Dodd, MS, RDN, CSG, LD, FAND

May 19, 2020

VIRTUAL NUTRITION EDUCATION FOR OLDER ADULTS

- Katie M. Dodd, MS, RDN, CSG, LD, FAND
- The Geriatric Dietitian
- Medford, OR



AGENDA

- Why virtual?
- Different ways to connect
- Platforms for going virtual
- Resources for going virtual
- Real world examples
- Older adults and technology
- Virtual education tips
- Featured nutrition education resources



WHY VIRTUAL?

- **The world has changed...**
 - And we don't know when it's changing back.



- **Social Isolation Increases:**
 - Loneliness
 - Nutrition issues
 - Health risk

- **Connection=** Maintaining mental and physical health



POLL

How are you currently providing nutrition education to your clients? (primary)

- a. I am not
- b. Telephone
- c. Mail
- d. Video
- e. Other



DIFFERENT WAYS TO CONNECT

- Telephone
- Public television
- Mail (handouts, newsletters)
- Innovative In-Person Options
- **Email**
- **Video call**
- **Video group**
- **Video public**
- **Other***



DIFFERENT WAYS TO CONNECT

- **Virtual** *adjective*

- Being on or simulate on a computer or computer network
- Such as
 - occurring primarily online
 - *//virtual* shopping
 - Of, relating to, or existing within a virtual reality
 - *//a virtual* tour



<https://www.merriam-webster.com/dictionary/virtual>



DIFFERENT WAYS TO CONNECT

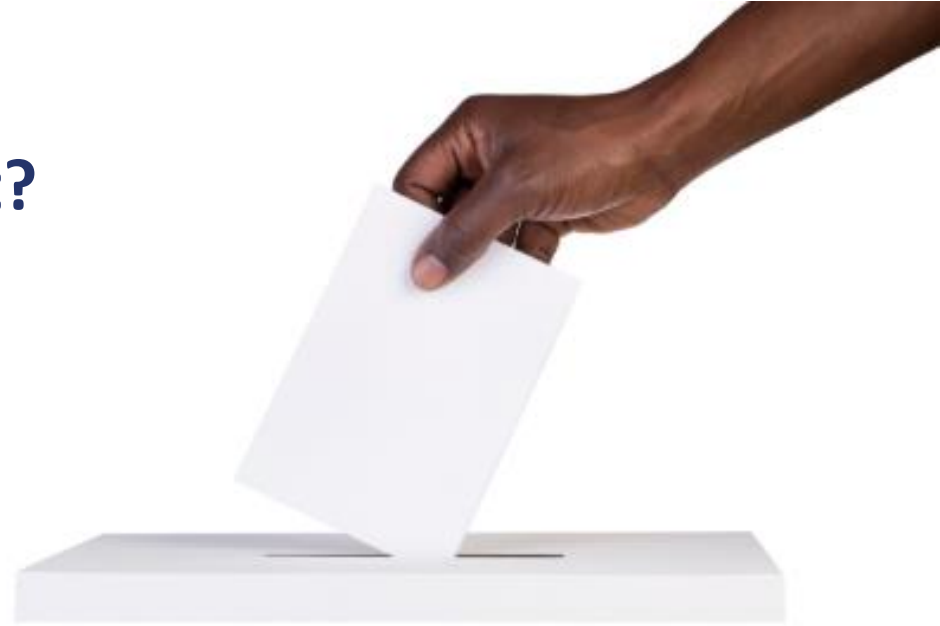
- **What is your goal for providing nutrition education?**
 - Individual vs. Group
 - or reaching wider audience (public)
- **Which options work best for you?**
 - Telephone
 - Public television
 - Mail (handouts, newsletters)
 - Innovative In-Person Options
 - Email
 - Video call
 - Video group
 - Video public
 - Other*



