

IMPACT



Kootenai County Extension, 1000 W. Hubbard St., Coeur d'Alene, Idaho 83815; 208-446-1680; Fax: 208-446-1690

Senior Extension Nutrition Program Addresses Nutritional Needs of Seniors

The Situation

One-half of Aging & Adult Services senior clients are at high-nutritional risk. Being at high-nutritional risk can lead to loss of weight and strength, lessened immunity to disease, depression, confusion and disorientation.

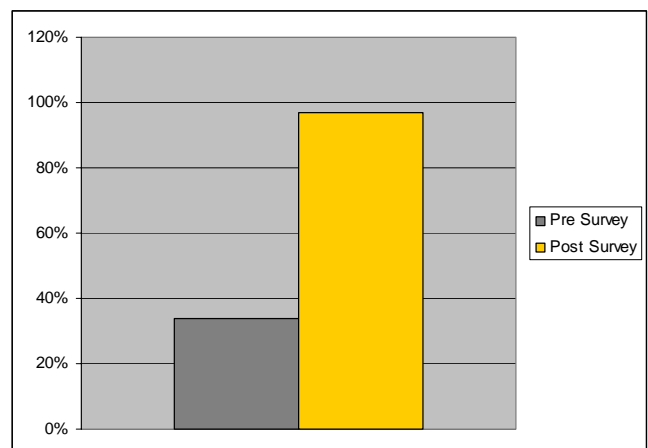


- How to plan meals using the Food Guide Pyramid.
- How to prepare quick, low-cost and nutritious meals.
- The health benefits of eating fruits, vegetables, and whole-grain foods.
- How to make eating alone a pleasant experience.

Since September 2002, SENP has worked with 144 seniors with 75 graduates. Nutrition Advisors have taught over 1,161 lessons.

Program Outcomes

FY2004 data indicates the following behavior changes:

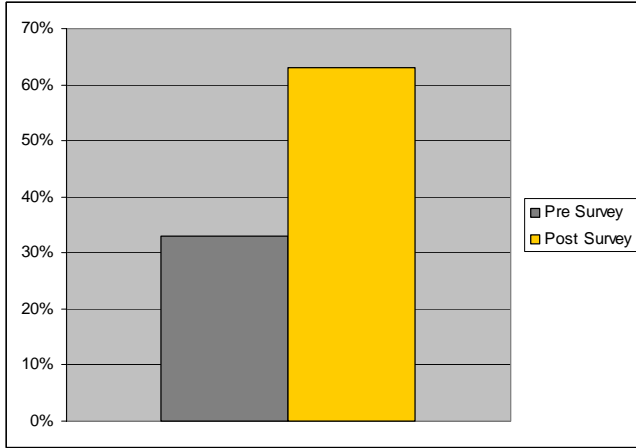


Participants who understand how to use food to better manage their health or health condition

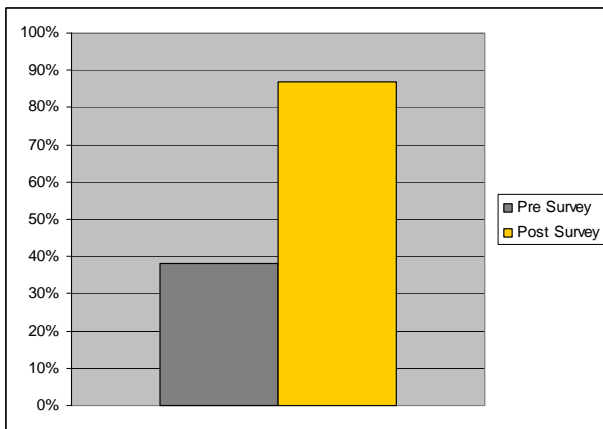
Our Response

University of Idaho's Senior Extension Nutrition Program was created in 2002 in response to Aging & Adult Services' need to better serve their high-nutritional risk seniors. With funding from AAS, SENP uses Nutrition Advisors to offer in-home lessons to seniors in the educational areas of nutrition and food safety. Seniors receive a minimum of six home visits from a Nutrition Advisor. Educational lessons may include:

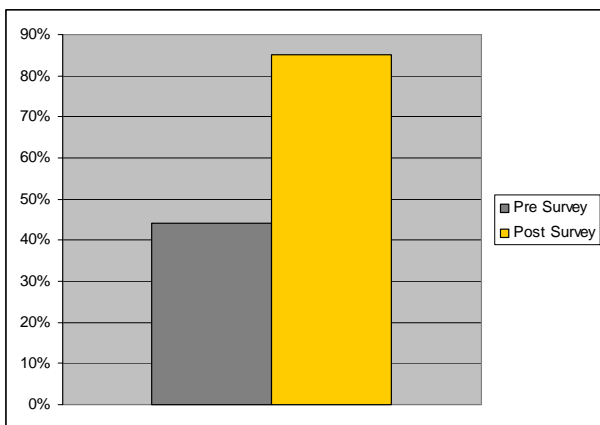
- The importance of a healthy diet for long-term health.



Participants eating 3 or more servings of vegetables per day



Participants eating 2 or more servings of fruit per day



Participants eating 3 or more servings of milk, yogurt, cheese or other calcium rich food per day

In 2004 SENP was recognized by the American Society on Aging Healthcare and Aging Network (HAN). HAN is one of ASA’s eight special interest constituent groups that bring together individuals and organizations working together to promote innovative, high-quality approaches to meeting the healthcare needs of older adults. SENP was recognized for its innovation, its quality programming and for making a lasting impact on the lives of seniors.

The Future

University of Idaho Extension in Kootenai County will continue to pursue yearly funding from Aging & Adult Services to offer the Senior Extension Nutrition Program.

For More Information

Shelly Johnson, MS, Extension Educator
 Kootenai County Extension
 1000 W. Hubbard St. Suite 140
 Coeur d’Alene, Idaho 83815
 208-446-1680
 Fax: 208-446-1690
 Email: sjohnson@uidaho.edu

Kali Gardiner, RD, ENP Coordinator
 Kootenai County Extension
 1000 W. Hubbard St. Suite 140
 Coeur d’Alene, Idaho 83815
 208-446-1680
 Fax: 208-446-1690
 Email: kalig@uidaho.edu