



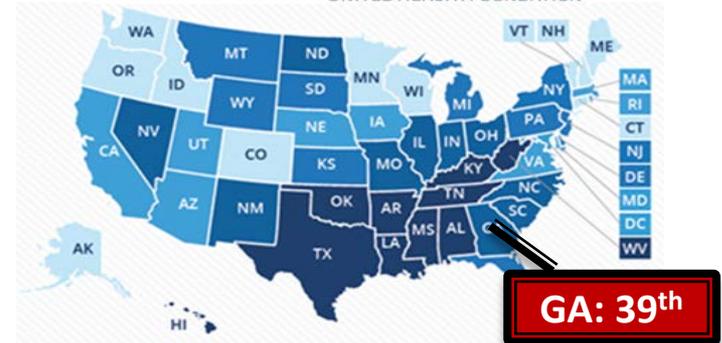
# Food Insecurity in Older Georgians

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**Foods and Nutrition**  
**University of Georgia**  
**September 27, 2016**

# Outline

- **Why we should care about food insecurity in older Georgians?**
- **What has been done to improve food security in older Georgians?**
  - *Based on University-Government-Community partnerships*
  - *Linking research and administrative program evaluation to improve nutrition and aging services and policies*
    - *Georgia Aging Client Information Management System*
    - *Georgia CAFE (e.g., SNAP Standard Medical Expense Deduction)*
    - *University of Georgia SNAP-Ed*
- **What more can we do?**





# Population Aging in Georgia

- Older population is **rapidly growing** in Georgia
  - 61.4% increase in older Georgian population by 2030
- Georgia ranks **39<sup>th</sup> in senior health**
- Low-income older Georgians have **heightened burden of chronic diseases and disability**
  - Implications for programs and policies in food and nutrition assistance, aging services, public health, and healthcare

Glass and Bachtel, 2007; Lee et al., 2010; Sattler and Lee, 2014; Lee and Bhargava, 2016a, 2016b;  
America's Health Rankings Senior Report 2016

<http://assets.americashealthrankings.org/app/uploads/final-report-seniors-2016-edition-1.pdf>

# Food Insecurity in Older Georgians

- **Persistent and growing problem**
  - Caused by economic, health, physical limitation, social support, and other problems
  - Results in deleterious consequences in nutrition, physical and mental health, and quality of life
  - **3<sup>rd</sup> nationally in food Insecurity**, 2005-12 (12.9%)
- **Clinically relevant health problem**
  - May contribute to chronic diseases, poor access to healthcare, and increased healthcare costs and use
- **High cost burdens to individuals, families, and the state**

Lee et al., 2010; Lee et al., 2011; Lee 2013; Sattler and Lee, 2014; Lee and Bhargava, 2016a, 2016b;  
America's Health Rankings Senior Report 2016

<http://assets.americashealthrankings.org/app/uploads/final-report-seniors-2016-edition-1.pdf>

# *The Reality....*

- Many older Georgians requesting meals services, especially HDM applicants, had to be on the waiting lists
  - **47<sup>th</sup> nationally in % of older Georgians receiving HDM** in 2015 (10.8%)
- Older Georgians on the HDM waitlist were more likely to be food insecure, but only **35% of those who were eligible for SNAP were actually participating in SNAP**
- In the past year, % of SNAP receiving older Georgians in poverty decreased by 18.3%

Lee et al., 2011; Strickhouser S et al. Food Insecurity Among Older Adults. AARP 2014.

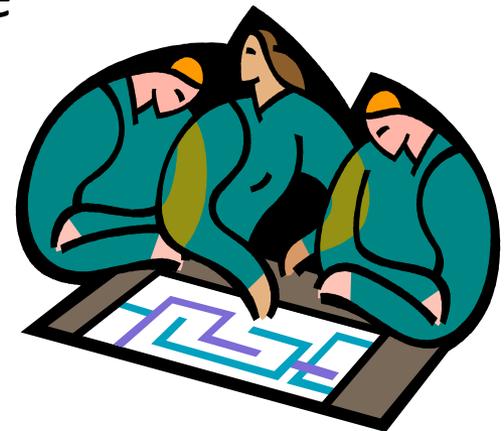
[http://www.aarp.org/content/dam/aarp/aarp\\_foundation/2015-PDFs/AF-Food-Insecurity-2015Update-Final-Report.pdf](http://www.aarp.org/content/dam/aarp/aarp_foundation/2015-PDFs/AF-Food-Insecurity-2015Update-Final-Report.pdf)

America's Health Rankings Senior Report 2016

<http://assets.americashealthrankings.org/app/uploads/final-report-seniors-2016-edition-1.pdf>

# What has been done to improve food security of older Georgians?

- **Measuring and monitoring** food insecurity
  - Georgia Department of Human Services (DAS)
  - State Aging Information Management System
- **Strengthening** the capacity of **food resources** and **local food systems**
  - Federal food and nutrition assistance (e.g., SNAP)
  - Local food system resources
  - Emergency food assistance
  - Nutrition education