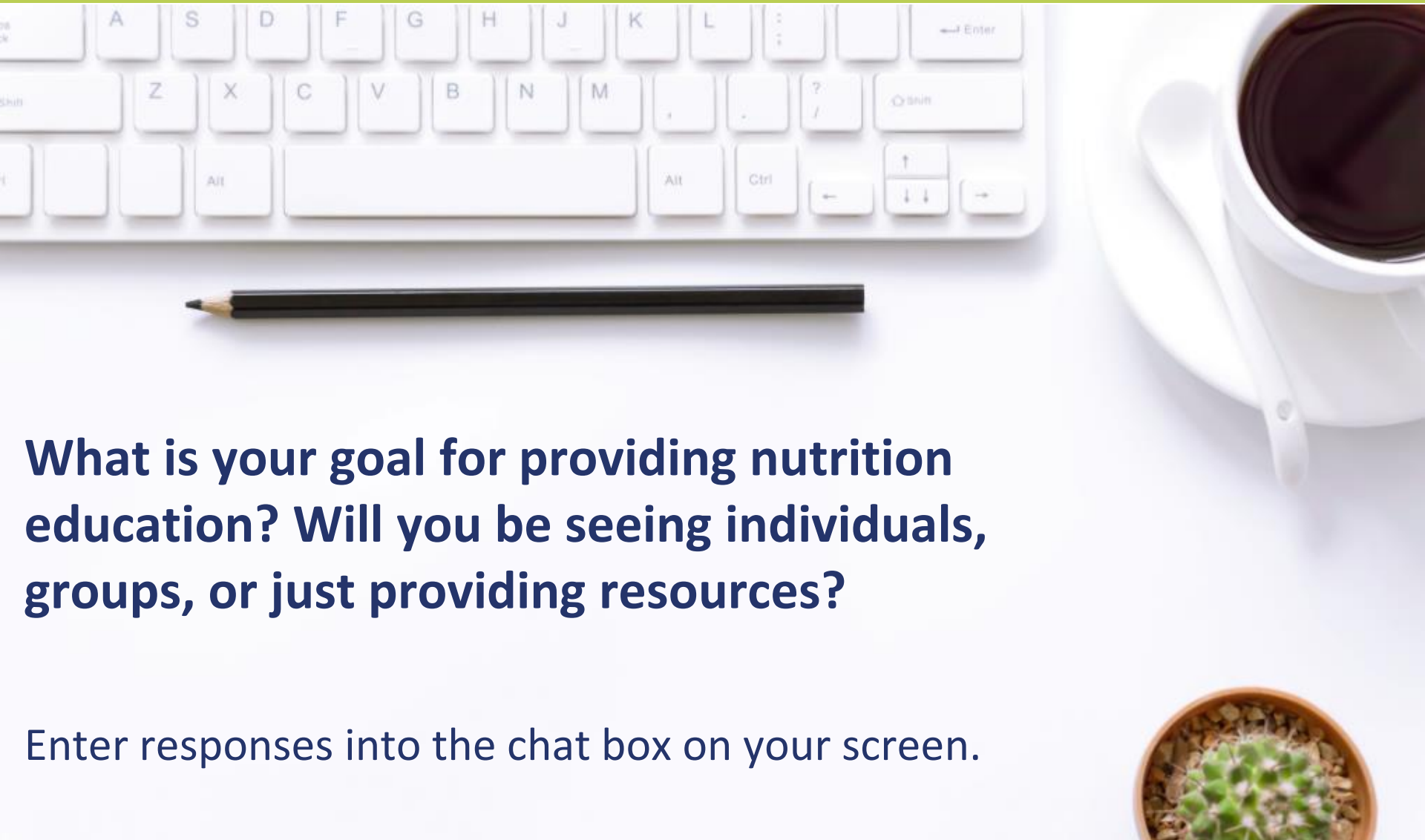
POLL

What do you plan to do next?

- a. Public television
- b. Video calls
- c. Video groups
- d. Innovative in person options
- e. Other



DISCUSSION QUESTION



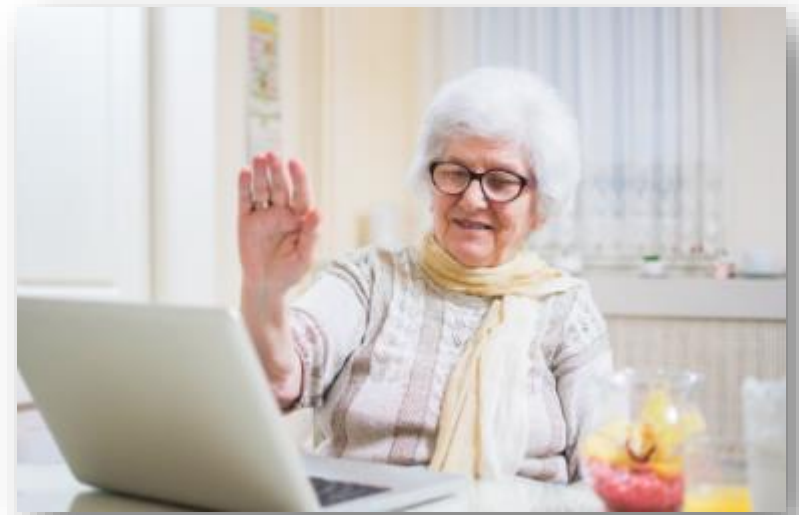
What is your goal for providing nutrition education? Will you be seeing individuals, groups, or just providing resources?

Enter responses into the chat box on your screen.



PLATFORMS FOR GOING VIRTUAL

- **Video examples:**
 - Zoom
 - Facebook Live or Messenger Video Chat
 - You Tube
 - Apple FaceTime
 - Google Hangout Video
 - Whatsapp Video Chat
 - Skype
 - Telehealth platforms
 - Ex. Healthie, Simple Practice



RESOURCES FOR GOING VIRTUAL

- **Resources to start:**

- **Equipment**

- Computer, tablet, smart phone

- **Internet access**

- At home
 - Parking lot “wifi”

- **Platform**

- Most free, varies by accounts, privacy concerns

- **Instructions**

- Mailed, emailed, or verbal over the phone

CHECKLIST



RESOURCES FOR GOING VIRTUAL

- **Academy of Nutrition and Dietetics**

- <https://www.eatrightpro.org/coronavirus-resources>
- <https://www.eatrightpro.org/practice/practice-resources/telehealth#quickGuide>

- **Telehealth Resource Center**

- <https://www.telehealthresourcecenter.org/>

- **Individual companies**

- Zoom, Skype, etc.

