

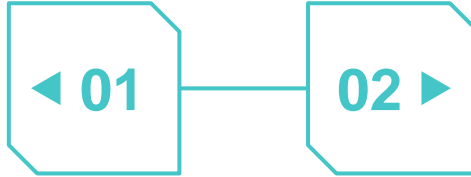
Healthy Eating & Chronic Diseases: A CNE Program for Older Adults

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AGENDA

WHO & WHERE

CNE program site,
target population, and
their needs

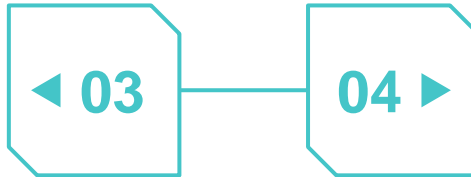


WHAT

Goals, objectives, and
measurable outcomes

HOW

Activities & highlights
from the program



OUTCOMES

Evaluation,
achievements, and
future considerations

BACKGROUND

CNE SITE^{1,2}

- Keyport Senior Citizen Center
- Keyport, Monmouth County, New Jersey
- Provide community & activities for older adults, 60+
- Contact – Madeline Costello, supervisor

TARGET POPULATION^{1,2}

- Members of the Keyport Senior Center
- Older adults, ages 60+
- Living in Keyport and surrounding towns

KEYPORT SENIOR CITIZEN CENTER^{1,2}

Located on a residential street, the Keyport Senior Center building was formerly an elementary school. Now the building hosts activities for older adults, including educational classes (Spanish language classes, etc.), games & bingo, and various forms of physical activity (line dancing, chair yoga, etc.). There are approximately 350 members of the center, which was founded just over 30 years ago.



NEEDS ASSESSMENT KEY FINDINGS

Demographics:

- Majority white (72.9%), with Hispanic (16%), Asian (3.7%), and black (2.7%) Keyport residents³
- Median household income, \$66,025, compared to \$110,356 in Monmouth County³
- 19% of Keyport seniors in poverty, compared to only 8% in Monmouth County⁴

Nutrition-Related Risk Factors:

- 78% of American adults aged 55+ have at least one chronic disease; 47% have two or more⁵
- Chronic diseases, including heart disease (CVD), cancer, and diabetes (T2D), are leading causes of death in the US, and risk is higher with increased age and poor nutrition^{5,6,7}
- Many seniors may not have nutrition education, a high health-literacy, or know that diet increases risk of multiple chronic diseases^{6,7}

NEEDS ASSESSMENT KEY FINDINGS

Nutrition-Related Services at Keyport Senior Center:

- There are no regular nutrition services²
- There are occasional speakers on various health topics, but not specifically nutrition & health²

Description of Generation & Learning Style:

- Members are age 60+ and are Baby Boomers or Traditionalists (Greatest Generation + Silent Generation)^{8,9}
- Some older adults may appreciate active learning, while others prefer learning by observing and reflecting¹⁰

How Findings were Transferred to CNE Program:

- Financial status, nutrition-related risk factors, and preferred learning style were all key to creating the 5-part series to help older adults learn how diet could relate to the chronic diseases and risk factors, and how to make a meal plan and shop on a budget

PROGRAM GOALS¹¹

- Increase *perceived susceptibility* and *perceived severity* of chronic disease (CVD, T2D & cancer) among Keyport Senior Center members
- Improve *self-efficacy* related to healthy eating and chronic disease prevention among Keyport Senior Center members

NUTRITION & DIABETES LESSON OBJECTIVES¹²

- At the conclusion of this CNE presentation, at least 75% of participants will be able to *identify* at least one type of food as one to include on the diabetes plate, and one to limit
- At the conclusion of this CNE presentation, at least 75% of participants will be able to *categorize* two nutrients as important for T2D management

MEASURABLE OUTCOMES¹²

- Each presentation will be accompanied by an activity, which will be used to measure the lesson plan outcomes; as will pre- and post-lesson assessment questions
- Outcomes include listing, planning and/or identifying: chronic disease risk factors (**Bingo**); foods to include and limit for diabetes (**Diabetes plate**); nutrients related to CVD (**Bingo**); foods to include or limit related to cancer risk (**Pictionary + image sheet**); nutrients related to chronic disease prevention (**Nutrition facts label activity**)

CNE PROGRAM

5-Part Educational Series, created for the needs of the population:

- Healthy Eating & Chronic Diseases
 - Nutrition & Diabetes
 - Nutrition & Heart Disease
 - Nutrition & Cancer
- Planning & Shopping Smart



NUTRITION & DIABETES LESSON PLAN

Structure

- Introduction – Instructor introduces themselves and explains the purpose of the presentation and topics to be covered
- Pre-lesson assessment – Participants will be asked a series of questions to gauge their current knowledge
- Educational presentation – Instructor presents slides
- Summary and Q&A – Instructor summarizes key takeaways and answers any questions
- Diabetes plate activity – Participants are given diabetes plate handouts and instruction
- Post-lesson assessment - Participants will be asked a series of questions to gauge their knowledge after the slide presentation and activity

NUTRITION & DIABETES LESSON PLAN

How do we find balance?



