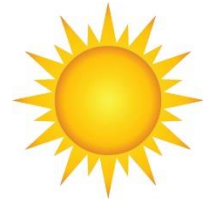




Office for
the Aging

SHINE



Seniors'

Health

Improvement and

Nutrition

Education

*SHINE with good health:
Lessons learned from
early implementors*

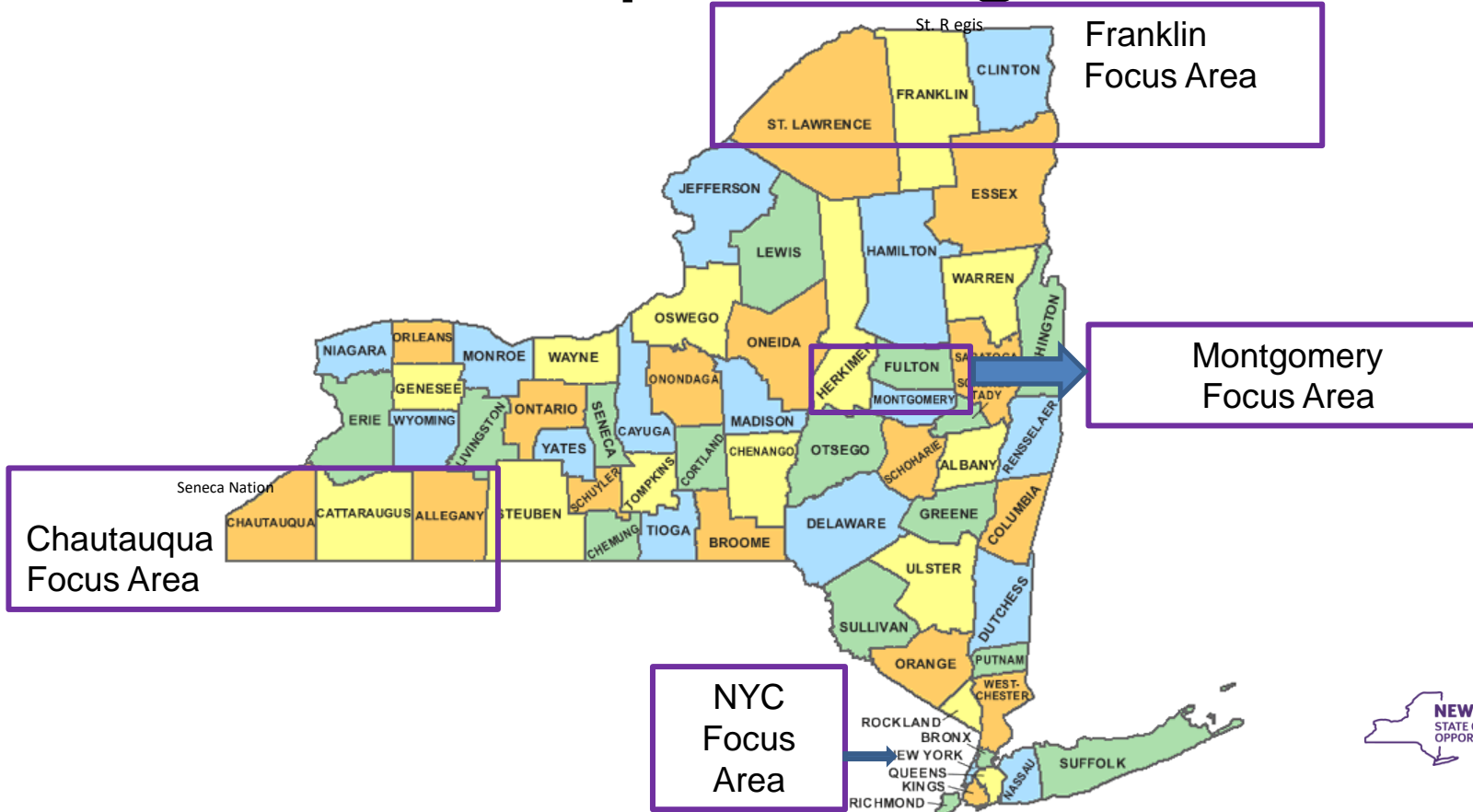
SHINE SNAP-Ed



- MOU between NYSOFA and OTDA to provide Supplemental Nutritional Assistance Program (SNAP) education to older adults.
 - Agreements between NYSOFA and partner AAAs
 - 4 AAAs in areas that met income criteria and have the ability to work regionally. (Chautauqua, Franklin, Montgomery, and NYC)



Map of Regions



SHINE SNAP-Ed



- A statewide SNAP Education (SNAP-Ed) program that promotes nutrition education and obesity prevention interventions among low-income older adults.
- This nutrition education is supplemental to (in addition to) the already occurring nutrition education required by the OAA.