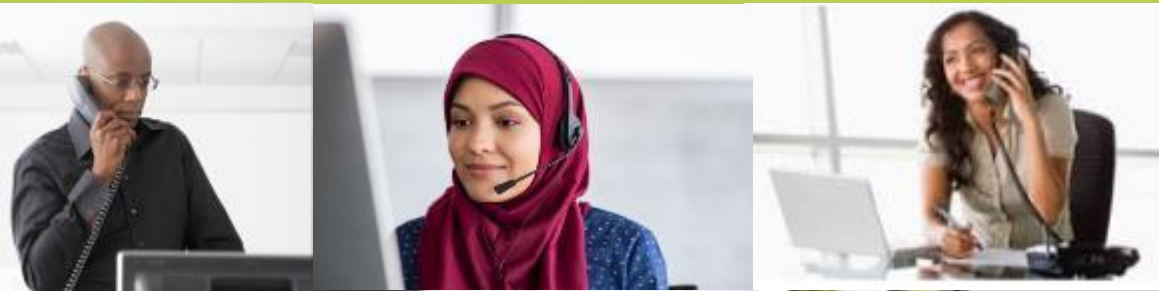


RESOURCES FOR GOING VIRTUAL

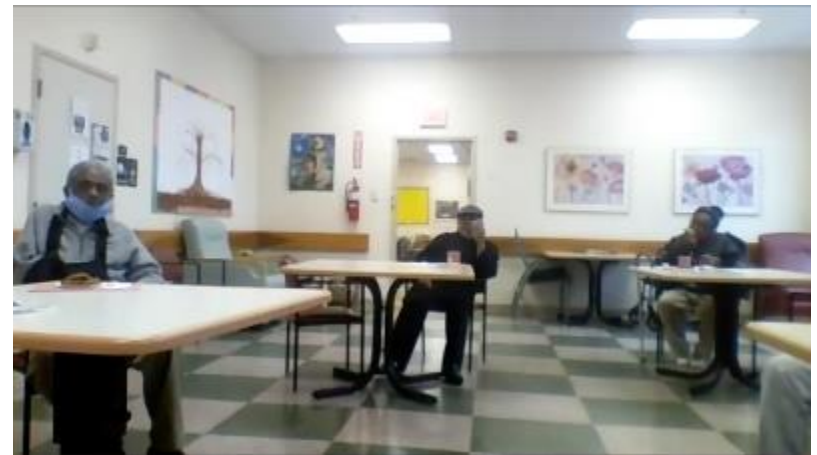
- **Academy of Nutrition and Dietetics**
 - <https://www.eatrightpro.org/practice/>



REAL WORLD EXAMPLES



REAL WORLD EXAMPLES



Upham's Corner Health Center
April 24 at 11:30 AM · 🌐

👍 Like Page

With social distancing and reduced PACE center census, our PACE Nutrition Manager, Emily Schilling hosted a "virtual cooking group" from her kitchen, that was broadcasted in the PACE centers: All about pancakes and how to incorporate them into a balanced diet!



REAL WORLD EXAMPLES

RACHELLE MALLIK
THE FOOD THERAPIST

What to expect from virtual nutrition counseling?

The food therapist is a virtual practice with video consultation via **Healthie**, a HIPPA-compliant, secure online portal. This convenient way of meeting with your **dietitian** called “telehealth” saves time and money. No more traveling to and from appointments, no more paying for parking, transportation or a babysitter for our little ones. We can chat on your lunch break, while you’re sitting on your couch at home, or even while you’re taking a walk! Plus you can stay connected and feel supported between appointments via secure messaging.

Healthie also allows you to schedule your next appointment, keep a photo food journal, track metrics (Weight, waist circumference, blood pressure, etc.) and upload relevant health records and lab reports from your physician to help us design nutrition recommendations specific to your particular health needs and conditions. All this can be done on your computer or phone via a free app.



REAL WORLD EXAMPLES

Weis Markets Offers Virtual Nutrition Counseling Platform

By [Bridget Goldschmidt](#) - 04/24/2020

Get great content like this right in your inbox.

Subscribe

Weis Markets has formed a partnership with New York-based online telehealth platform Healthie. The platform enables consumers to consult via video chat with a local Weis Markets registered dietitian on health conditions or nutritional topics. These include type 2 diabetes, high blood pressure/cholesterol, celiac disease, weight control, mindful eating, shopping and cooking on a budget, kid-friendly recipes, plant-based cooking, and basic cooking skills.



