

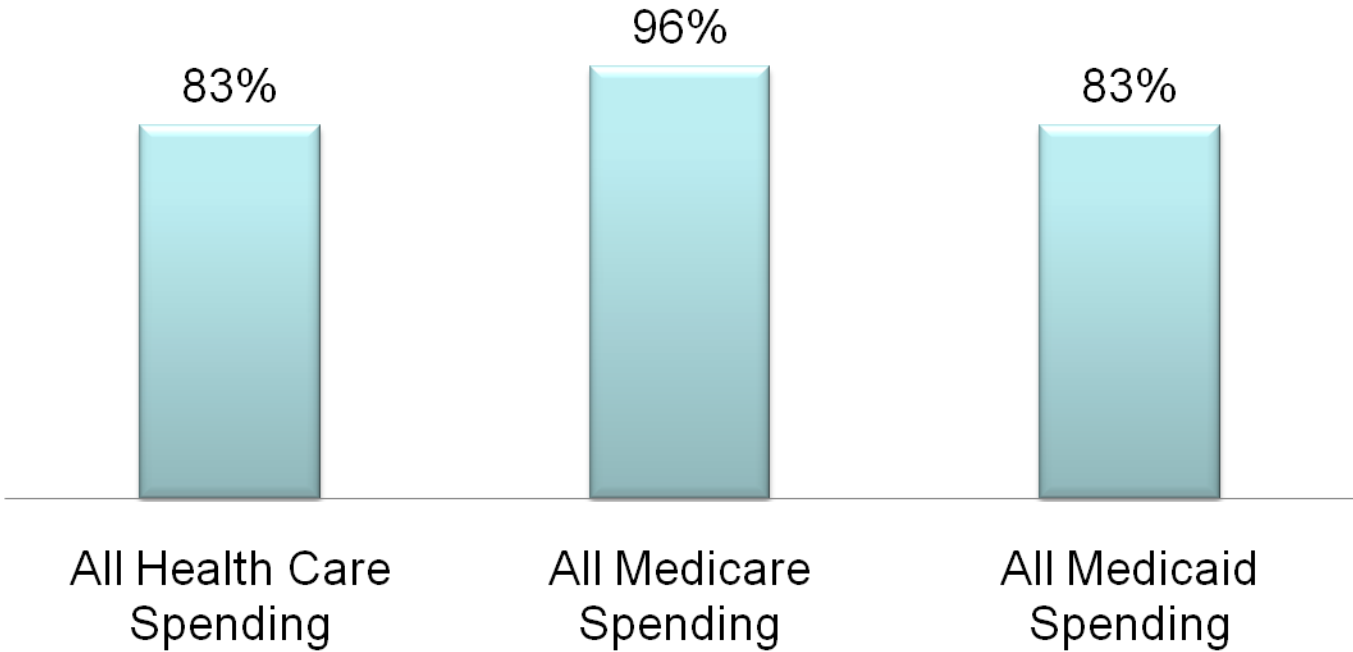
HEALTHY AGING:

Nutrition Programs and Evidence-based Health Promotion and Disease Prevention

James Toews
Director,
Oregon Seniors and
Disability Services
Division,
Vice-President,
National Association of
State Units on Aging