# GA Advanced POMP6 (2007-2009): UGA-GA DAS Collaborative Project



- To collect data to better understand the needs, capacity, and performance of the Older Americans Act Nutrition Program (OAANP) in Georgia
  - **Food insecurity:** U.S. Household Food Security Survey Module (HFSSM)
  - **Healthcare utilization and expenditure:** Medicare claims data
- Self-administered mail surveys conducted in a statewide sample of ~14,000 older Georgians receiving OAANP or on the waitlists

# Food Insecurity Measure: Validated Modified 6-item HFSSM



**These next questions are about the food eaten in your household in the last 30 days and whether you were able to afford the food you need.**

1. During the last 30 days, how often was this statement true: The food that we bought just didn't last, and we didn't have money to get more.
2. During the last 30 days, how often was this statement true: We couldn't afford to eat balanced meals.
3. In the past 30 days, did you or other adults in your household ever cut the size of your meals because there wasn't enough money for food?
4. In the past 30 days, did you or other adults in your household ever skip meals because there wasn't enough money for food?
5. In the last 30 days, did you ever eat less than you felt you should because there wasn't enough money for food?
6. In the last 30 days, were you ever hungry but didn't eat because there wasn't enough money for food?

# GA Advanced POMP6: Major Findings and Outcomes



- Ability of the nationally validated food insecurity measure to assess need status and benefits of the OAANP in older adults
- Statewide food insecurity statistics among older Georgians that are comparable to the federal statistics
- Critical unmet need for the OAANP in Georgia
- Significant contribution of receiving the OAANP to achieve food security in older Georgians
- Difficulty to meet basic food and healthcare needs of food insecure older Georgians

# Georgia has been using the validated food insecurity measure to monitor client needs and performance of OAANP since 2011



## Aging Information Management System (AIMS)

Clyde L. Reese, Esq. Commissioner

Georgia Department of Human Services • Division of Aging Services • Dr. James J. Bulot, Director  
Two Peachtree Street, NW • Suite 9-270 • Atlanta, GA 30303 • 404-657-5258 • FAX 404-657-5285

Date: December 27, 2011

To: Area Agency on Aging (AAA) and Division of Aging services (DAS) Staff

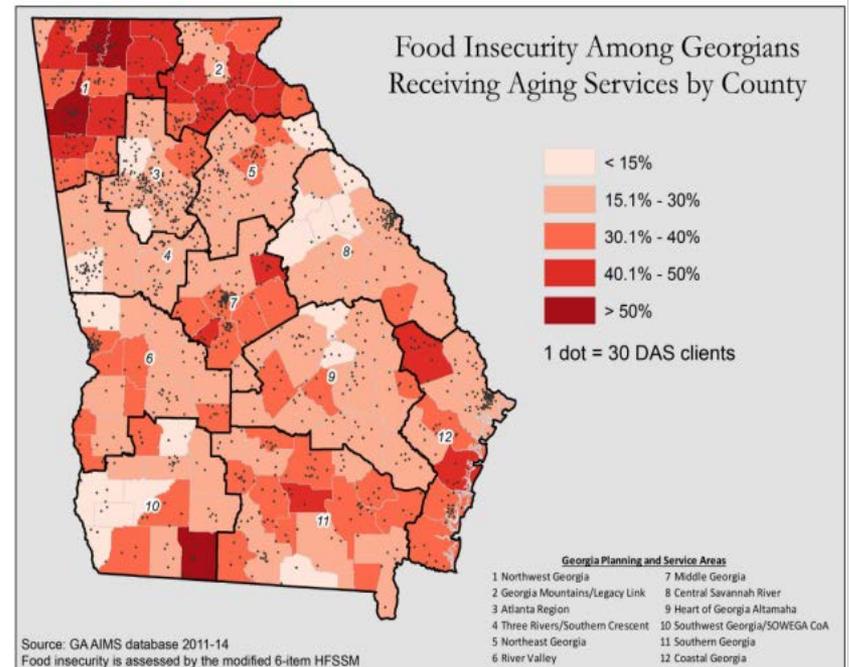
From: Dr. James Bulot, Director  
Division of Aging Services