Fiber

Helps with digestion and blood sugar balance



Protein

Protein supports muscle maintenance and can help us feel full for longer



Healthy Fats

Switching to healthy fats can reduce the risk of T2D, CVD, and some types of cancer

Sample Day of Eating

	Recipe	Ingredients	Nutrients
Breakfast	Overnight Oat Parfait	Greek-style yogurt, rolled oats, berries, walnuts, ground flaxseeds	Protein, fiber, antioxidants, healthy fats (omega-3)
Lunch	Chickpea Caesar Salad	Romaine lettuce & baby kale with chickpeas, sourdough croutons, and cashew-based dressing	Nitrates, antioxidants, vitamins C + K, protein, fiber, healthy fats
Dinner	Stir-fry-style bowl	Sauteed peppers, mushrooms & onion, baked chicken breast, barley & peanut butter sauce	Antioxidants, beta-glucans, fiber, protein, healthy fats

Topics included:

- **Diabetes Basics** – what diabetes is and what it does, diabetes facts, types of diabetes, risk factors, and diagnostic methods & criteria
- **Nutrients of Concern** – to include & to limit, such as carbohydrates (specifically fiber and sugar) and fat
- **Diabetes Plate** – what is included, how to find balance, and a sample day of eating
- **Other important topics** – possible complications, like increased risk of CVD and kidney disease; prevention; and management

NUTRITION & DIABETES LESSON ACTIVITY

Diabetes Plate

Starchy Carbs
Limit starchy veggies & refined grains; be mindful of fruit

Non-starchy Veggies
Fill half your plate with veggies like leafy greens, beets, tomatoes and mushrooms

Protein
Enjoy lean proteins & plant-based proteins

Beverages
Skip the sugary beverages & juices

Water or 0-Calorie Drink

Diabetes Plate Method Activity

My Diabetes Plate

Starchy foods
Sweet potato
Barley
Oats
Lentils
White rice
French fries

Non-starchy vegetables
Spinach
Carrots
Mushrooms
Tomatoes

Protein foods
Tofu
Salmon
Baked chicken
Lentils
Red meat
Food chicken

Food List

White rice	Tofu	Barley
Sweet potato	Salmon	Mushrooms
Spinach	French fries	Red meat
Carrots	Baked chicken	Tomatoes
Lentils	Fried chicken	Oats

Food Groups: Protein foods, non-starchy vegetables, and starchy foods

Diabetes Plate Method Activity

My Diabetes Plate

Food List

White rice	Tofu	Barley
Sweet potato	Salmon	Mushrooms
Spinach	French fries	Red meat
Carrots	Baked chicken	Tomatoes
Lentils	Fried chicken	Oats

Food Groups: Protein foods, non-starchy vegetables, and starches

Diabetes Plate Method Activity

My Diabetes Plate

Starchy foods
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Barley
Oats
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White rice
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Non-starchy vegetables
Spinach
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KEY OUTCOMES^{13,14}

RE-AIM Dimensions	Measurements & Outcomes
Reach	<ul style="list-style-type: none">○ Sessions had 2-14 participants (out of 350 members, max 4%)○ The first run had better attendance (7-14 participants each session)
Efficacy/Effectiveness	<ul style="list-style-type: none">○ Overall, 85% of participants met learning goals during the 10 sessions○ Participants were interested in topics & pleased with sessions○ Many members were unaware the program was running
Adoption	<ul style="list-style-type: none">○ All sessions took place at the Keyport Senior Center, as planned○ Sessions presented by dietetic intern
Implementation	<ul style="list-style-type: none">○ The 10 sessions ran over a 6-week time period, as planned○ The sessions were free for all members, and advertised to local senior living communities (who could also participate for free)○ Post-lesson questionnaires were added for the second run, after the activities
Maintenance	<ul style="list-style-type: none">○ Staff has access to lesson plans and tools, but no nutrition educators on-site○ Participants were very receptive of new information & expressed desire to make changes; more nutrition education planned for this summer

CONCLUSIONS

- Program achievements –
 - Steady core group of participants who were very engaged
 - Older adults learned about chronic diseases, risk factors, and how diet is related
 - Learning objectives were met overall
- Future considerations –
 - Creating a marketing plan to reach more older adults living in the area
 - Not repeating lessons so quickly, to keep the number of participants up
 - Creating simplified activities, based on the preferred learning style of older adults
- What's next?
 - Work with Madeline, the center's supervisor, to create future nutrition education for the target population; three planned for this summer at this time

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