Chronic Disease

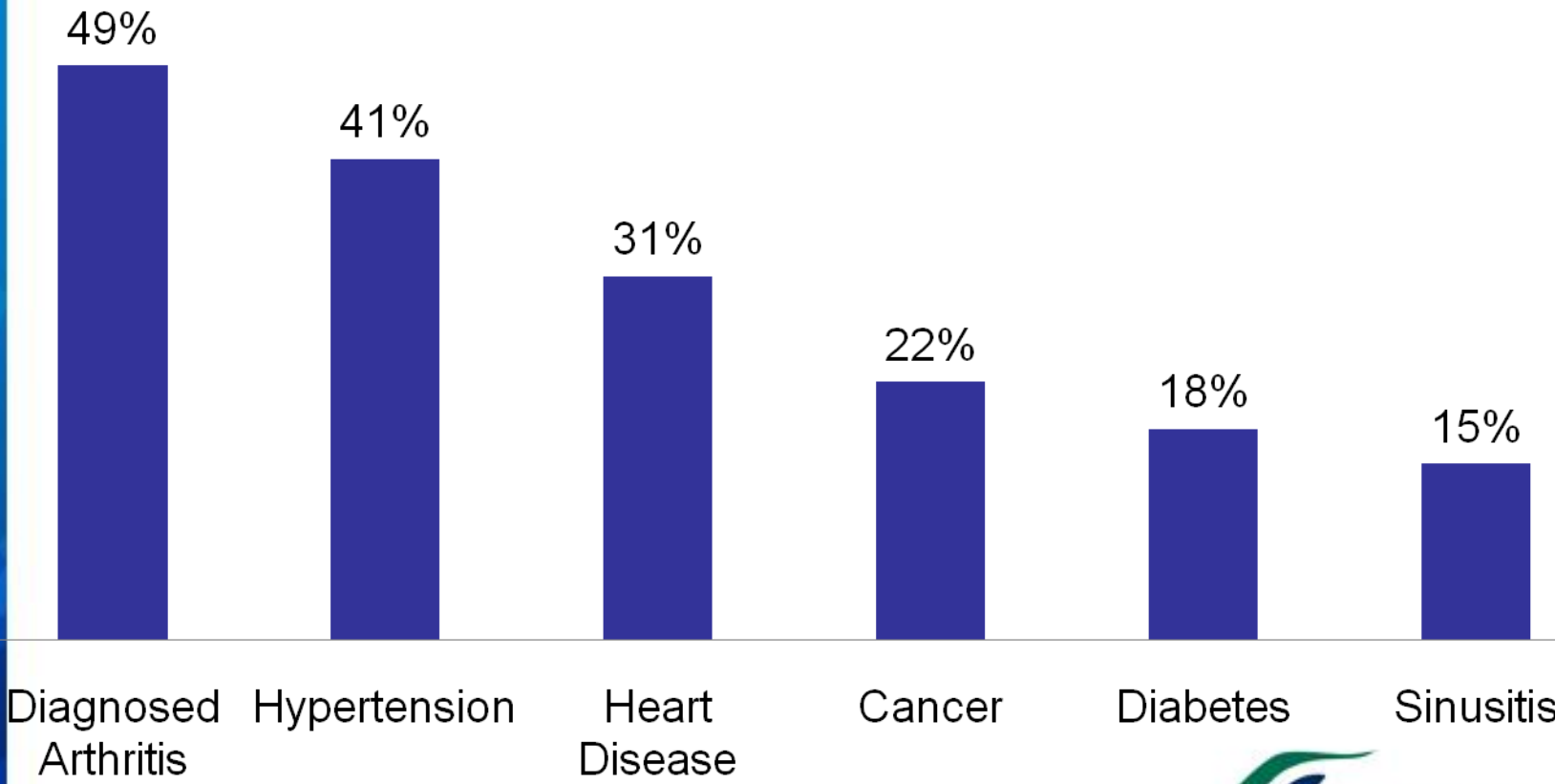
Chronic Disease Spending



Chronic Disease

Most Frequently Occurring Chronic Conditions

■ Individuals reporting these conditions, in percentages



OAA Nutrition Program

Section 330 of the Older Americans Act explains that the function of the OAA Nutrition Program is, in part, to:

“Promote the health and well-being of older individuals and delay adverse health conditions through access to nutrition and other disease prevention and health promotion services.”