The Healthie platform allows consumers to connect directly with Weis Markets retail dietitians via video chat



REAL WORLD EXAMPLES

Zoom Healthy Aging Cooking Matters Classes

Seniors, join us for a series of six Cooking Matters Classes using Zoom from the comfort of your own home. Our UNR Healthy Aging Extension Staff will walk you through weekly topics such as choosing recipes, getting ingredients, preparation, safety and tips on nutrition and how to stay healthy. A Powerpoint presentation will help with discussion.

[REGISTER FOR FREE](#)

[HOMEPAGE](#)

Category:

- [Webinars](#)

Tags: [cooking](#) [food safety](#) [health](#) [Nutrition](#) [Older Adults](#) [wellness](#)

Details

05/14/2020

1:00pm - 2:00pm

Partner-Hosted

University of Nevada, Reno

Training & Events

[Events](#)

[Past Webinars](#)

[Pre Conference Workshops](#)

[Webinars](#)

REAL WORLD EXAMPLES



FREE Zoom Tutorial Class Designed Just For Seniors!

Join us on Wednesday, May 6th at 10:00 AM on a Zoom meeting. This class is free and will teach seniors how to navigate the features of Zoom. The class will include the basics:

Where is the microphone / mute button?

Where is the video button?

Where is the "chat" button?

How can I see who is talking?

How can I see everyone on the call?

How do I change my screen name?

And so much more!



POLL

What percentage of older adults use the internet?

- a. ~10% (1/8)
- b. ~25% (1/4)
- c. ~50% (1/2)
- d. ~65% (2/3)



TECHNOLOGY AND OLDER ADULTS

- Older adults are more digitally connected than ever
- **The digital divide**
 - Highest vs. lowest rates of technology adoption
 - “Younger” vs. “Older”
 - More affluent vs. less affluent
 - Higher education vs. lower levels of education

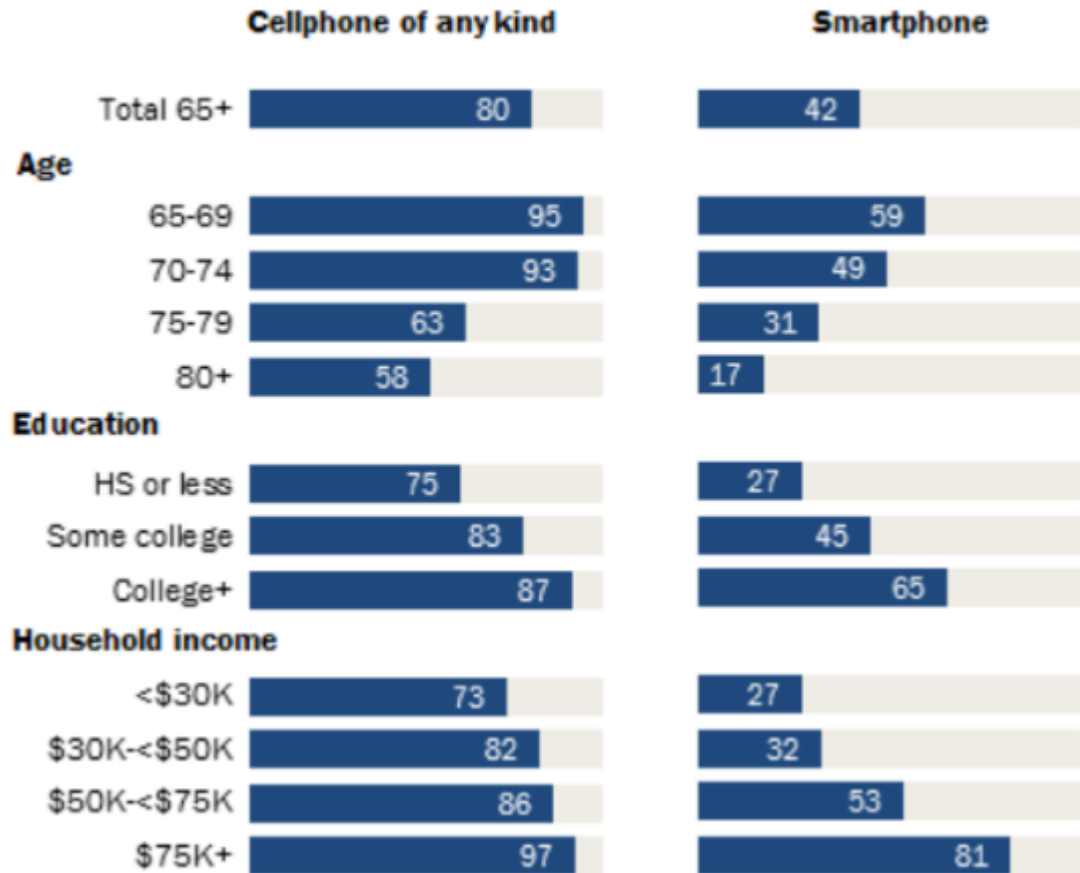
Anderson MO, Perrin AN. Technology use among seniors. Washington, DC: Pew Research Center for Internet & Technology. 2017 Sep.



