

# Partners In Wellness

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# Partners In Wellness

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- **Nutrition education curriculum**
- **To reduce risk of malnutrition in food-stamp eligible older adults in North Carolina**
- **Based on the Socio-ecological model**
- **Funded by USDA, FNS**

# Partners In Wellness

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Reduces risk of malnutrition by:

- Identifying nutritional risks
- Intervening with nutrition education
- Improving nutrition & lifestyle of participants



# Risks of Malnutrition

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1. Eating Alone
2. Chronic Disease
3. Taking 3+ drugs
4. Little money for food
5. Not always able to shop or cook
6. 3 or more alcoholic beverages/day
7. Eating  $\leq 2$  meals
8. Eating few fruits, vegetables and dairy foods
9. Chewing difficulties
10. Unintentional changes in weight



# Partners In Wellness Strategy

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**Develop nutrition education addressing risk of malnutrition through the core elements of dietary quality, food security, and shopping behavior/food resource management**

**Each session is designed to educate and influence behavior change through:**

- **group interaction (games, competition)**
- **skill building exercises**
- **food demonstrations and taste testing**
- **CNS changes**
- **community changes**



# Educational Modules

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1. Eat Smart-Stay Well
2. Portion Power
3. Variety Matters
4. Liquids for Living
5. Dental Health
6. Meals on a Budget
7. Eating for Fun



# Educational Modules cont.

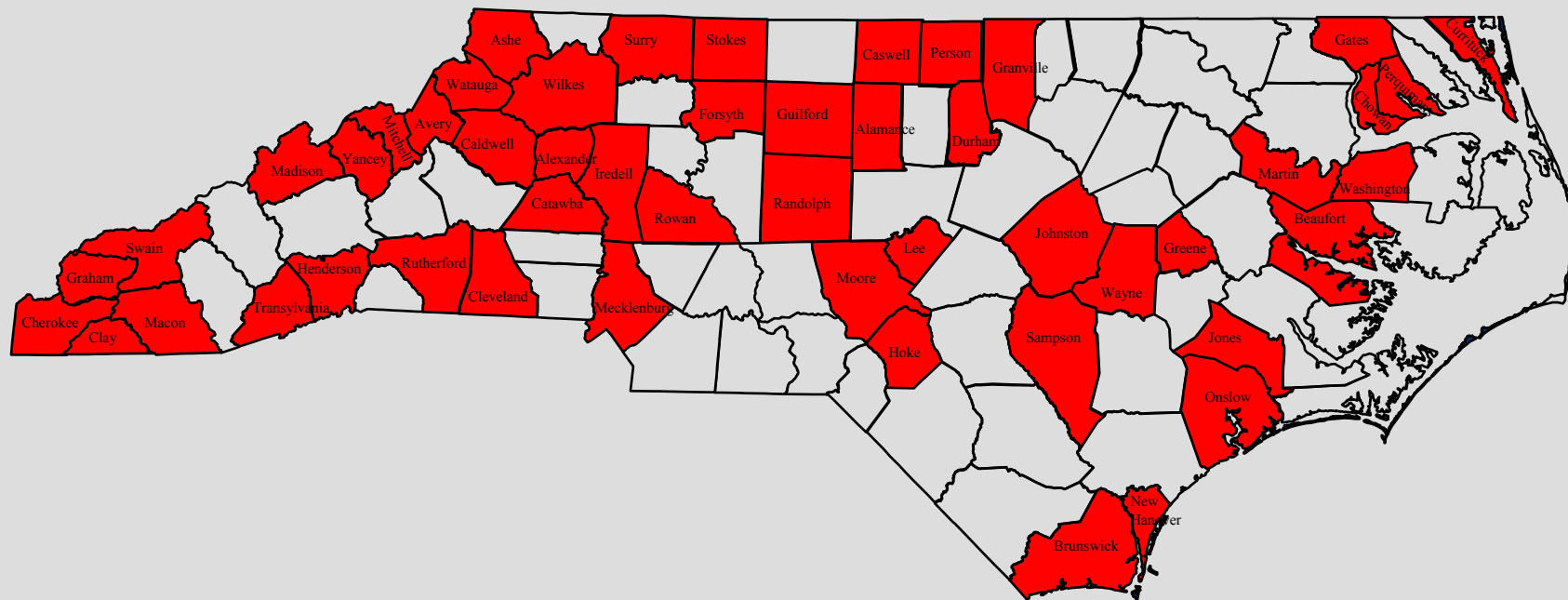
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- 8. Mixing Medications & Foods**
- 9. Weighty Questions**
- 10. Overcoming Obstacles**
- 11. Pills, Potions, & Powders**
- 12. When All Else Fails**
- 13. Where's the Fat?**
- 14. It Could Be Salt's Fault**



# Participating Counties FY 04

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# Participant Demographics

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- 1. Average age: 76**
- 2. % female: 75**
- 3. % Black: 41**
- 4. % FS eligible: 97**



# Participant Demographics cont.

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- 5.** 1/3 receive  
<\$550/month
- 6.** Live alone: 54%
- 7.** Not HS grad:  
48%
- 8.** Have difficulty  
chewing: 19%



# Who are the Partners?

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**USDA-FNS**

**NC DHHS, Divisions  
(DSS, DoA/CNS staff,  
DDH, DPH)**

**NC Institute for Health,  
Science, & Society**

**Society for St. Andrew**

**Interfaith Food Shuttle**

**NC Institute on Aging**

**UNC-G Alice Aycock Poe  
Center**

**NCSU-NC County CES +  
local partners**

**NCSU Depts:**

- **Animal Science**
- **Psychology**
- **Public  
Administration**
- **Family & Consumer  
Sciences**

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# Partnership Benefits

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## Facilitating:

- Interest in health of older adults
- Good will/hard work
- Professionals
- Additional expertise
- Additional funding
- Teaching
- Food demos

## Results:

- Module development (drug, dental health, eating alone, kitchen)
- Train-the-Trainer
- Materials
- Positive results



# Lessons Learned

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**Once individuals have agreed to partner, develop a MOU to establish roles and responsibilities**

- **We did not develop a MOU with each CNS manager clearly stating the roles and responsibilities of the manager & FCE.**
- **Therefore the level of interest and involvement of the managers varied.**



# Lessons Learned con't

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**Even though an individual has received approval from her agency to be a partner, develop a MOU to establish sustainability of agency roles and responsibilities**

- **We did not develop a MOU with the Division of Dental Health or Department of Public Health**
- **Therefore, once the person involved retired, the agency lost interest and did not continue to support PIW**



# Education Through Songs

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- **Implemented in FY03 & FY04**
- **9 songs covering 9 modules**
- **Rave Reviews**



# PIW Sing-a-long!

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