



Aging and Disability Services Division Governor's Council on Food Security Presentation

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Introduction

- Statistics
- Need For Services
- What Services We Offer
- Looking Forward





Statistics

- 590,378 Adults in Nevada 60 Years of Age or Older (2015 US Census)
 - Up 1.77% from 2014
- 53,413 Adults in Nevada 60 Years of Age or Older are living below 100% of the Federal Poverty Level (2015 US Census)
 - Up 6.92% from 2014
- 17,566 Adults Served a Congregate Meal (FY16)
 - 6.19% Requiring Assistance with 1 Activity of Daily Living
 - 2.39% Requiring Assistance with 3+ Activities of Daily Living
- 8,522 Adults Provided a Home Delivered Meal (FY16)
 - 63.53% Requiring Assistance with 1 Activity of Daily Living
 - 21.34% Requiring Assistance with 3+ Activities of Daily Living



Need For Services

- “About half of all American adults—117 million individuals—have one or more preventable chronic diseases; many are related to poor quality eating patterns and physical inactivity. These include cardiovascular disease, high blood pressure, type 2 diabetes, some cancers, and poor bone health.”
(<https://health.gov/dietaryguidelines/2015/guidelines/introduction/nutrition-and-health-are-closely-related/>)
- “When seniors retire and adjust to a fixed income based on Social Security, they may not be able to access all the foods they are used to purchasing. Inadequate access to fresh vegetables and fruit can prevent seniors from being as healthy as possible and drive up their medical costs.” (*Food Security in Nevada, 2013*)
- Seniors often make tough choices when deciding how to spend their limited money (i.e., on food vs. prescriptions vs. rent vs. utilities, etc.).
- “When one or more grandchildren live in the home, the threat of hunger for seniors greatly exceeds households with no grandchildren.” (*Food Security in Nevada, 2013*) Additionally, senior center directors have reported that seniors love their pets so much that they sometimes feed them first, even if it is a home-delivered meal (HDM). Therefore, some grantees have begun partnering with organizations that will provide free pet food to the seniors to avoid this issue.



Need For Services (Cont.)

- More than two-thirds of adults are overweight or obese. These high rates of overweight and obesity and chronic disease have persisted for more than two decades and come not only with increased health risks, but also at high cost. In 2008, the medical costs associated with obesity were estimated to be \$147 billion. In 2012, the total estimated cost of diagnosed diabetes was \$245 billion, including \$176 billion in direct medical costs and \$69 billion in decreased productivity”
- Health, especially senior health, and nutrition go hand in hand.: Medline Plus (which is backed by National Institute of Aging): “Studies show that a good diet in your later years reduces your risk of osteoporosis, high blood pressure, heart diseases and certain cancers. As you age, you might need less energy. But you still need just as many of the nutrients in food.” <https://medlineplus.gov/nutritionforseniors.html>
- Providing meals/nutrition services to a senior, who may be able to afford food but not prepare it, or may not be able to afford food altogether, can prevent the institutionalization of that person.
- In addition to supporting seniors’ desire to live independently in the community, funding meals/nutrition services makes economic sense for the State. The annual average Nevada share for Medicaid costs per SNF resident is \$14,994. This is based on the 2016 weighted average Medicaid Skilled Nursing Facility daily rate of \$116.66, with the Nevada share being \$41.08 per Medicaid bed/day X 365 days = \$14,994 per year, per consumer. (Mary Gordon, MA3, DHCFP Rates & Containment Unit).



Services Offered by ADSD

- Title III-C Funding
 - Congregate Meals
 - Home Delivered Meals
- Older Americans Act Funding
 - Transportation Programs
 - Homemaker Programs
 - Farmers Market Coupons
- Frail Elderly Waiver



Looking Forward

- Budget Enhancement
- Bill Draft Request (BDR) 152
- Other States Include Home Delivered Meals in their Frail Elderly Waiver
- Dental Care





Any Questions?



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