TECHNOLOGY AND OLDER ADULTS

Roughly four-in-ten seniors are smartphone owners

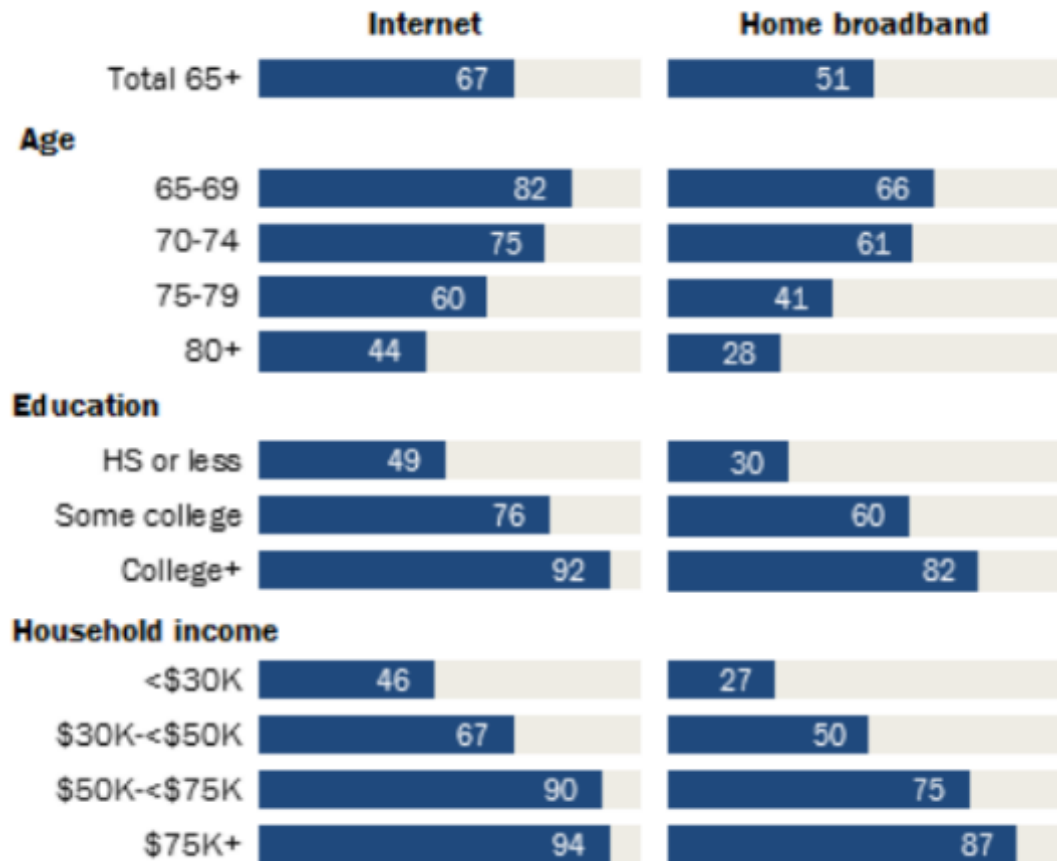
% of U.S. adults ages 65 and older who say they own the following ...



TECHNOLOGY AND OLDER ADULTS

Internet use and broadband adoption among seniors varies greatly by age, income and education

% of U.S. adults ages 65 and older who say they use/have the following ...



