

Nutrition 2030 Outcomes Workshop

The Nutrition 2030 Outcomes Workshop was held December 3-4, 1999 in Washington, DC, to establish a nationwide nutrition and aging research network based on university/community partnerships. The workshop focus was the integration of outcomes research into the evaluation of applied research projects to demonstrate the value of food and nutrition services in improving the health, independence, and quality of life of ENP participants. An expectation of the workshop was that participants would develop an outcomes research proposal in collaboration with an Aging Network partner.

Background:

Nutrition 2030 is a USDHHS Administration on Aging sponsored activity to plan and prepare for the future of the Elderly Nutrition Program (ENP). Through a Grassroots Survey, Nutrition 2030 solicited input of “grassroots experts”, those who are involved on a daily basis with the ENP’s and AAA’s, to help focus the process of modernization of the ENP’s to meet the nutritional needs of older adults in a context of diverse and changing demographics.

The results of the Grassroots Survey prompted the generation of a series of White Papers: Measuring Outcomes (appendix A), Technology, and Lessons from Federal Assistance Nutrition Programs. These White Papers were the basis for the Nutrition 2030 Expert Advisory Council (EAC) Strategic Planning Conference held in November 1999, and for the simultaneous development of an Outcomes Based Research Workshop specifically for evaluation of ENPs.

The Expert Advisory Council addressed the recommendations set out in the White Papers by developing a group of initiatives. The six most popular of these initiatives were selected for further development. Action plans for local, state, and federal levels were determined. The four most promising plans were adopted as opportunities by the EAC planning session. Among the four was the opportunity for the Development of Outcomes Based Research.

The action plan associated with the Outcomes Based Research opportunity included, at the local level, partnering with universities, participating in research projects, and training in data collection, monitoring, advocacy, and research issues. State level action was to provide leadership and state-level advocacy. This included locating partnership

opportunities, and technical assistance with research/program design, coordination, sampling, and targeting. Federal level actions include identification of a research focus, assistance with location of funding sources, promotion and coordination of research, and communication of research findings.

The Outcomes Workshop:

The Nutrition 2030 Outcomes Based Research Workshop was a first action step in promoting outcomes based research for nutrition programs for older adults by providing research training and facilitating university/ENP partnerships as recommended by the Expert Advisory Council.

The workshop announcement and application instruction was posted on the website of the USDHHS Administration on Aging and the National Policy and Resource Center on Nutrition and Aging. Based on the personal objectives, type and feasibility of proposed research or idea, commitment to collaboration, research experience, and career goals (appendix B), approximately 16 applicants and their partners were selected to participate. These participants were from the Mid-Western, Southern, and Northeastern regions of the United States. Of the proposals submitted, approximately 30% dealt specifically with rural populations and 20% were specific to minority populations (appendix C participant list).

The workshop consisted of a series of presentations, discussions, and workgroups. A Discussion of The Elderly Nutrition Program as a means of contributing to the health and independence of older adults was presented by Dian Weddle (NPRCNA), Nancy Wellman (NPRCNA), Jean Lloyd(AOA), and Nadine Sahyoun(CNPP),. Next, a presentation on Using Outcomes to Measure, Manage and Move Forward – An Interactive Approach was made by Patricia Splett (Splett & Associates). The following Model for measuring outcomes was introduced: INPUTS ? ACTIVITIES ? OUTPUTS ? OUTCOMES. The process of breaking down outputs into immediate or *proximal* outputs and intermediate to long term or *distal* outputs for more definitive evaluation and more effective management of data was also discussed.

Using this model, participants were to organize their research projects to address issues of program effectiveness and program value. However, participants were at different stages of readiness and experience with research. Whereas one participant may have come with a specific research question, design, and specified outcome measures, another participant may have come with only a research concept.

An exercise to help all participants identify and/or refine research outcomes and activities was undertaken. For this exercise, a distal outcome such as *improved health* was presented to participants. As a group, they were to provide a list of measurable proximal outcomes such as *increasing upper body strength, decreasing number of*

medications, reducing depression, reducing nutrition risk... that would eventually result in the *improved health*. (An outline of workshop notes from this exercise is included as appendix D).

Through this process of clarification, participants could work backwards to structure their study. They could specify ACTIVITIES such as nutritional assessment, that would directly impact a PROXIMAL outcome such as reduced rate of dehydration, and INPUTS such as registered dietician and screening tools necessary for these activities. (Study descriptions are included as appendix E).