Subject: DAS Livable Communities Manual Transmission MAN 5300, 2012-02

EFFECTIVE DATE: Upon Receipt

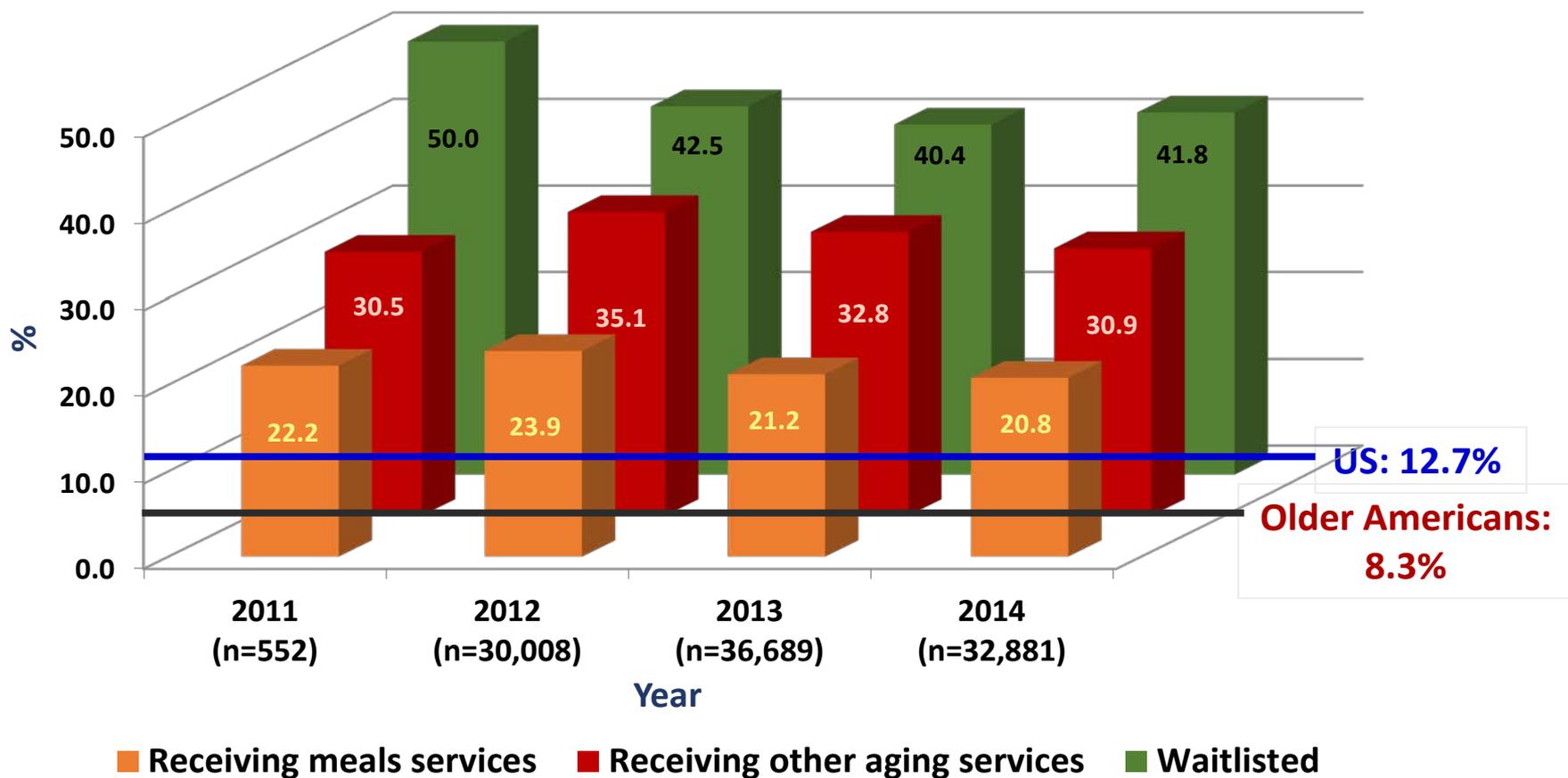
PURPOSE: The purpose of this manual transmission is to incorporate the Food Security Survey into the assessment process and update the Nutrition Regulations overall. The Food Security Survey will provide information useful for wait list management, grant writing and assisting clients to find needed resources. The purpose of the update to the Nutrition Program Manual is to include the new Dietary Guidelines for Americans 2010 and update procedures and resources.

IMPACT: Using this survey tool will allow for a more detailed view of the food security issues facing local service areas as well as helping to offer referrals to those most in need.



## GA AIMS DATA 2011-2012

# Food Insecurity in Older Georgians Receiving and Waiting for Meals Services 2011-14 (N=66,096)



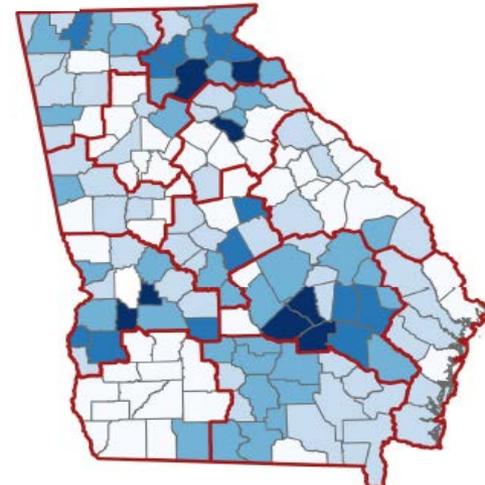
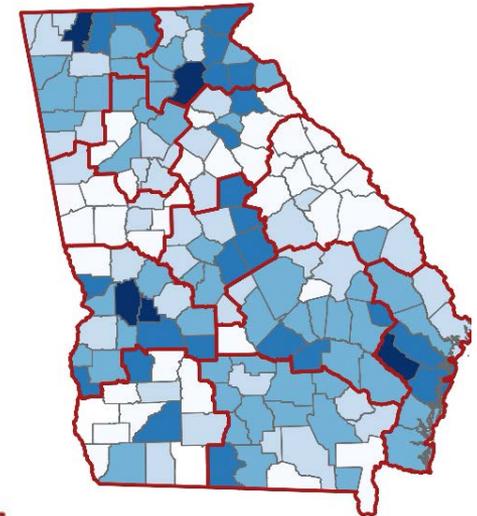
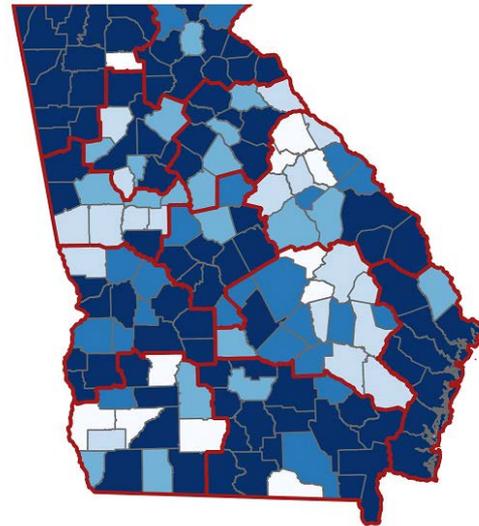
Based on the GA AIMS Data retrieved on April 2, 2015