TECHNOLOGY AND OLDER ADULTS

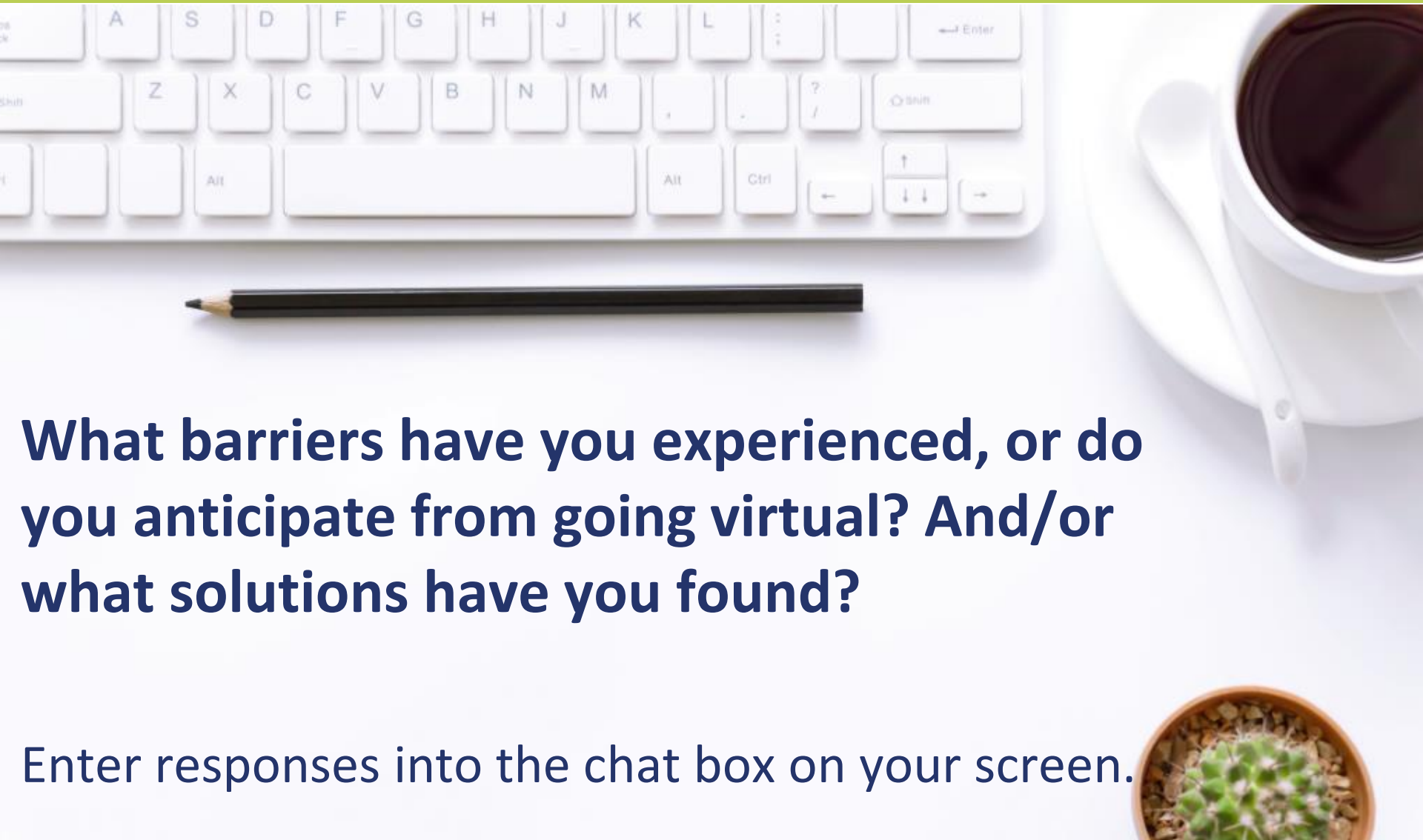
- Be cautious not to stereotype
- **Older adults are online:**
 - ~2/3 of older adults use the internet
 - ~3/4 of internet users go online every day
- They are the fastest growing group of Facebook users:
 - 18% in 2011
 - 32% in 2018



<http://longevity.stanford.edu/2019/05/30/older-adults-and-technology-moving-beyond-the-stereotypes/>



DISCUSSION QUESTION



What barriers have you experienced, or do you anticipate from going virtual? And/or what solutions have you found?

Enter responses into the chat box on your screen.



VIRTUAL EDUCATION TIPS

- **Support in setting up tech**
 - Provide instructions ahead of time
 - Have telephone number available
- **Tips for engagement**
 - Roll call
 - Tell them what to do and how to do it
 - Ask questions, use polls and discussions
 - Use their names
 - Use video or engaging images (picture of you)



VIRTUAL EDUCATION TIPS

- **Step-by-step:**
 - Log-on
 - Introduce self
 - Explain how to use platform
 - Roll call (verbal or chat box) or “how are you”
 - Introduce topic and outline or start 1-on-1
 - Education/ counseling
 - Breaks for check ins (are you tracking, everything OK?)
 - Ask questions/engage throughout
 - End with questions and let them know next steps



FEATURED NUTRITION EDUCATION RESOURCES

- There are many nutrition education resources online that you can use!
- **Featured Nutrition Education Resources:**
 - MyPlate During Coronavirus Pandemic
 - Nutrition Facts Label for Older Adults
 - Healthy Eating Tips for Seniors
 - Exercise and Physical Activity
 - Fit4Life Videos
 - Food Safety for Older Adults
 - Fresh Conversations
 - Eat Smart, Live Strong
 - Cooking Matters



FEATURED NUTRITION EDUCATION RESOURCES

- **Start Simple with MyPlate: Food Planning During the Coronavirus Pandemic**

<https://www.choosemyplate.gov/coronavirus>

- **Highlights:**

- Downloadable PDF
- Tips for Every Aisle
- Sample 2-Week Menus
- MyPlate Plan Tool



FEATURED NUTRITION EDUCATION RESOURCES

- **Using the Nutrition Facts Label: For Older Adults**

<https://www.fda.gov/food/new-nutrition-facts-label/using-nutrition-facts-label-older-adults>

- **Highlights:**

- Downloadable PDF
- How to read a label

Using the Nutrition Facts Label: For Older Adults

f Share t Tweet in LinkedIn ✉ Email 🖨 Print



FEATURED NUTRITION EDUCATION RESOURCES

- **NCOA Healthy Eating Tips for Seniors**

<https://www.ncoa.org/economic-security/benefits/food-and-nutrition/senior-nutrition/>

