HEALTHYAGINGGROUP

Friday, October 8, 2021: Issue 5 of 5

South Carolina DEPARTMENT ON AGING

CLOSING THE MALNUTRITION GAP

To defeat malnutrition, we need to understand an individuals unique circumstances and discover potential root causes. Interventions for assistance should be tailored and personalized.

In Issue 1, we identified a validated tool, the **Malnutrition Screening Tool (MST),** to assist with identifying those with malnutrition risk.

In Issue 2, senior malnutrition was defined and the signs and symptoms were described.

In Issue 3, we introduced the **Expanded Food Security Screener**, a tool that explores the various causes of food security: Availability, Accessibility, Utilization, and the Stability of all 3 over time.

In Issue 4, the **DETERMINE Your Nutritional Risk** client handout was shared. Although this is not a validated tool for screening for malnutrition, the questions and information can serve as a useful conversation starter for clients and allow them to share their personal score with their Physician. The tool helps to provide a greater self-awareness and to identify potential barriers to nutritional well-being.

Supporting with Food

OLDER AMERICANS ACT NUTRITION PROGRAMS
Home Delivered Meals & Congregate Meals

PRODUCE BOX/BAG PROGRAMS

FoodShare SC

- Developed as a UofSC initiative to expand access to fresh produce
- Accepts SNAP

Go Here for Locations:
https://foodsharesc.org/our-locations/

Lowcountry Street Grocery

- Mobile Market, Community Supported Agriculture, Produce Prescriptions
- Accepts SNAP
- Services the greater Charleston area

Go Here for Website:
https://www.lowcountrystreetgrocery.com/

PARTNER WITH A FOOD BANK

The SC Department of Agriculture works with food banks as the distributing agency for CSFP and TEFAP in South Carolina.

RESOURCES:

- See spreadsheet attached to this email to locate your region/county Foodbank and the closest food pantry
- Federal Poverty Guidelines
  https://aspe.hhs.gov/topics/poverty-economic-mobility/poverty-guidelines

Commodity Supplemental Food Assistance Program (CSFP)

- For low-income persons at least 60 years of age
- Elderly persons are eligible if they have a household income at or below 130% of federal poverty income guidelines. (income is verified)
- CSFP food packages do not provide a complete diet, but rather are good sources of the nutrients typically lacking in the diets of the beneficiary population.

The Emergency Food Assistance Program (TEFAP)

- Helps supplement the diets of low-income Americans by providing them with emergency food assistance at no cost.
- The household must have a total household income that does not exceed 150% of the current poverty level. (income is self-declared)

Seniors Farmers Market Nutrition Program (SFMNP)

- This seasonal USDA grant provides participants with fresh nutritious, unprocessed fruits and vegetables from local participating farmers markets.
- Participants receive 5 SFMNP checks worth $5 each ($25 total).

Supporting with Nutrition Education

OLDER AMERICANS ACT NUTRITION PROGRAM
Nutrition Education/Counseling

Nutrition Tip Sheets

⇒ Eating Right for Older Adults
⇒ Eating Right on a Budget
⇒ Healthy Eating on the Run: A Month of Tips
⇒ Smart Ways to Make Physical Activity Part of Your Day
⇒ Tips for Healthy Eating & Healthy Aging
⇒ Nutrition & Aging- Colorado

See the SCDOA Nutrition Education Guide for more resources

Stepping Up Your Nutrition™

- A workshop program (can also be divided into several shorter classes) to assist participants with understanding the importance of balanced nutrition for falls prevention and identify key factors that contribute to malnutrition.
- Program is designed to be taught in conjunction with an Evidenced-Based Programs for Falls Prevention.

Topics Include:

- How nutrition affects fall risk
- The importance of muscle for strength
- Key nutrients for older adults—particularly protein and fluid
- How to determine personal nutrition risk and handgrip strength scores and
- How to create an action plan to improve nutritional health.

Becoming a Trainer:

- Ideal facilitators are those already trained in an Evidenced Based Falls Prevention program
- Concepts such as brainstorming, problem-solving and action planning are important skills that are part of the program.

Learn more about the program here:
https://www.steppingupyournutrition.com/

This program uses a Dynamometer to test grip strength, a tool for assessing strength CLICK HERE

Interested in becoming trained to teach this class?
Contact Rowan Goodrich, SCDOA Registered Dietitian Nutritionist
Email: Rgoodrich@aging.sc.gov

Supporting with SNAP

Engagement of older adults in programs such as the USDA Supplemental Nutrition Assistance Program (SNAP) helps to close the gap. Unfortunately, many eligible seniors do not enroll in this important benefit: 3 out of 5 seniors who qualify for SNAP do not apply. WHY?- barriers to mobility, technology, and stigma as well as many are discouraged by widespread myths about how the pro-gram works and who can qualify.

SC SNAP Participation:

July 2020 - June 2021

July 2019 - June 2020

Fast Facts

- The income limit for SNAP is approximately 130% of the federal poverty level
- The average monthly benefit in SC is $261

Healthy Bucks

The "Healthy Bucks" program allows SNAP recipients to obtain additional fresh fruits and vegetables when they use their SNAP benefits to purchase fresh produce at participating markets.

Consider Partnering with SC Thrive

- Becoming a designated SC Thrive Partner enables access to the Thrive Hub, a portal for efficiently and effectively completing SNAP applications for submission straight to DSS.
- Includes access to outreach materials.
- Learn More Here