# Food Insecurity in Older Georgians Receiving Aging Services 2012-14 (N=62,610)

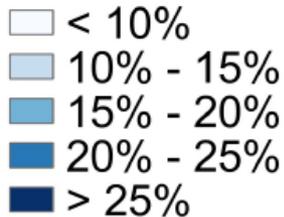
2012

2013

2014

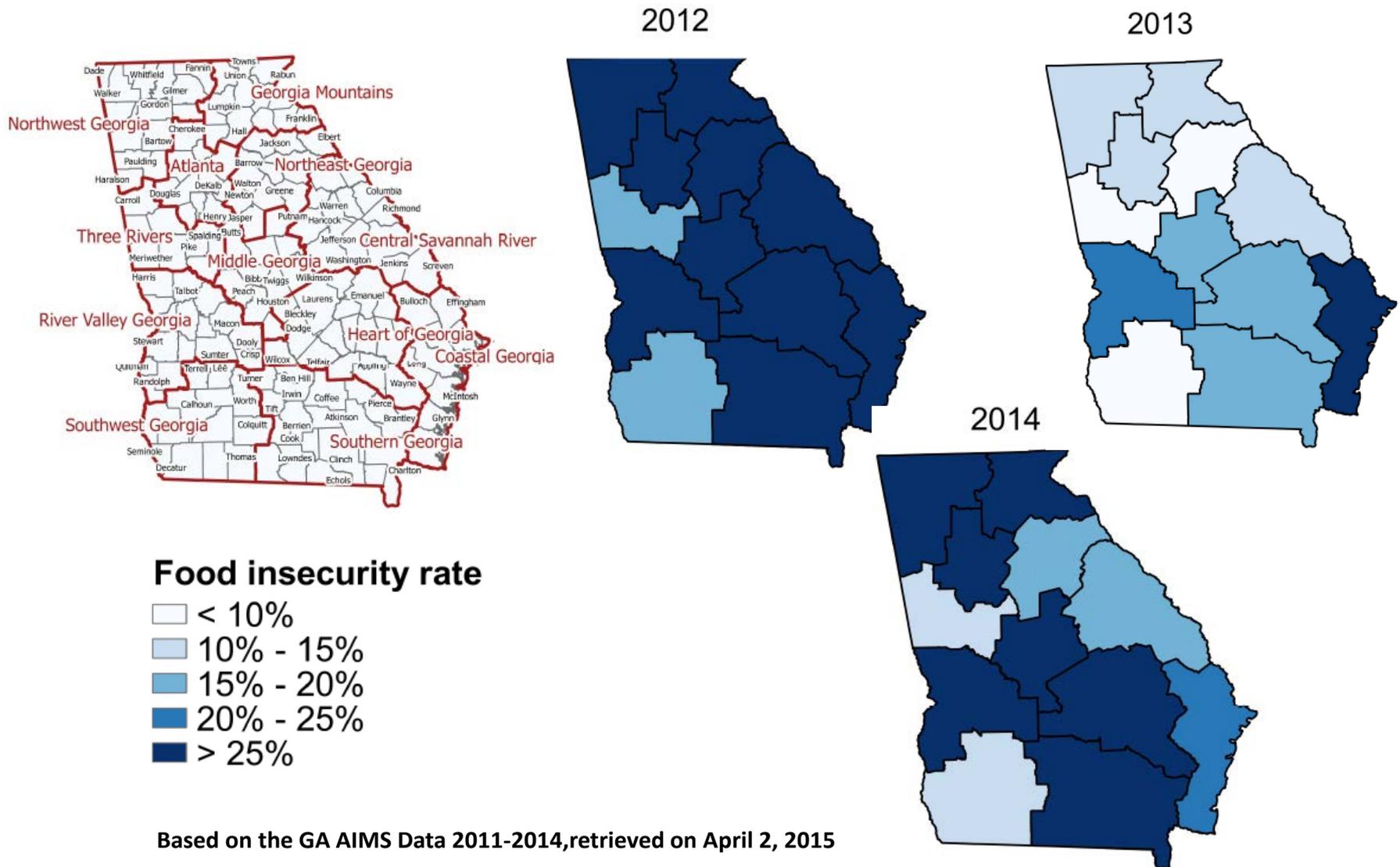


## Food insecurity rate



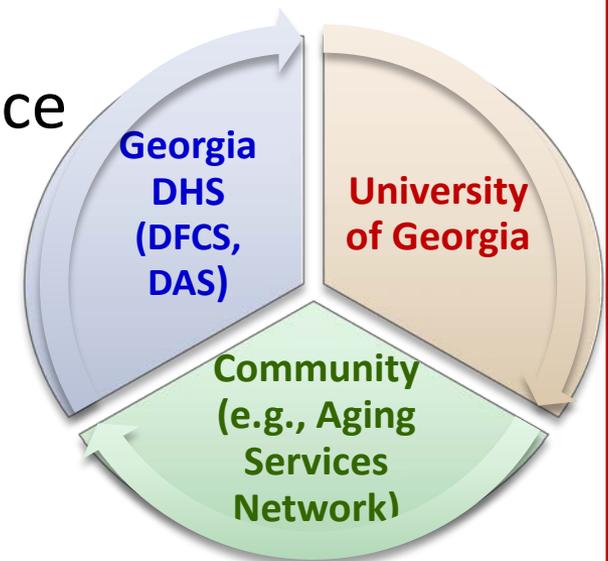
Based on the GA AIMS Data 2011-2014, retrieved on April 2, 2015

# Food Insecurity in Older Georgians Waiting for Aging Services as of April, 2015 (n=3,486)



# What has been done to improve food security of older Georgians?

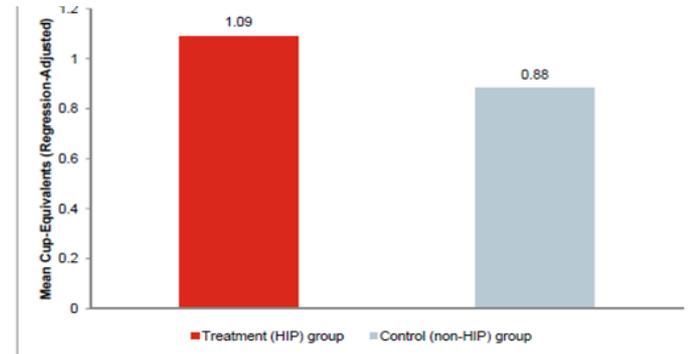
- **Measuring and monitoring** food insecurity
  - Georgia DHS (DAS)
  - State Aging Information Management System
- **Strengthening the capacity of food resources and local food systems**
  - Federal food and nutrition assistance (e.g., SNAP)