A white sticky note with a red pushpin, containing the text "What's the plan?".

What's
the
plan?

SHINE Delivery Sites



- Congregate meal sites (primary focus), senior centers, senior housing and other potential sites.
- Naturally Occurring Retirement Communities
- Throughout designated focus area/region.



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Site Eligibility



- Eligibility Methodologies (1 of the 4 must be true):
 - 1) Income Targeting Data
 - **Address** in low income census tract (greater than 50% residents below 185% FPG)
 - 2) Means Tested Setting
 - i.e. **Public Housing**
 - 3) Intake Records
 - 50% of **registered site participants** have incomes below 100% FPG (i.e. per congregate meal registration forms)
 - 4) Survey
 - 50% of those **queried on a given day** are below 185% FPG

Target Audience



- Older Adults (60+)
- SNAP Recipients or SNAP Eligible
- Food Insecurity Risk
- Poor Health Risk



Intervention types



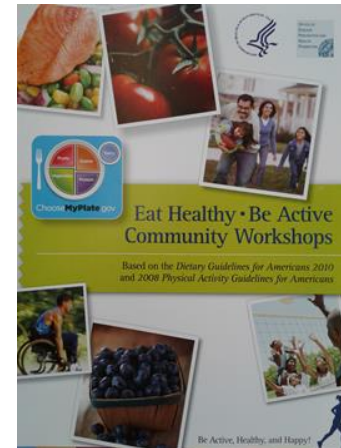
- Each AAA partner implements
 - Direct Education
 - Evidence-Based Community Workshops
Eat Healthy – Be Active
 - Indirect Education
 - Healthy Eating Resource Fairs
 - Policy, System and Environmental activities (PSEs)
 - Food Box Distribution



Direct Education



- Series of 4 nutrition education workshops, at each of 10 sites within focus area
 - NYC = 20 sites
- *Eat Healthy • Be Active Community Workshops Series (2010)*
 - used across the state.
- The four workshops presented are
 - Enjoy Healthy Food That Tastes Great
 - Quick, Healthy Meals and Snacks
 - Eating Healthy on a Budget
 - Making Healthy Eating Part of Your Total Lifestyle



Workshops - Data Collection



- Participant demographic data
- Pre & Post Test



Healthy Eating Resource Fairs



- Increase awareness of community resources to support healthy eating.
- Establish collaborative partnerships with organizations likely to increase nutrition awareness and food access.
- Draw an audience/promote workshops.

Food Boxes



- Food Boxes
 - Develop a Food Box Distribution Program at 1-2 sites
 - To provide access to fresh fruits & vegetables
 - Recipient education on how to store and prepare contents in a healthy way (i.e. recipe cards)
 - SNAP benefits can be used



Lessons Learned - Chautauqua



- Be Organized
 - Supplies, line up multiple workshops each week
- Congregate meal sites often do not meet eligibility requirements

Lessons Learned - Chautauqua



- Methods to increase participation
 - Collaboration, CCOFA Facebook, advertising
- Workshop content truly engaging
 - Participants want more
- Partnerships and Collaboration are key
 - Leads to successful Food Box distribution, Resource Fairs, and implementing workshops regionally.

Lessons Learned - Montgomery



- Delivering Programming Regionally
 - Importance of appropriate presentation of what the program is all about
 - Utilize the concept of the program, SHINE, in an optimal way
- Use of Non-Traditional Sites
 - Provide SHINE workshops to congregate meal sites and beyond
 - Network with community agencies and groups

Lessons Learned - Montgomery



- Reaching and engaging the low-income older adult population
 - Utilize appropriate advertisement avenues to reach the low-income older adult population
- Partner with other agencies who serve the low-income older adult population
- How to make a new program be remembered and have a lasting impact
- Point of view from OFA director on agency perspective and support of program

Themes – Audience Sharing



- Regional Programming
- Partnership & Collaboration
- Increasing Participation Numbers
- Reaching & Engaging Low-Income Adults
- Use of Non-Traditional Sites

Resources



Workshops:

- <https://health.gov/dietaryguidelines/2010/workshops/>
 - PDFs of workshop lesson plans, handouts, completion certificates etc.
 - English & Spanish
 - Videos (short; 1 per workshop; can be shown)
 - Webinar clips “Making the Workshop Series a Hit in Your Community”

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