All participants developed and strengthened their project design. They appreciated the organization of the workshop and the opportunity for interacting with others working toward similar goals. They found the workshop very helpful for current and future project planning.

Conclusions:

The Outcomes Research Workshop was designed to give participants hands-on experience in delineating and thinking through the details necessary to conduct outcomes oriented research projects. It provided the training, technical assistance and promotion of partnering called for in the Executive Advisory Council's White Paper on Outcome Research. The workshop's group exercises and discussions were successful approaches to developing these skills. Participants arrived with proposals at various stages of development. They left with a well-structured outline for a measurable, achievable study.

NUTRITION 2030 OUTCOMES RESEARCH WORKSHOP PARTICIPANTS

	NAME & PARTNER	ADDRESS	Phone, Fax, Email
1.	*Bearon, Lucille B., PhD <i>Partners in Wellness - a multi-level, holistic nutrition education program to influence diet change in older adults.</i>	Assistant Professor Department of Family and Consumer Sciences North Carolina State University, Box 7605 Raleigh, NC 27695-7605	919-493-1512 919-515-2786 Fax luci_bearon@ncsu.edu
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	Rogers, Gracie	NC Department of Health and Human Services Division of Aging 693 Palmer Drive, Caller Box 29531 Raleigh, NC 27626-0531	919-733-3983 919-733-0443 Fax
2.	*Birkland, Thomas A., PhD <i>Evaluation of the New York Elderly Nutrition Programs Services' Effect on Nutrition Status.</i>	Assistant Professor Center for Policy Research State University of New York at Albany Milne 217, 135 Western Avenue Albany, NY 12222	518-442-5243 518-442-5298 Fax birkland@csc.albany.edu
	Porter, M. Frances	Director, Nutrition Program Unit New York State Office for the Aging 2 Empire State Plaza Albany, NY 1223-1251	518-486-6008 fran.porter@ofa.state.ny.us

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3.	*Cook, Richard A., PhD, CNS <i>Developing new community education approaches to improve antioxidant status in older adults by increasing consumption of fruits and vegetables.</i>	Associate Professor Dept Food Science and Human Nutrition University of Maine 5749 Merrill Hall, Room 25 Orono, ME 04469-5749	207-581-3116 207-581-3111 Fax racook@umenfa.maine.edu
	Ward, Gail H.	Nutrition Director Meals for ME 238 State Street Brewer, ME 04412	207-941-2872 800-462-9899
4.	*Edwards, Marilyn S., PhD, RD <i>Developing a model tool for collecting Food and Nutrition Program outcomes data in a multiethnic, culturally diverse population.</i>	Associate Professor of Nutrition Department of Internal Medicine Div Gastroenterology, Hepatology, & Nutrition University of Texas Houston Medical School 6431 Fannin, MSB 4.234 Houston, TX 77030	713-500-6675 713-500-6699 Fax medwards@heart.med.uth.tmc.edu
	James, Charlene Hunters, MPH	Director Houston/Harris County Area Agency on Aging Houston Department of Health & Human Services 8000 N. Stadium Dr. Houston, TX 77054	713-794-9001 713-794-9238 Fax aging@hlt.ci.houston.tx.us
5.	*Gilbride, Judith, PhD, RD	Professor, Department of Nutrition and Food Studies, New York University 4 Washington Square Village Apt 12E New York, NY 10012	212-998-5580 212-995-4194 Fax 212-475-7276 Home