  - Local food system resources
  - Emergency food assistance
  - Nutrition education



# How to improve SNAP for older Georgians?

- **Increase participation**
  - Only 35% of eligible older adults participate
  - Many barriers in application process
- **Increase access to healthy foods**
  - e.g., Double Value Coupon Program, Healthy Incentive Program
- **Strengthen SNAP-Ed** to provide comprehensive, effective, and evidence-based educational programs and interventions

Healthy incentive has positive impact on fruit and vegetable intake for SNAP participants



<http://www.fns.usda.gov/snap/hip/>



<http://www.wholesomewavegeorgia.org/>



# Georgia CAFE

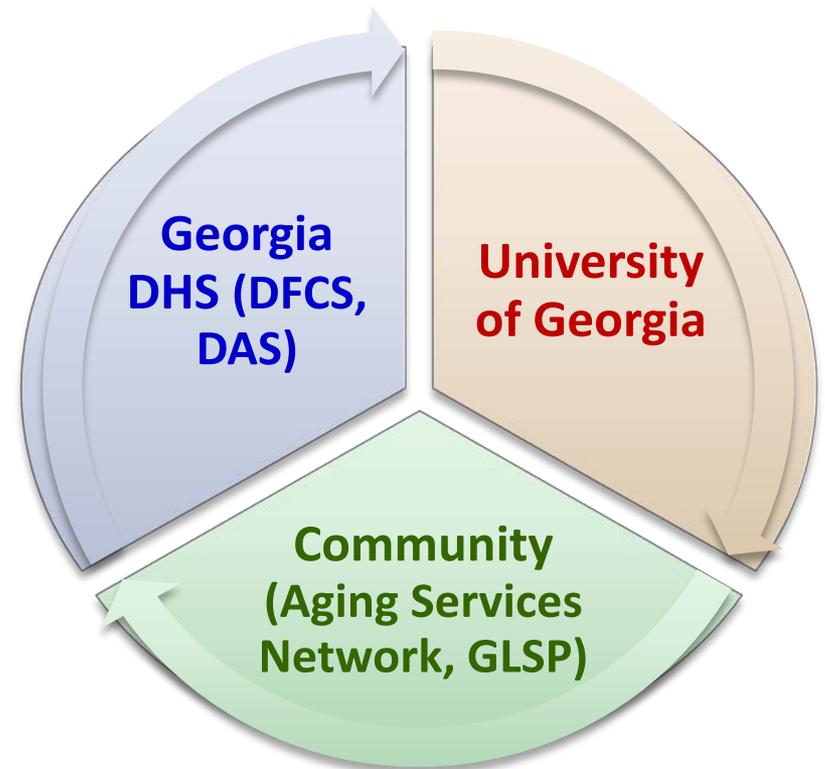
## Community Advocacy to Access Food Stamps for the Elderly and Disabled