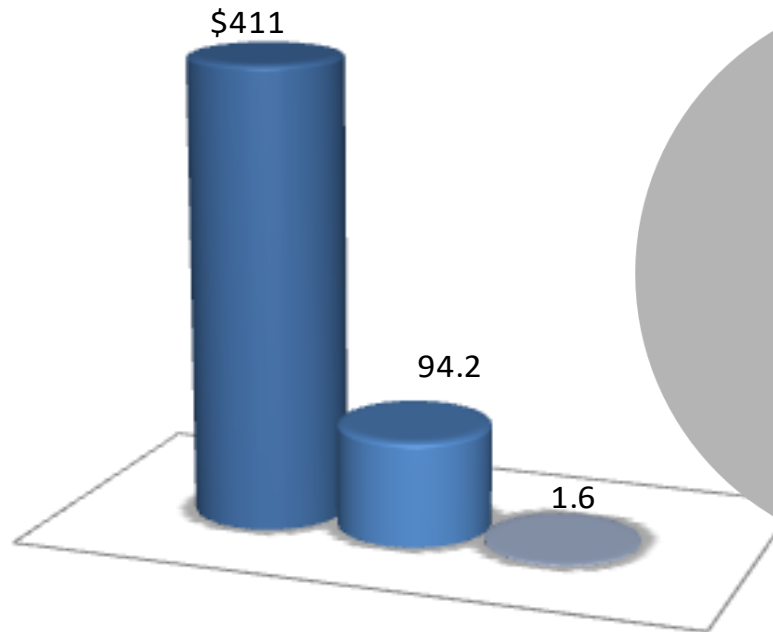
Congregate Nutrition



Congregate Nutrition

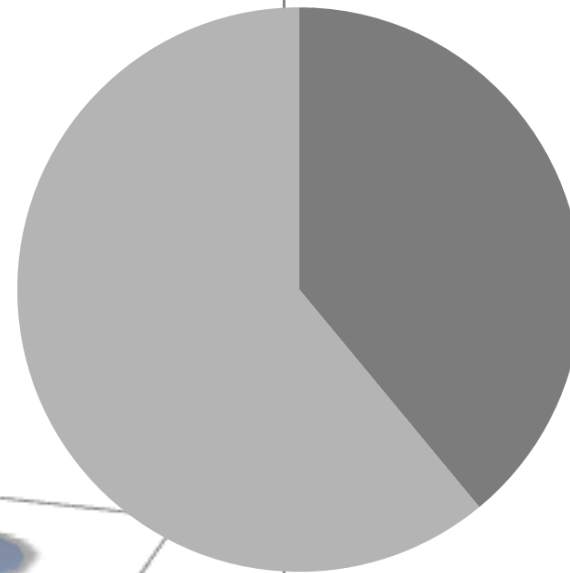
FY 2008*

■ OAA Funding ■ Meals Served ■ Program Participants



*In Millions

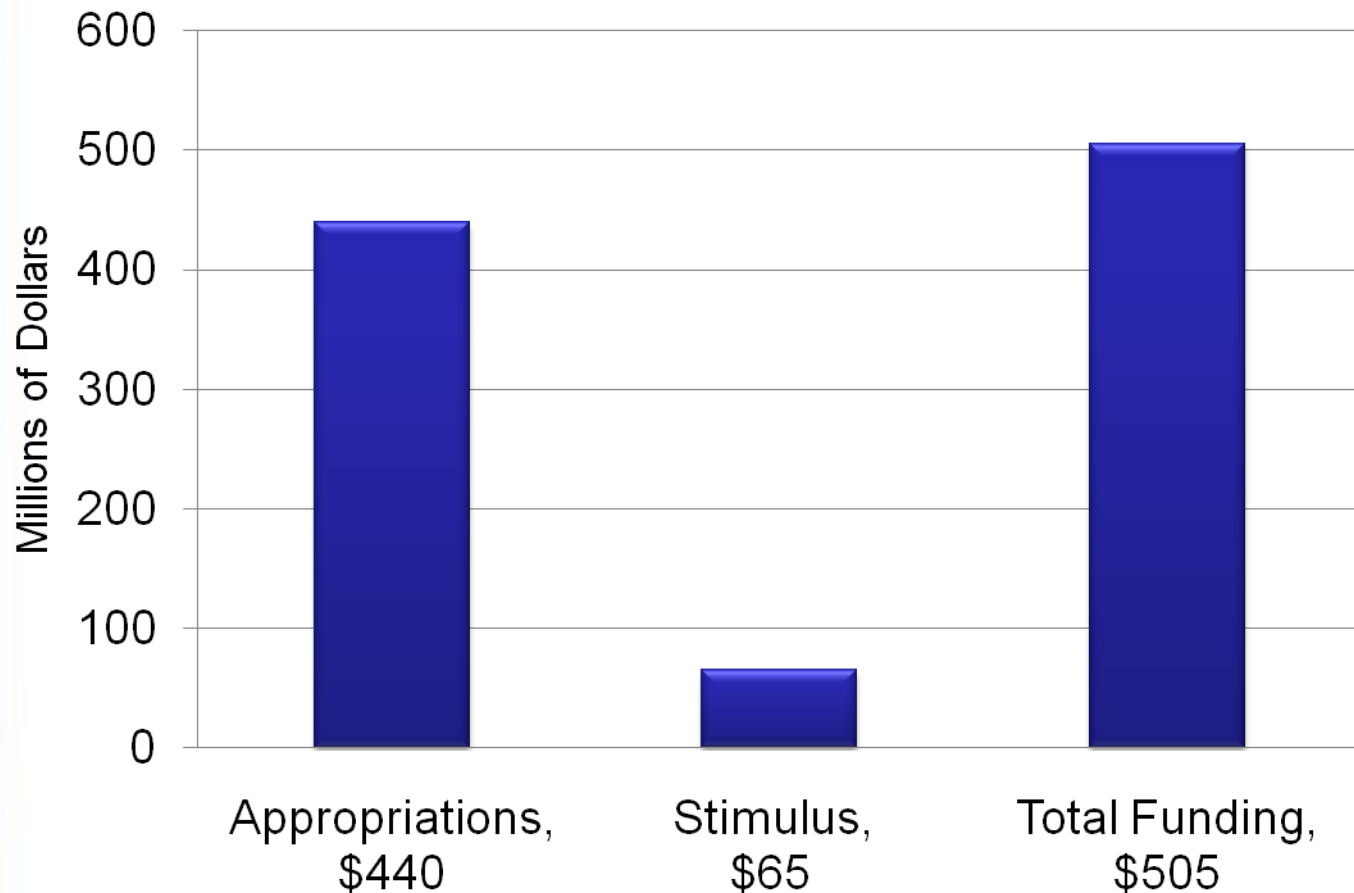
FY 2008 Meals Served