- **Highlights:**

- Healthy Eating Videos
- Infographics



FEATURED NUTRITION EDUCATION RESOURCES

- **NIA Exercise and Physical Activity** (formerly Go4Life)
<https://www.nia.nih.gov/health/exercise-physical-activity>

- **Highlights:**

- Articles
- Tracking tools
- Walking Club toolkit

Exercise and Physical Activity

Physical activity is an important part of healthy aging. Check out these articles, which were previously housed on the Go4Life exercise and physical activity website, to learn the latest on how exercise and physical activity can help you stay healthy as you age. Find tips on how to fit exercise into your daily life safely and get motivated to get moving!



4 Types of Exercise



How to Get Started with Exercise








Real-Life Benefits of Exercise



FEATURED NUTRITION EDUCATION RESOURCES

- Go4Life Videos

<https://www.youtube.com/playlist?list=PLCCD15A44D95DBCDF>

1		Go4Life Exercise--Back Of Leg Stretch National Institute On Aging
2		Go4Life Exercise--Ankle Stretch National Institute On Aging
3		Go4Life Exercise--Shoulder and Arm Stretch National Institute On Aging
4		Go4Life Exercise--Back Stretch National Institute On Aging
5		Go4Life Exercise - Inner Thigh Stretch National Institute On Aging



FEATURED NUTRITION EDUCATION RESOURCES

- **FDA Food Safety for Older Adults**

<https://www.fda.gov/food/people-risk-foodborne-illness/food-safety-older-adults>

- **Highlights:**

- PDF Guide
- Multiple topics

Food Safety for Older Adults



FEATURED NUTRITION EDUCATION RESOURCES

- **Fresh Conversations**

<https://idph.iowa.gov/inn/fresh-conversations/coordinators/training-materials>

- **Highlights:**

- Nutrition education program designed to support healthy aging and independence
- Training videos and PDF Resources
- Program can be implemented virtually with guidance and permission from the Iowa Department of Public Health



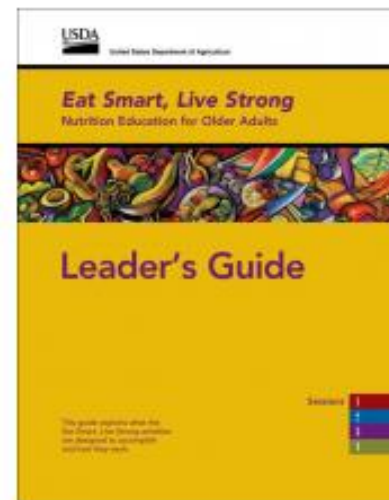
FEATURED NUTRITION EDUCATION RESOURCES

- **Eat Smart, Live Strong**

<https://snaped.fns.usda.gov/nutrition-education/fns-curricula/eat-smart-live-strong>

- **Highlights:**

- Designed to improve fruit and vegetable consumption and physical activity among 60-74-year olds
- PDF guides and handouts for 4 lessons
- *Stay tuned for additional guidance regarding how to ‘go virtual’ with this program*



FEATURED NUTRITION EDUCATION RESOURCES

- **Cooking Matters**

<http://cookingmatters.org/tips>

- **Highlights:**

- Not specific for seniors
- Can be tailored for an older adult audience
- Great videos and articles
- This program can be offered virtually

Video: Saving on Fruits and Vegetables



Video: Comparing Unit Prices



10 Tips for Using Herbs and Spices



10 Tips to Waste Less Food



Fruits & Veggies, Even with Fewer Trips!



Stocking Your Pantry



WRAPPING IT UP

Hopefully, you now you have a better understanding of:

- The need for virtual nutrition education.
- Different ways to connect.
- Platforms and resources for going virtual.
- Older adults and technology.
- Virtual education tips and tools.
- Featured nutrition education resources.



TAKE HOME MESSAGES

- We need to **connect** with older adults.
- The need for **virtual** nutrition education is here and now.
- There are **many ways** to provide virtual care to older adults.
- Take advantage of **existing** resources.



CALL TO ACTION

- Identify areas to go **virtual**
- **Learn** the ins and outs of your platform
- Determine **resources** you will use
- Promote and **start** providing virtual care



REFERENCES

- Academy of Nutrition and Dietetics COVID-19 Professional Resource Hub <https://www.eatrightpro.org/coronavirus-resources>
- Academy of Nutrition and Dietetics Telehealth website <https://www.eatrightpro.org/practice/practice-resources/telehealth#quickGuide>
- Telehealth Resource Center <https://www.telehealthresourcecenter.org/>
- Anderson MO, Perrin AN. Technology use among seniors. Washington, DC: Pew Research Center for Internet & Technology. 2017 Sep.
- Older Adults and Technology: Moving Beyond the Stereotypes. Stanford Center on Longevity website. <http://longevity.stanford.edu/2019/05/30/older-adults-and-technology-moving-beyond-the-stereotypes/>