- Provides SNAP application assistance to low-income older Georgians and the disabled in 30 urban and rural counties
  - Community and professional advocate training
    - Face-to-face and online training
  - Community awareness and education
    - SNAP application assistance
  - Evidence-based policy advocacy
    - Georgia Standard Medical Expense Deduction

# Georgia CAFE:

## University-Government-Community Partnership

- **UGA**
  - Dept. Foods and Nutrition
  - College of Pharmacy
  - College of Public Health
- **Georgia DHS (DFCS, DAS)**
- **Area Agencies on Aging**
  - Northeast Georgia AAA
  - Heart of Georgia AAA
- **Nancy Lindbloom** with Georgia Legal Services Program
- **Community advocates**



# Georgia CAFE Policy Advocacy:

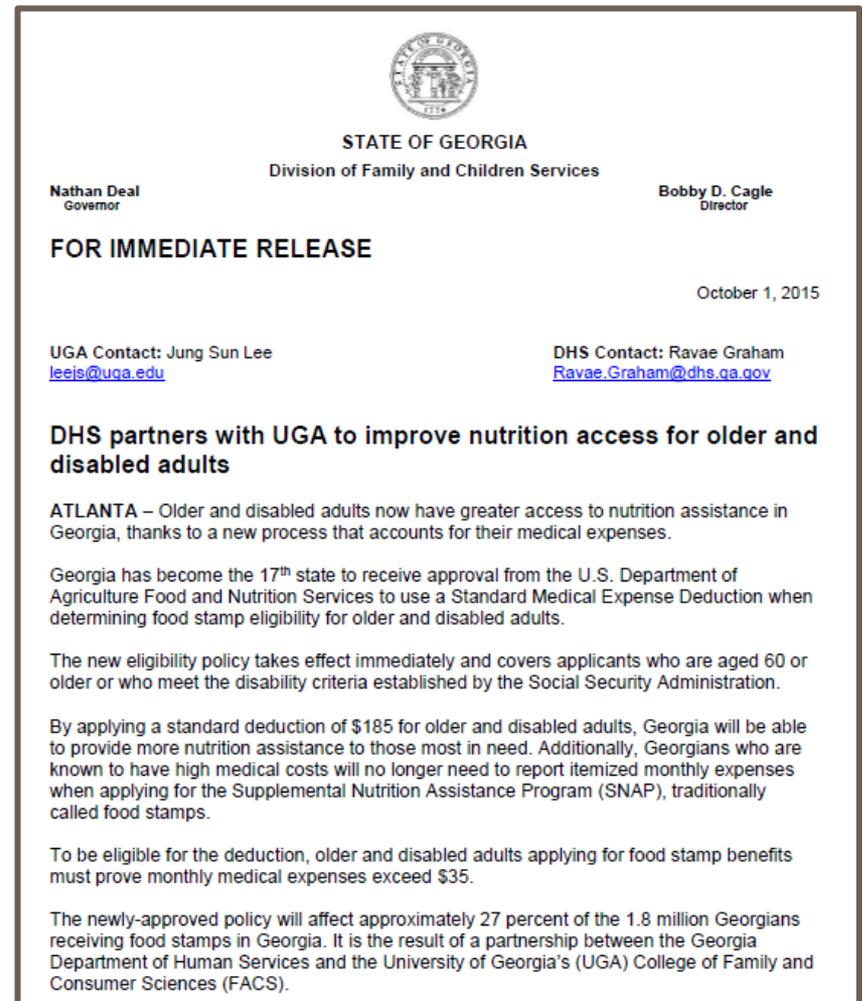
## Excess Medical Expense Deduction

- SNAP policy allows older adults and disabled individuals to deduct unreimbursed medical expenses over \$35/month from their income in calculating their household's net income, **which they must verify**
  - Underutilized: US: 12%; GA: 16%
- **Standard Medical Expense Deduction (SMED)**
  - Allows individuals to receive a “standard income deduction” once they prove they have above \$35 in medical expenses
  - Not adopted in Georgia until 2015

# Georgia CAFE Policy Advocacy:

## Standard Medical Expense Deduction (SMED)

- UGA provided key research and practice evidence to develop and get Federal approval for the Georgia SNAP SMED policy effective from Oct, 2015
- Eligible older applicants verify that they have over \$35/month in out-of-pocket expenses, then receive the standard deduction (\$150)