■ Congregate Meals,
39% of Total Meals
Served

Congregate Nutrition

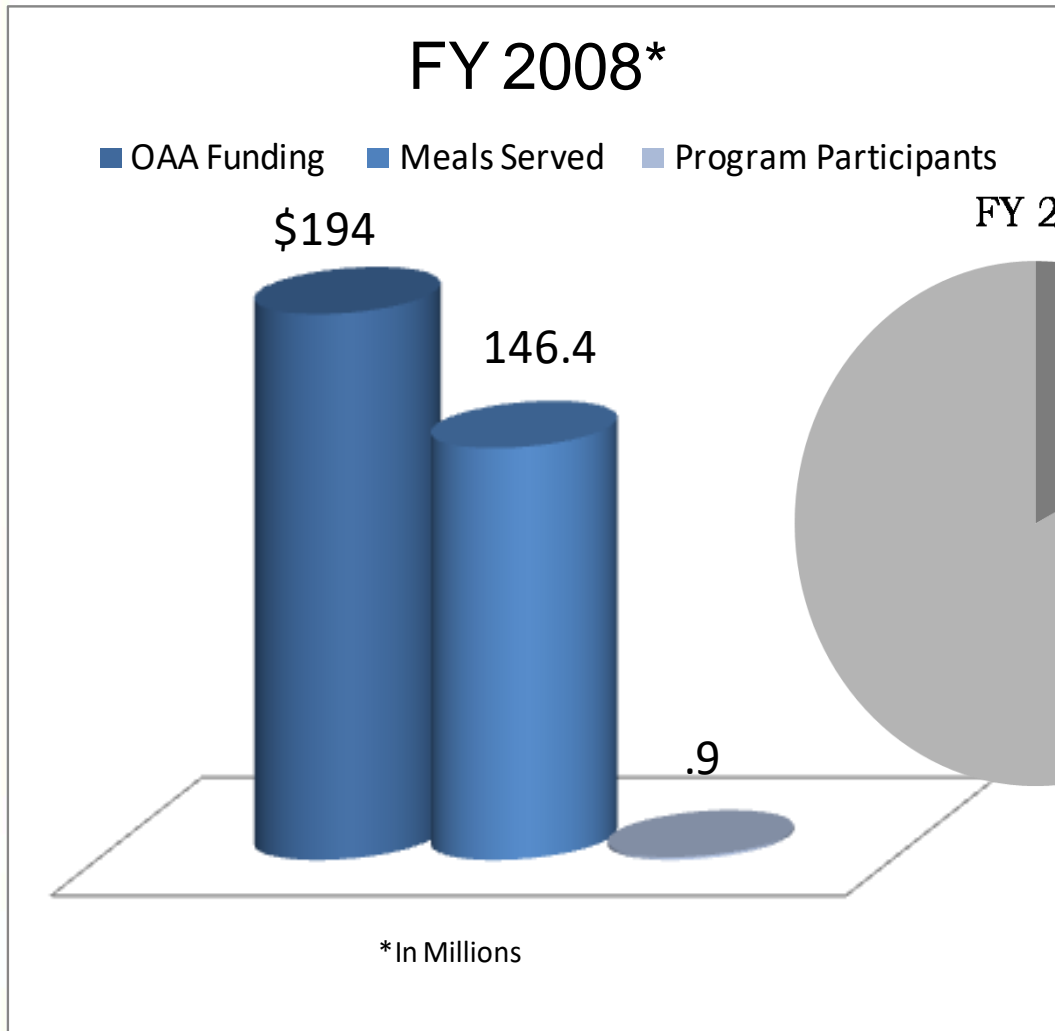
FY 10 Funding



Home-Delivered Nutrition



Home-Delivered Nutrition

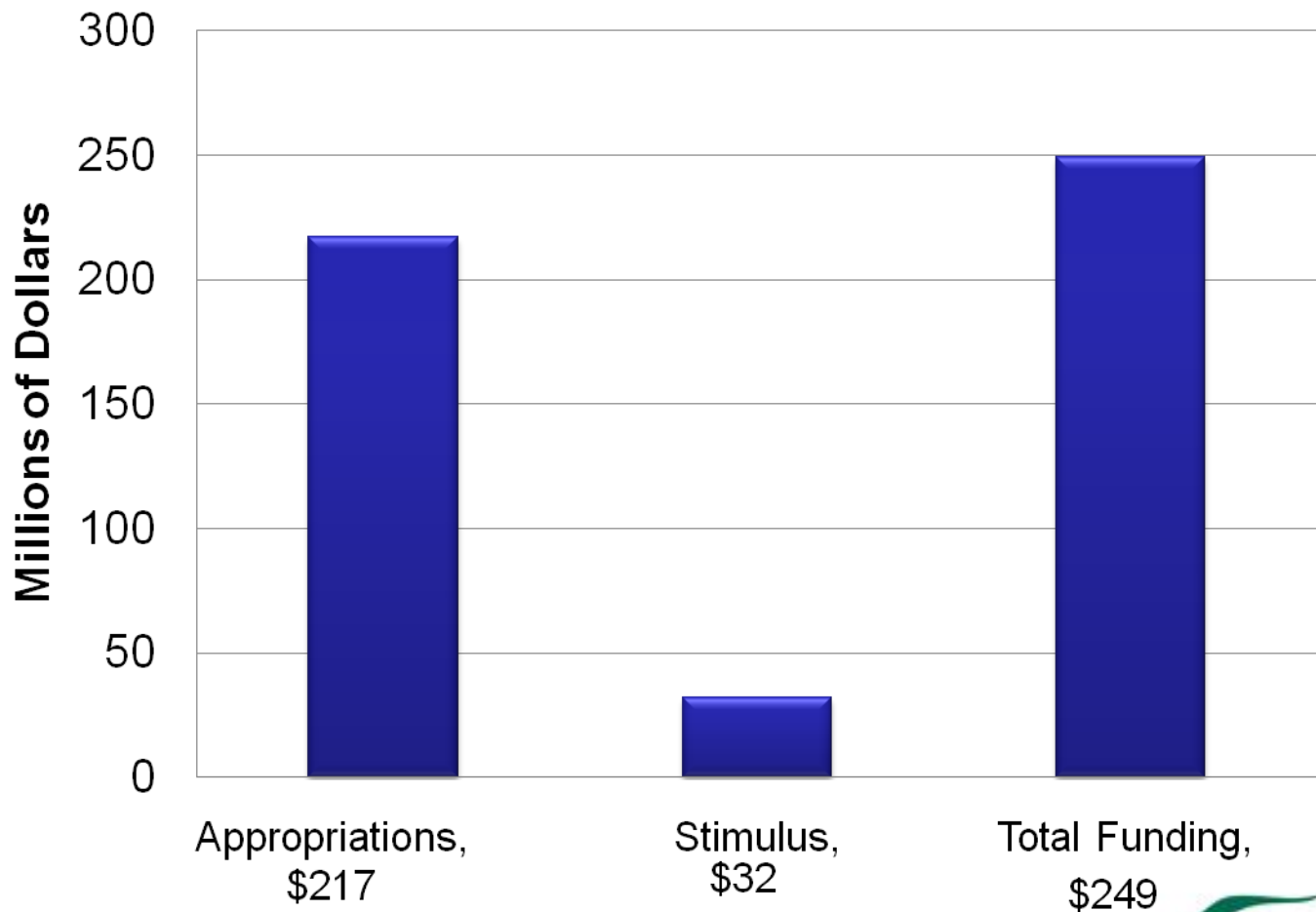


FY 2008 Meals Served

