

IMPACT



Kootenai County, 1000 W. Hubbard St. Suite 140, Coeur d'Alene, Idaho 83815; 208-446-1680; Fax: 208-446-1690

Senior Extension Nutrition Program Benefits Seniors' Health

The Situation

Good nutrition is essential to the health, self-sufficiency, and quality of life of older adults. Yet with age comes an increased chance of becoming dependent on others for help in performing activities of daily living. Chronic illnesses or conditions such as arthritis, osteoporosis, hypertension, heart disease, and diabetes can limit mobility making buying, cooking, and preparing meals appropriate for their condition difficult and confusing. When low income is compounded with poor health, even more seniors have difficulty obtaining an adequate amount of food. Other factors contributing to inadequate food intake may include an inability to obtain or prepare food on a daily basis, lack of acceptable foods, lack of social support from family or friends, and living alone.

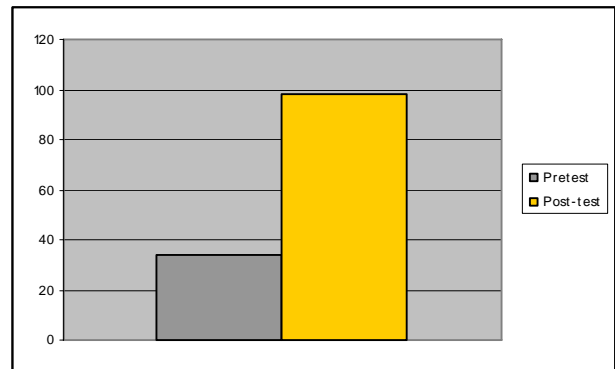


- How to plan meals using the MyPyramid.
- How to prepare quick, low-cost and nutritious meals.
- The health benefits of eating fruits, vegetables, and whole-grain foods.
- How to make eating alone a pleasant experience.

Since September 2002, SENP has worked with 243 seniors with 122 graduates. Nutrition Advisors have taught over 1,710 lessons.

Program Outcomes

FY2006 data indicates the following behavior changes:

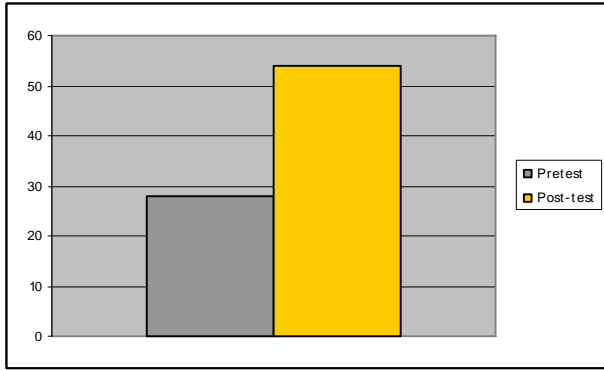


Percentage of participants who understand how to use food to better manage their health or health condition

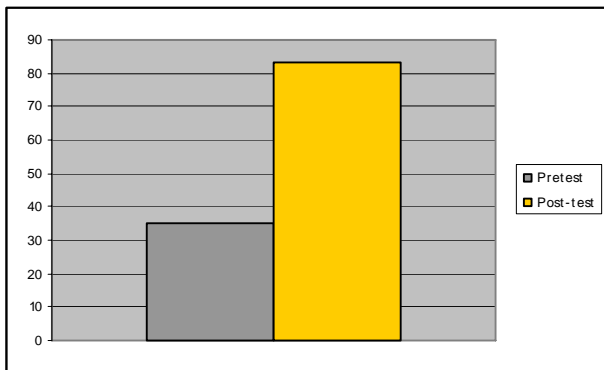
Our Response

University of Idaho's Senior Extension Nutrition Program (SENP) 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:

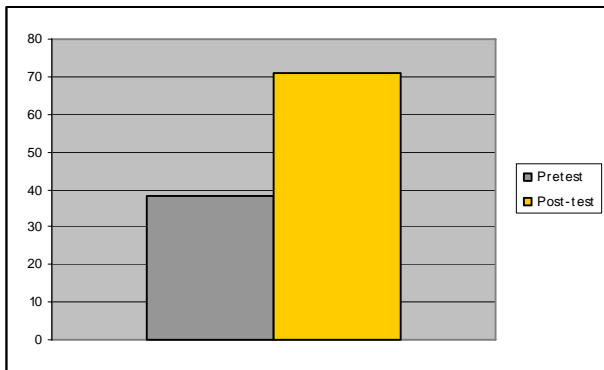
- The importance of a healthy diet for long-term health.



Percentage of participants eating 2 ½ or more servings of vegetables per day



Percentage of participants eating 2 or more cups of fruit per day



Percentage of participants eating 3 or more cups of milk, yogurt, cheese or other calcium rich food per day

The Future

University of Idaho Extension in Kootenai County is currently working on a senior nutrition curriculum tailor made for in-home visitation. This curriculum will be pilot tested in 2007.

Additionally, University of Idaho Extension 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
 University of Idaho Extension—Kootenai County
 1000 W. Hubbard St. Suite 140
 Coeur d’Alene, Idaho 83815
 208-446-1680
 Fax: 208-446-1690
 Email: sjohnson@uidaho.edu

Pearl Bruno Bouchard, MPA, Director
 Aging & Adult Services of North Idaho
 1221 Ironwood Drive, Suite 102
 Coeur d’Alene, ID 83814
 208-667-3179
 Email: pbouchard@agingadultsvcs.org

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