# Georgia CAFE Policy Advocacy:

## GA SMED Print and Online Brochures



Georgia  
**CAFE**

**C**ommunity  
**A**dvocacy to Access  
**F**ood Stamps for the  
**E**lderly & Disabled



**USE YOUR  
MEDICAL EXPENSES  
TO APPLY FOR NEW  
OR MORE  
FOOD STAMP  
BENEFITS**

English



Georgia  
**CAFE**

**C**ommunity  
**A**dvocacy to Access  
**F**ood Stamps for the  
**E**lderly & Disabled  
(defensa comunitaria para que las  
personas mayores y discapacitadas  
obtengan acceso a los cupones de  
alimentos)



**USE SUS GASTOS MÉDICOS  
PARA SOLICITAR  
BENEFICIOS DE CUPONES  
DE ALIMENTOS NUEVOS  
O ADICIONALES**

Spanish

[www.fcs.uga.edu/fdn/georgia-cafe](http://www.fcs.uga.edu/fdn/georgia-cafe)

<http://www.fcs.uga.edu/fdn/georgia-cafe>

<http://dfcs.dhs.georgia.gov/food-stamps>

### Key Medical Expenses Considered for Food Stamp Benefits



#### Prescription Drugs

- Cost for prescription drugs



#### Over-the-Counter Medicines

- Includes pain relievers, antacids, vitamins, and insulin that your health care provider tells you to take



#### Medical supplies

- These include adult diapers, foot care supplies, and prescription eyeglasses and contact lenses



#### Transportation Costs and Car Mileage

- Your car mileage or cost for rides such as from a friend or neighbor to and from medical appointments and to your pharmacy



#### Medical Equipment

- Sick room equipment
- Personal emergency response systems
- Wheelchairs or other mobility aids
- Prosthetics including hearing aids/batteries and dentures
- Communication equipment for the hearing or visually impaired



#### Alternative Medical Services

- Prescribed treatments such as chiropractic care



#### Service Animal Expenses

- Costs for service animals including veterinary bills and food supplies



due to your

# Georgia CAFE SNAP Policy Advocacy: GA SMED Training Videos

## UGA College of Pharmacy CE

A 3-part Videos Series

Will be available from Fall, 2016

## For Aging Services Providers

A 3-part Video Series

Content shown at 2016 Healthy Aging Summit

Maximizing Supplemental  
Nutrition Benefits for Older  
and Disabled Patients through  
Pharmacy Assistance



Image:  
[https://sites.google.com/site/amcpbid/\\_/rsrc/1284141768152/home/what-is-managed-care-pharmacy/pharmacists1.jpg?height=216&width=320](https://sites.google.com/site/amcpbid/_/rsrc/1284141768152/home/what-is-managed-care-pharmacy/pharmacists1.jpg?height=216&width=320)



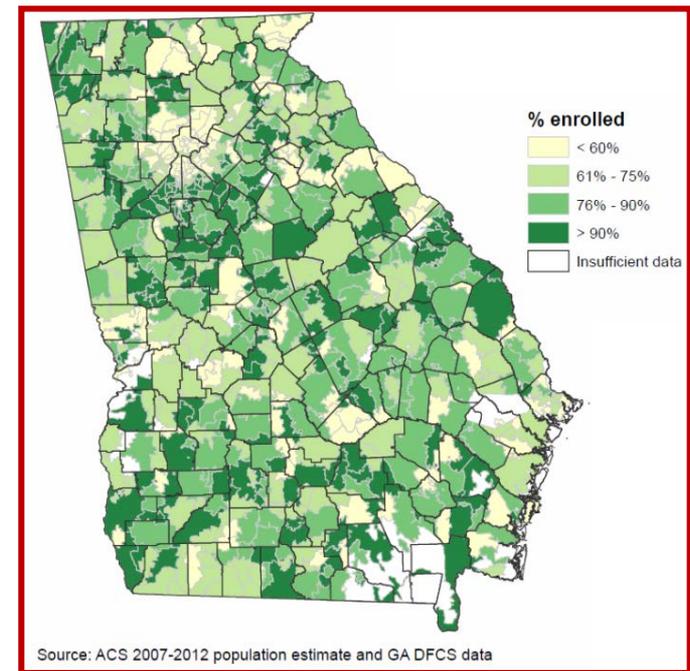
Maximizing Supplemental Nutrition  
Benefits for Older Adults and Persons  
with Disabilities through the  
Standard Medical Expense Deduction  
(SMED)



*For Aging Service Providers*

# UGA Supplemental Nutrition Assistance Program Education (UGA SNAP-Ed)

- Provides **innovative, culturally tailored, evidence-based nutrition education and obesity prevention** interventions to low-income adult Georgians
- Based on collective capacity of UGA and augmented network and practice of the UGA Cooperative Extension



**Percent of SNAP-eligible population enrolled in SNAP by zip code in GA, 2010**



# UGA SNAP Ed

## Food Talk

Direct Nutrition Education

Group-based  
Practice-based

7 counties (Bartow, Clarke, Clayton, Coffee, DeKalb, Fulton and Gilmer)