■ Home-Delivered Meals, 61% of Total Meals Served

Home-Delivered Nutrition

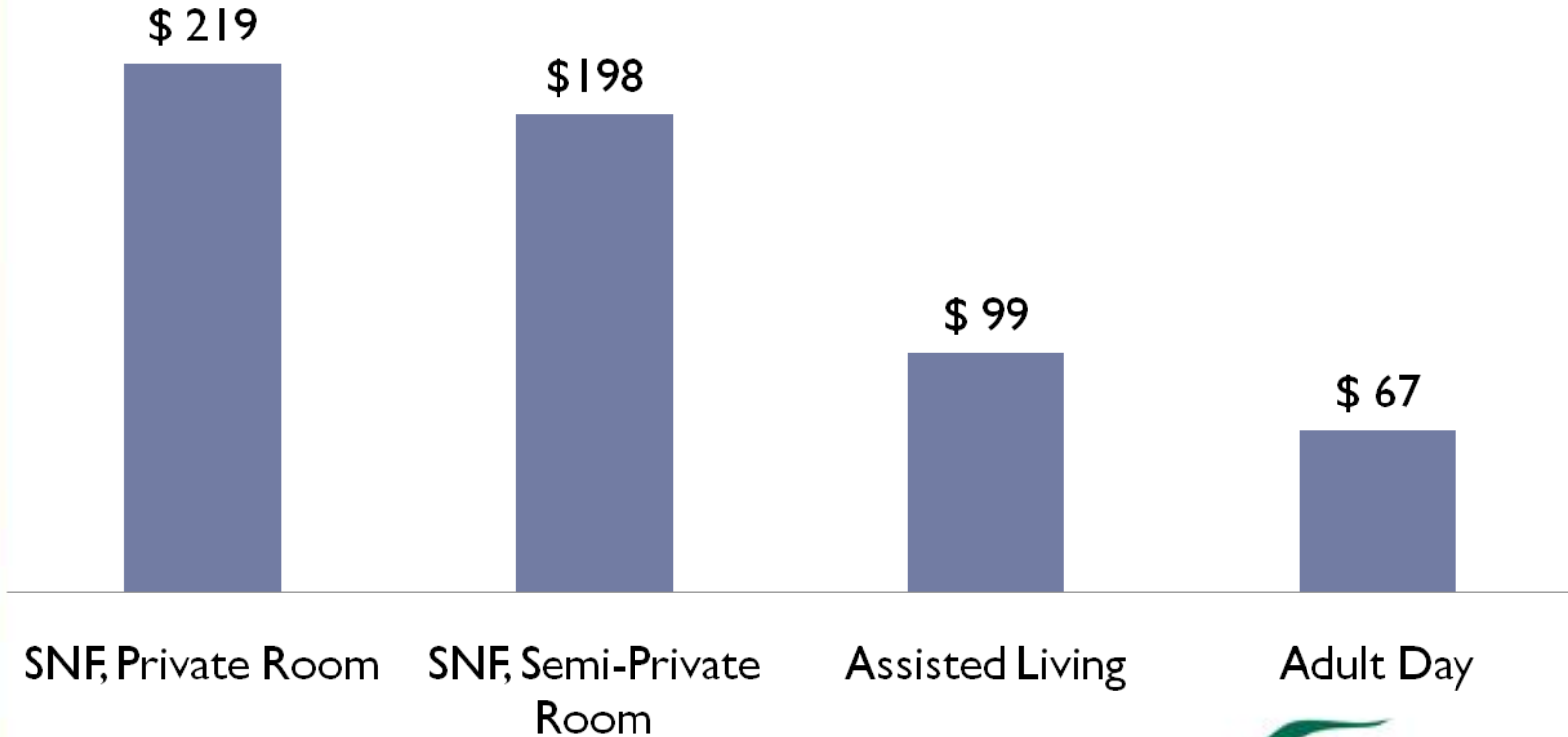
FY 10 Funding



The Relative Cost of Prevention

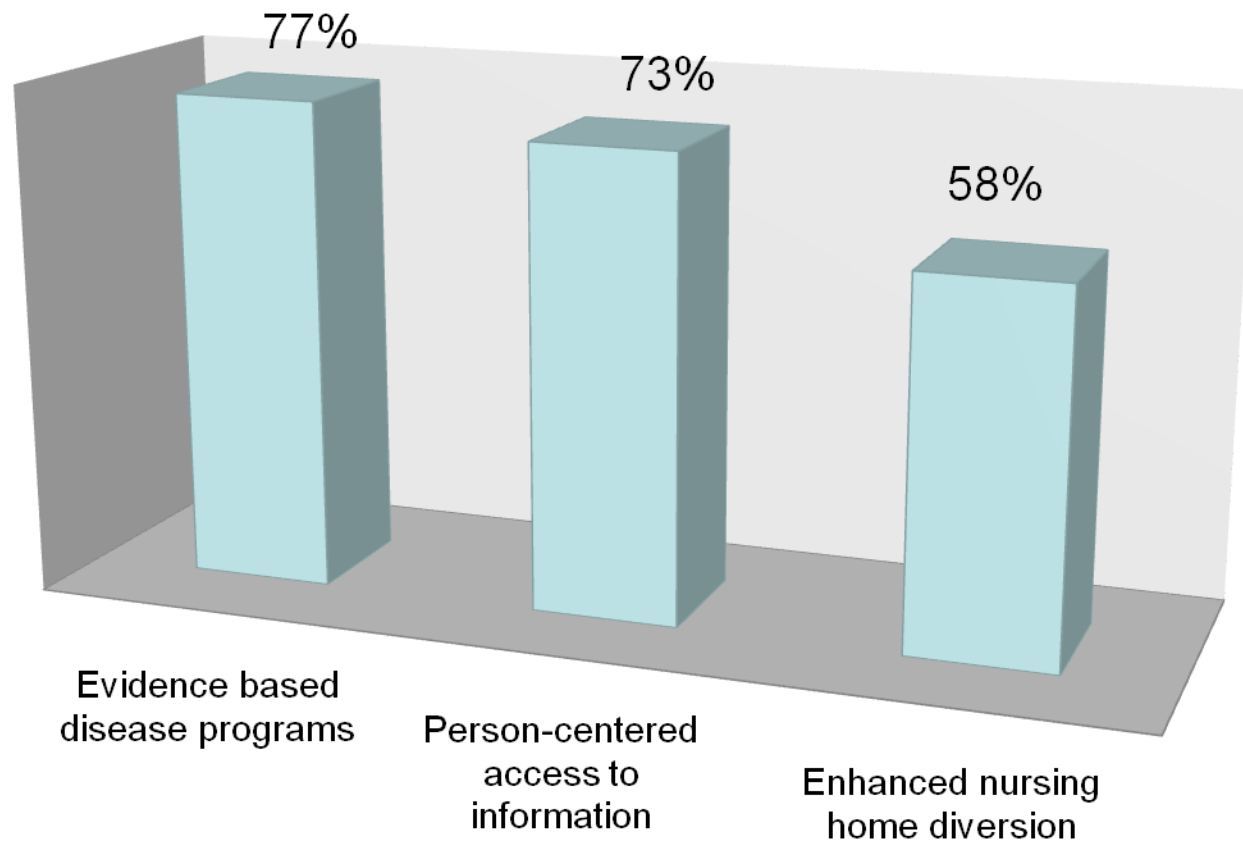
2009 Average Cost per day of Nursing Home, Assisted Living, and Adult Day Services

