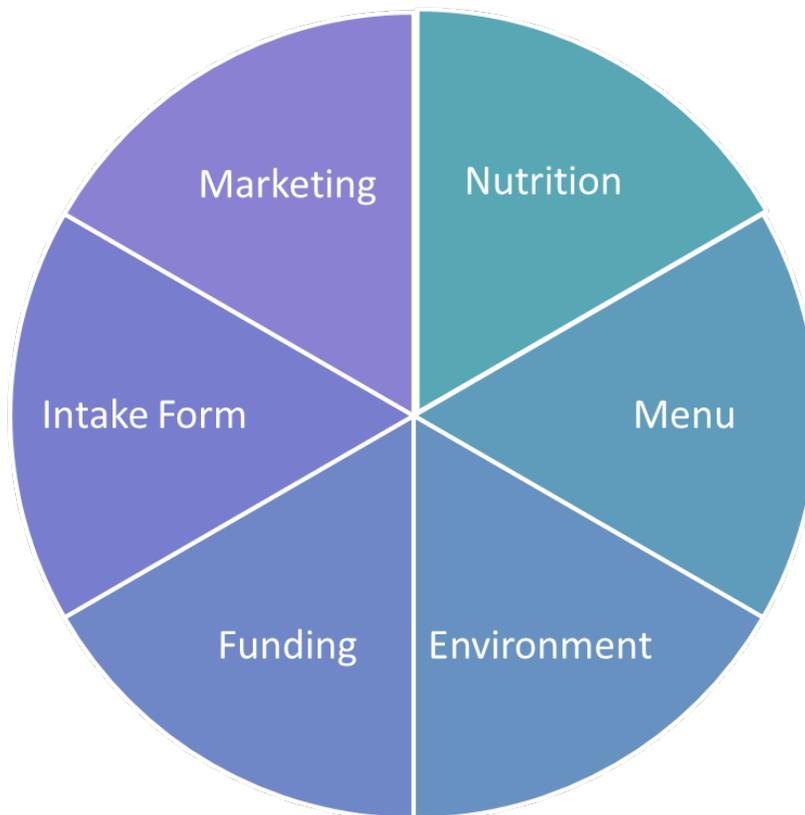


## Nutrition Programs Update

September 12, 2019

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- **Congregate Meal Innovation**



- **ACL Innovations in Nutrition Programs and Services Grant**
- **Senior Farmer's Market Nutrition Program**
- **Evidence Based Programs**
- **Falls Prevention Awareness Day**
- **Nutrition Education**

- **Congregate Meal Innovation:**
  - Since April this year
  - So far, we have done the Nutrition requirements, Menu, and Environment trainings and will be continuing with the funding, intake form, and marketing throughout this next year. Includes:
    - New nutrition requirements
    - Made a state-wide computer nutrient analysis software available to all AAA's. Will be able to share menus, recipes with a large database.
    - Revising menus and the environment of meal sites to meet the desires of our new generation of older adults
    - Well-received with all AAA's, and they are working towards implementing these new skills in the coming year.
- **ACL Innovations Grant**
  - Our Innovation grant at the Heritage AAA is nearing a close at the end of September, but the sites will continue with OAA funding. They continue to do well and won the N4A innovations award, have higher than area-average contribution rates, and presented at MOWA conference a couple weeks ago. ISU extensions is finishing up surveys for data next week (satisfaction, nutrition risk).
- **Senior Farmer's Market Nutrition Program:**
  - Just a quick note for the SFMNP. Nearing the end of the year for distribution and utilization at the AAA's.
- **Evidence-based programming**
  - continues in all AAA's: Tai chi, MOB, Stepping on, Chronic Disease/Diabetes Self management. And a new one a few AAA's have adopted called Walk with Ease. Community Health Partners in Iowa had a grant to start this in Iowa by the Arthritis Foundation
- **Falls prevention awareness day**
  - is September 23<sup>rd</sup>. There will be programming at the Downtown YMCA
- **Nutrition education**
  - monthly. Aging Resources, Milestones, Elderbridge, and NEI3A continue to distribute Fresh Conversations with Success