## Food eTalk

Innovative, mobile-friendly Online eLearning Nutrition Education

Individual-based

All 159 counties

## Social Marketing Food Talk

Social marketing and social media approaches

Community & Public Health approach

All 159 counties

## Healthy Child Care Georgia

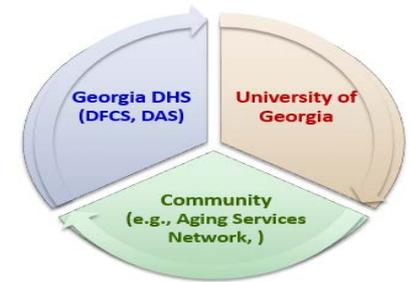
Child Care/ECE Nutrition Education Multi-level

Community and Public Health approach

Clarke county

<https://foodtalk.org>

# What more can we do?



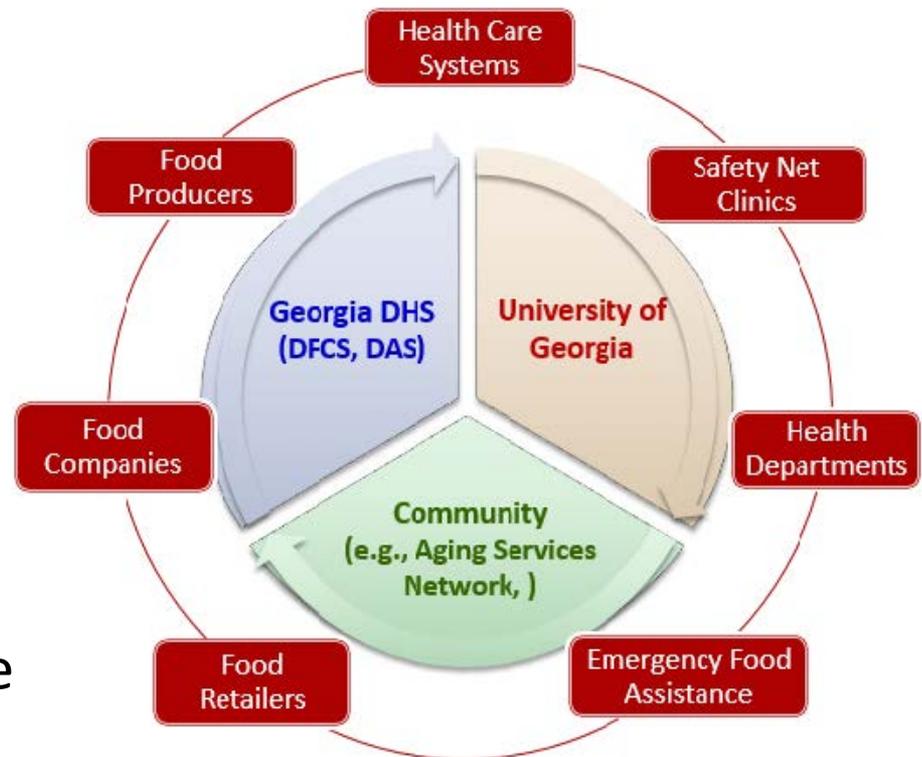
- **Measure and monitor food insecurity** of older Georgians across the aging services network, healthcare systems, and other services for older adults
- **Link appropriate programs and services to food insecure older Georgians**
  - **Integrated eligibility and referral system** linking administrative data among GA DFCS, GA DAS, EMR, CMS, etc
- **Evaluate and monitor the capacity and performance of federal and state food assistance programs using GA DHS administrative data**
  - SNAP enrollment, SNAP redemption; Senior SNAP and SMED implementation; Healthcare utilization and costs (Medicaid, Medicare)

# What more can we do?

- **Provide statewide trainings on SNAP application assistance and SMED for older Georgians** by partnering with GA DHS and GA Aging Services Network

- **Expand partnerships**

- Healthcare systems
- Safety net clinics
- Health departments
- Food producers
- Food companies
- Food retailers
- Emergency food assistance programs



# Solving Senior Hunger in Georgia

*It takes a community, and everybody's efforts*

- **Increase awareness of senior hunger**
- **Build community partnerships** of residents and stakeholders organized and united for the purpose of preventing senior hunger
- **Strengthen the capacity of food resources and local food systems**
- **Increase availability of effective, efficient, sustainable, and scalable interventions** to address food insecurity of older Georgians

# Acknowledgements

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Mary Ann Johnson  
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UGA SNAP-Ed team  
Campus Kitchen at UGA  
UGA Office of Service Learning

## Funding Agencies

USDA FNS  
USDA ERS  
DHHS AOA  
GA DHS  
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UGA Agricultural Experiment Station

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James Bulot  
Abby Cox  
Program Integrity team

## Community

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Northeast Georgia AAA, ADRC team  
Heart of Georgia AAA  
Athens Housing Authority  
Food Bank of Northeast Georgia  
Georgia CAFE Community advocates  
Athens Senior Hunger Coalition team

# Thank you!