■ 2009 Average Cost Per Day (in dollars)



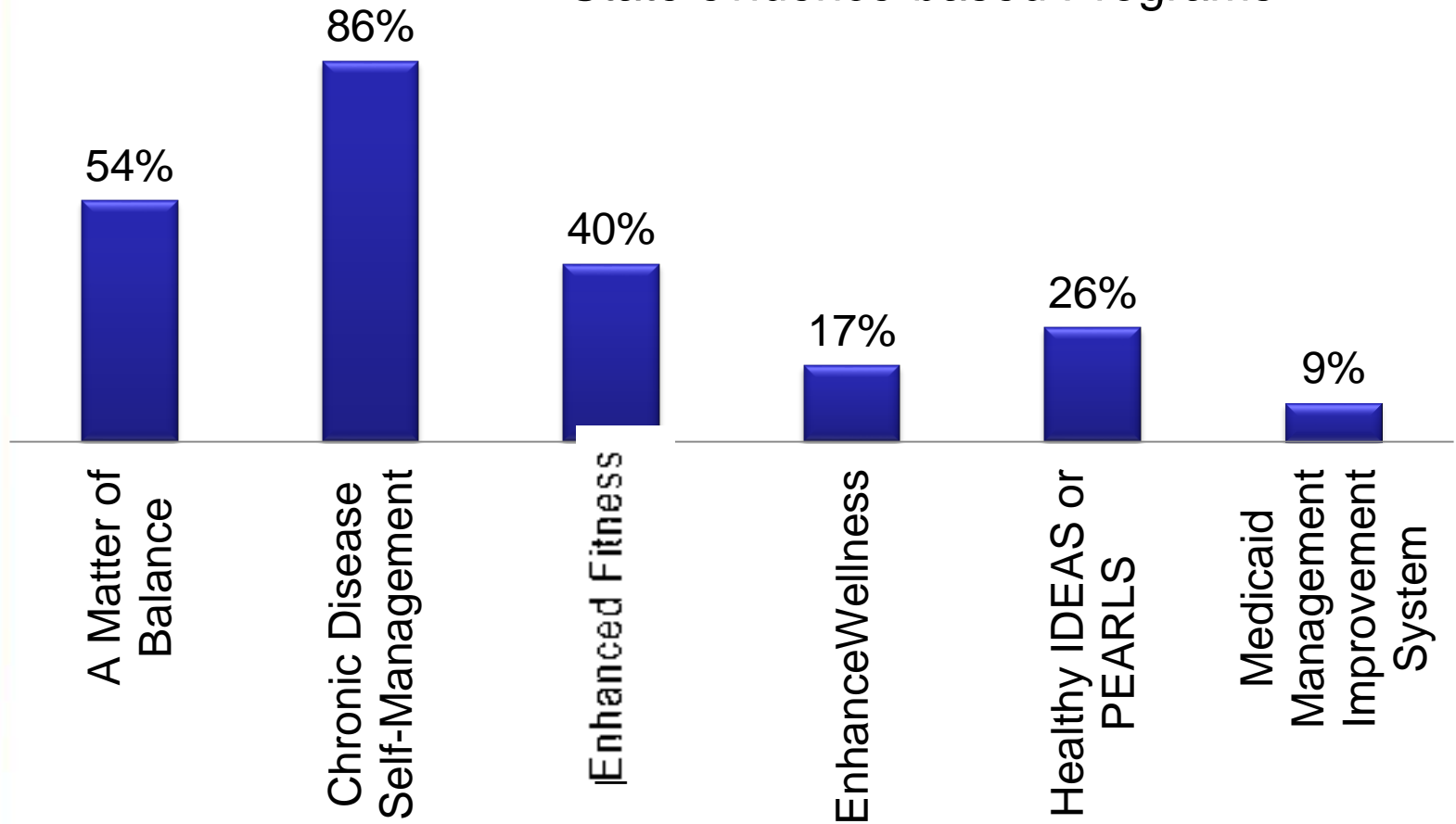
Evidence-based Programs

Project 2020 Programs Implemented by States

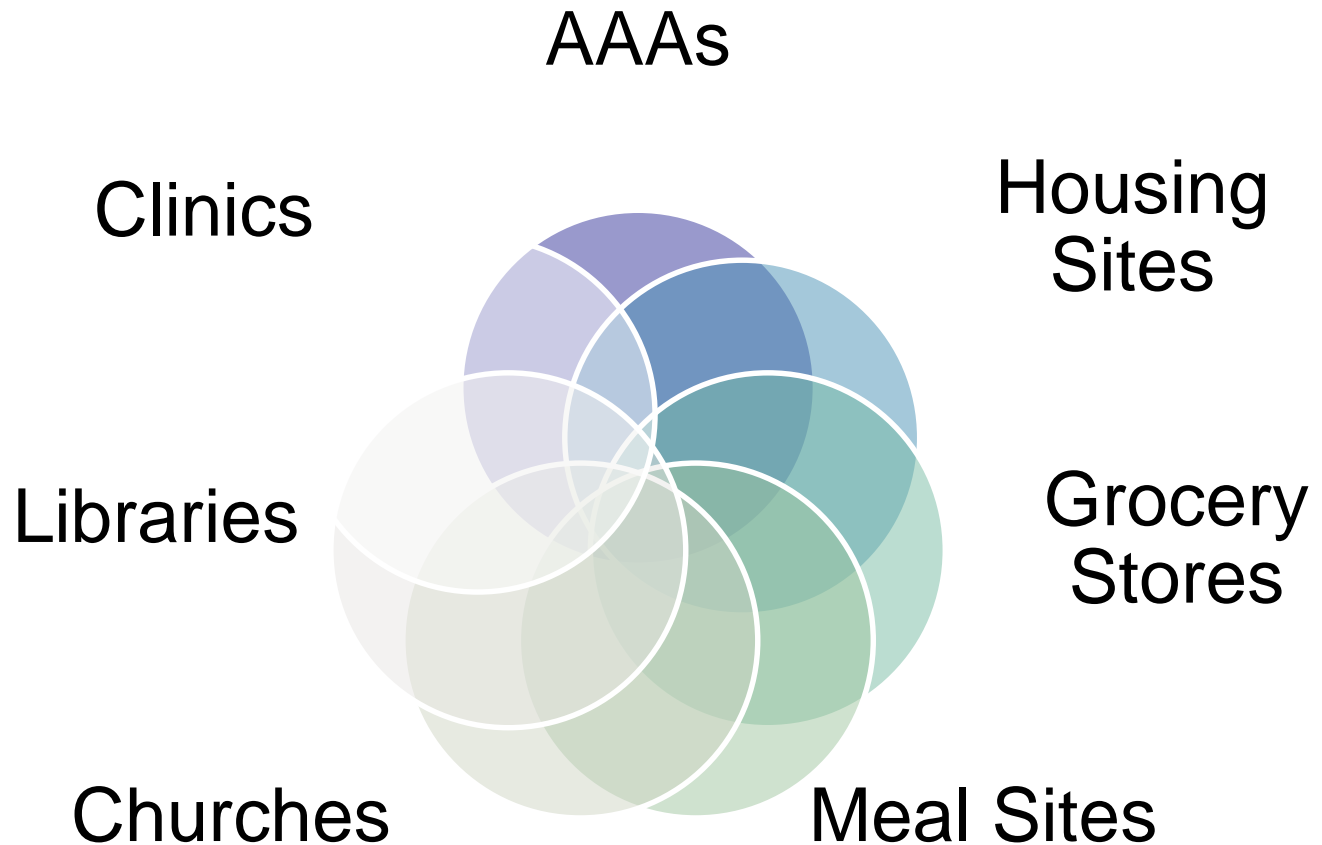


Evidence-based Programs

State evidence-based Programs



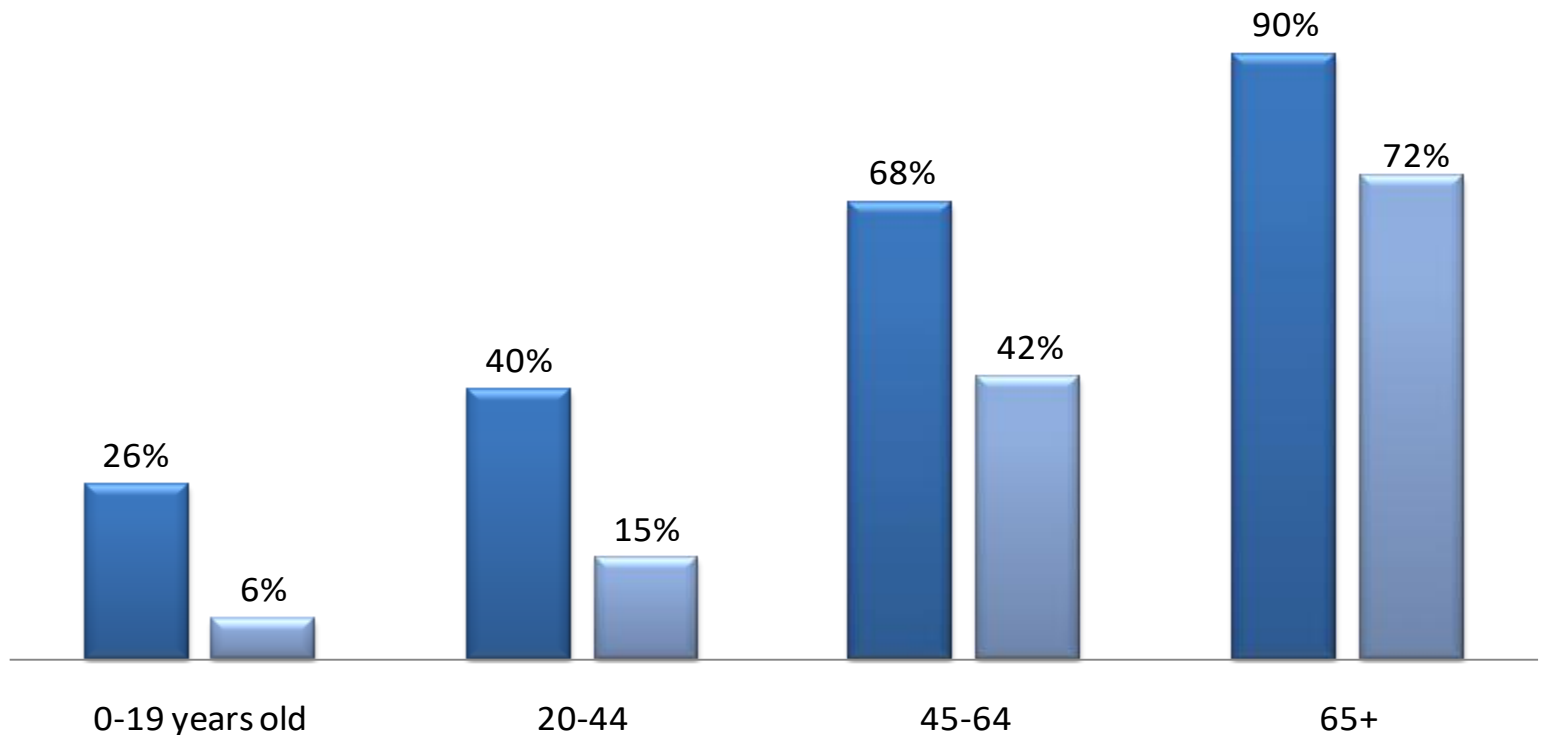
Evidence-based Programs



Chronic Disease Self-Management

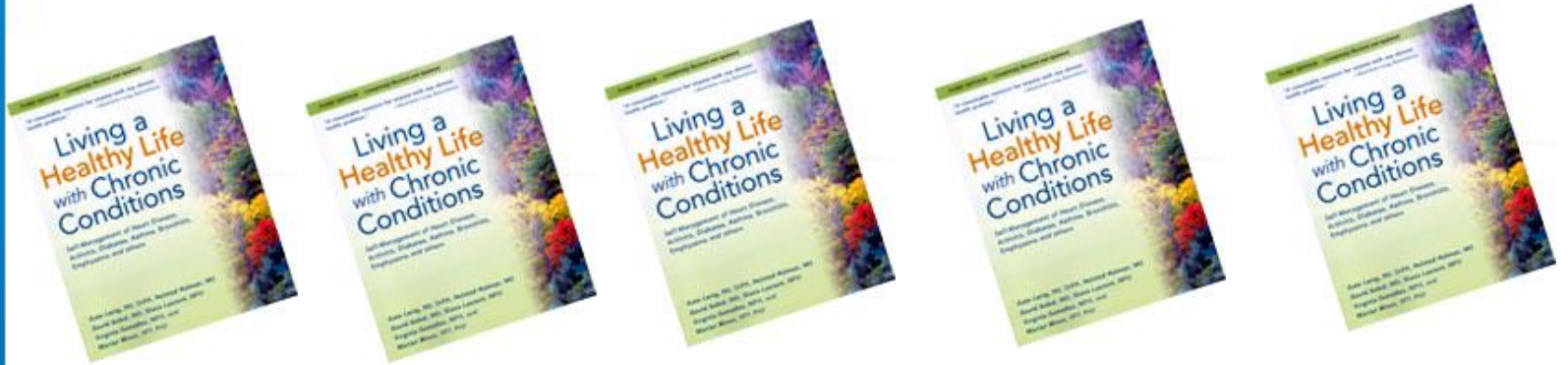