REFERENCES

- Start Simple with MyPlate: Food Planning During the Coronavirus Pandemic <https://www.choosemyplate.gov/coronavirus>
- Using the Nutrition Facts Label: For Older Adults <https://www.fda.gov/food/new-nutrition-facts-label/using-nutrition-facts-label-older-adults>
- NCOA Healthy Eating Tips for Seniors <https://www.ncoa.org/economic-security/benefits/food-and-nutrition/senior-nutrition/>
- NIA Exercise and Physical Activity (formerly Go4Life) <https://www.nia.nih.gov/health/exercise-physical-activity>
- FDA Food Safety for Older Adults <https://www.fda.gov/food/people-risk-foodborne-illness/food-safety-older-adults>



QUESTIONS?



**The National
Resource Center on
Nutrition & Aging**

Q & A

SAVE THE DATE

Together with NANASP, we will host a two-part webinar series to offer a peer-to-peer conversation on resuming new normal operations.

Title: Resuming New Normal Operations: Two Peer to Peer Exchanges

Date #1: Tuesday May 26th

Focus: Rural Programs

Date #2: May 28th, 2020

Focus: Urban Programs

Time for both events: 3:30pm – 4:30pm ET

Register: www.nutritionandaging.org/training



COMING SOON

Technical Assistance and Training Needs Assessment Survey

- The NRCNA will be fielding a survey early next month to examine the educational needs of senior nutrition program staff across the country.
- The survey findings will be used to establish recommendations that will inform a strategy for ongoing training development by the NRCNA for the benefit of senior nutrition program professionals in the Aging Network.
- Stay tuned!



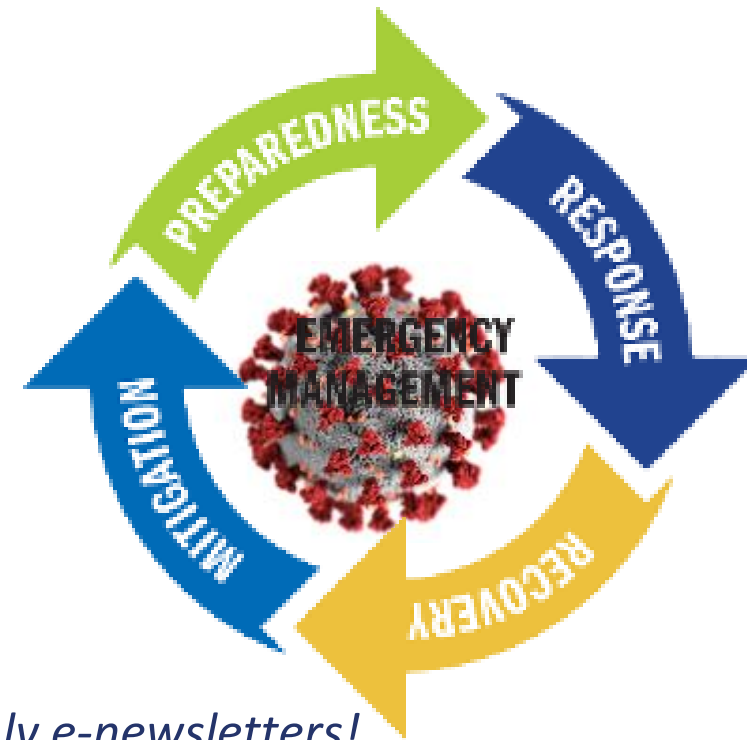
Photo by [Lukas Blazek](#) on [Unsplash](#)



SOON TO BE RELEASED

Senior Nutrition COVID-19 Resource Compendium

- *Summarizes available guidance and tip sheets to support emergency preparedness related to this public health emergency:*
 - *Meeting client needs*
 - *Client education*
 - *Addressing social isolation*
 - *Program operations & Meal options*
 - *Managing staff & volunteers*
 - *Food delivery/food service*
 - *Community coordination*
 - *Work environment/food safety*



Stay in the know - be sure to subscribe to our monthly e-newsletters!



CONNECT WITH YOUR PEERS VIA NRCNAengage

NRCNAengage is an online venue for senior nutrition program staff, nutrition and aging professionals across the country to connect, share best practices, resources, recipes and ideas for action!



The image shows a screenshot of the NRCNAengage website. On the left is a navigation menu with links for Home, Discovery, Members, About, Topics, Professions, Issues, and a list of users including NRCNAengage. The main content area features several articles with images and titles: 'Recipe Swap', 'Training Talk', 'New Local Nutrition Directors', 'General Resources', and 'Food Safety on the Go'. A large red starburst graphic is overlaid on the right side of the screenshot, containing the text: 'Signing up is easy! Visit <https://nrcna.mn.co/> and click 'Invite!''. A small 'Help' button is visible in the bottom right corner of the website screenshot.



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THANK YOU