

IMPACT



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Senior Extension Nutrition Empowers Seniors to Control Their Health

The Situation

Good nutrition is essential to the health, self-sufficiency, and quality of life of older adults. Malnutrition results in disability, dysfunction, reduced quality of life, illness, and mortality. Inadequate food intake, chronic diseases, and disabling conditions can all increase the risk of malnutrition. Several factors may contribute to inadequate food intake, including low income, and 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.



SENP program and client featured in Spokesman Review

Our Response

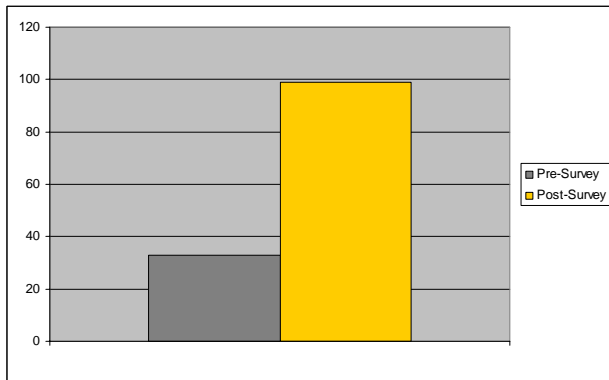
University of Idaho's Senior Extension Nutrition Program (SENP) was created in 2002 in response to Aging & Adult Services' need to better serve their high-nutritional risk seniors. With funding from AAS, SENP uses Nutrition Advisors to offer in-home lessons to seniors in the educational areas of nutrition 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.
- 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.

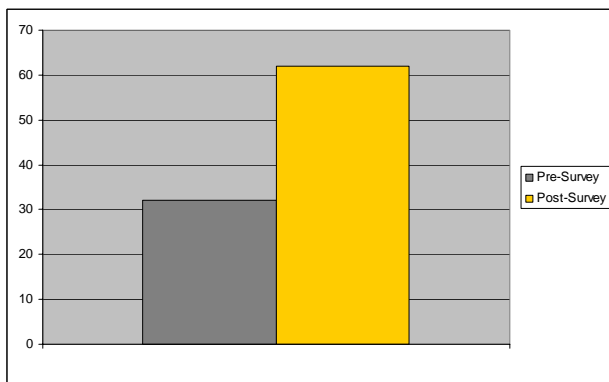
Since September 2002, SENP has worked with 203 seniors with 98 graduates. Nutrition Advisors have taught over 1,504 lessons.

Program Outcomes

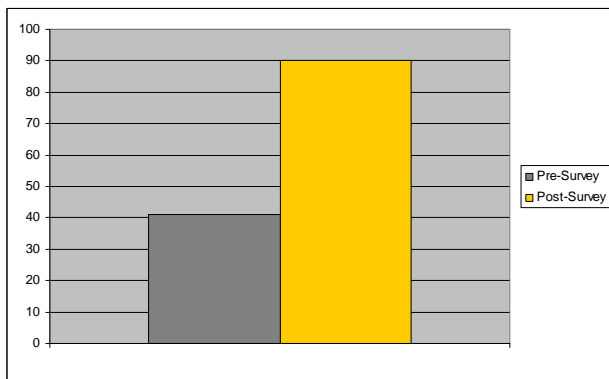
FY2005 data indicates the following behavior changes:



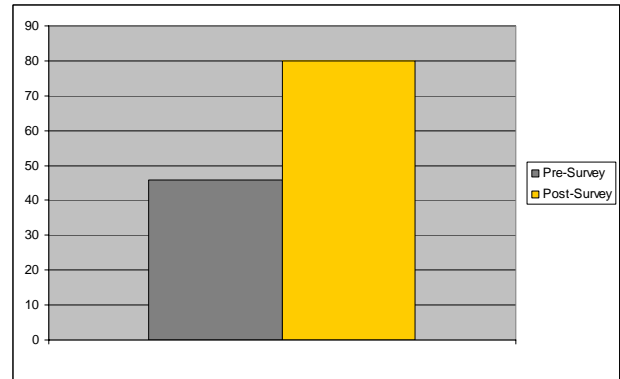
Percentage of participants who understand how to use food to better manage their health or health condition.



Percentage of participants eating 3 or more servings of vegetables per day.



Percentage of participants eating 2 or more servings of fruit per day.



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

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

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