Percent of the U.S. Population with chronic conditions, by age group

■ 1 or more chronic condition ■ 2 or more chronic conditions



Chronic Disease Self Management

Average cost per participant in a CDSMP program: **\$197**



Average annual cost to healthcare for treating chronic disease:
\$1.7 trillion



A Matter Of Balance

Average Cost Per
Participant in a Matter of
Balance Program:

\$87



Average Cost Per
Hospitalization for a Fall
Injury:

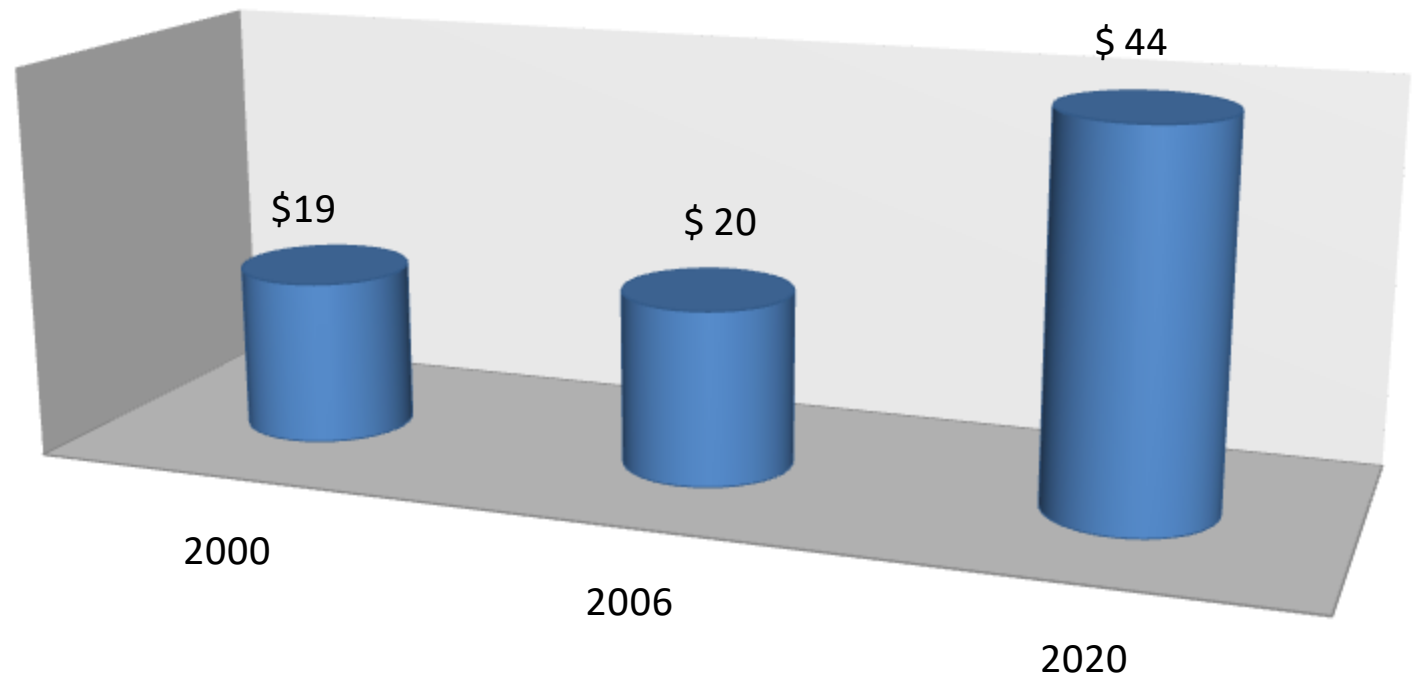
\$17,5000



A Matter of Balance

The Cost of Falls among the 65+ population

■ Direct Cost of 65+ Falls, in billions



For Additional Information:



James Toews,

Vice- President

c/o Martha Roherty,

Executive Director

NASUA

1201 15th Street, NW

Suite 350

Washington, DC 20005

202-898-2578

www.nasua.org

mroherty@nasua.org