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6.	*Hart, William D., PhD, RD <i>Measuring behavioral change as an outcome of Healthy Eating for Life nutrition education program for older adults.</i>	Associate Professor Department of Nutrition & Dietetics, Rm 3065 St. Louis University 3437 Caroline Avenue St. Louis, MO 63104	314-577-8523 314-577-8520 Fax hartwd@slu.edu
	Hanna, Harriet	Director, Senior Centers Mid-East Area Agency on Aging 14535 Manchester Road Manchester, MO 63011	314-962-7999 314-962-8208 Fax info@mid-eastaaa.org
7.	*Higgins, Mary Louise Meck, PhD, RD <i>Tracking behavioral change in older adults after congregate meal site nutrition education & designing new lessons for congregate and home-delivered meal participants.</i>	Assistant Professor Department of Human Nutrition 202 Justin Hall Kansas State University Manhattan, KS 66506-1407	785-532-1671 785-532-1678 Fax higgins@humec.ksu.edu
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8.	*Johnson, Mary Ann, PhD <i>Nutritional interventions to reduce the prevalence of micronutrient deficiencies and related disorders in older adults.</i>	Professor Department of Foods and Nutrition University of Georgia Dawson Hall Athens, GA 30602-3622	706-542-2292 706-542-5059 Fax mjohnson@fcs.uga.edu
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9.	*Krinke, Ursula Beate, PhD, MPH, RD <i>Title III Nutrition services to support food security and independent living in a heterogeneous elderly population.</i>	Division of Epidemiology, School of Public Health University of Minnesota 1300 South Second Street, Suite 300 Minneapolis, MN 55454-1015	612-624-8243 612-624-0315 Fax krinke@epivax.epi.umn.edu u
	Reiser, Nadine, MS, MBA, RD	Director, Senior Nutrition Programs Volunteers of America 5905 Golden Valley Road, Suite 110 Minneapolis, MN 55422-4490	612-546-3242, ext. 4008 612-546-2774 Fax nreiser@voamn.org
10.	*Long, Elaine M., PhD, RD <i>MOW dropout prevention to improve participant benefits.</i>	Professor, Department of Health Studies Boise State University 1910 University Drive Boise, ID 83725-1835	208-426-3260 208-426-2199 Fax elong@boisestate.edu
	Trail, Cindy, MS, RD	Physical Health Director Central District Health Department 707 N Armstrong Place Boise, ID 83704-0825	208-327-8550 208-327-8500 Fax ctrail@phd4.state.id.us
11.	*Paul, Lynn C., EdD, RD <i>Determining effective strategies for integration of nutrition and other community-based supportive services in</i>	Assistant Professor Extension Food & Nutrition Specialist Department of Health and Human Development 101 Romney Gym	406-994-5702 406-994-7300 Fax lpaul@montana.edu

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	<i>rural areas.</i> Zulkowski, Karen, DNS, RN, CWS	Montana State University Bozeman, MT 59717-3360 Assistant Professor, College of Nursing Montana State University Box 574 Billings, MT 59101	406-657-1739 karenz@montana.edu
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12.	*Rabon, Frankie Mae, PhD <i>Developing applied research protocols to study health and social issues unique to African-American females.</i>	Associate Professor & Head Home Economics Department Grambling State University RWE Joner Drive, College Avenue Grambling LA 71245	318-274-2311/2249 318-274-6049 Fax frabon1@bellsouth.net
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13.	*Ralston, Penny A., PhD <i>Level of participation in nutrition services by minority elders and relationship to health, well-being and program satisfaction.</i>	Professor and Dean College of Human Sciences Florida State University 242 Sandels Bldg. Tallahassee, FL 32306-1490	850-644-1281 850-644-0700 Fax pralston@mailier.fsu.edu
	Arrant, Kathy	President and CEO Elder Care Services Solutions for the Needs of Seniors 2518 West Tennessee Street Tallahassee, FL 32304	850-921-5554 850-921-0082 Fax karrant@townbeacon.com
14.	*Saddam, Alma Montano, PhD, RD <i>Developing an evaluation instrument to measure stages of change in older adults participating in Staying Well nutrition education programs.</i>	Dept Human Nutrition & Food Management College of Human Ecology Ohio State University 315-B Campbell Hall 1787 Neil Avenue Columbus, OH 43210-1295	614-292-5512 614-292-8880 Fax saddam.1@osu.edu
	Baker, Shari, RD	Nutrition Manager Ohio Department of Aging 50 West Broad Street, 9 th Floor Columbus, OH 43215-3363	614-466-5500 614-466-5741 Fax sbaker@age.state.oh.us

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15.	*Schlenker, Eleanor D., PhD, RD <i>Home-delivered groceries to rural living older adults for self-preparation of seven nutritious meals weekly.</i>	Professor Dept Human Nutrition, Foods & Exercise (0430) College of Human Resources and Education Virginia Polytechnic Institute and State University 338 Wallace Hall Blacksburg, VA 24061	540-231-5778 540-231-3916 Fax schlenkr@vt.edu
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16.	*Seip, Richard L., PhD <i>Decreasing disability associated with osteoporosis in rural elderly through calcium-rich snacks and balance training.</i>	Associate Professor of Exercise Physiology Dept. Health, Physical Education, Recreation & Leisure Studies, University of Nebraska at Kearney Cushing Facilities 905 W 25 th Street Kearney, NE 68849	308-865-8336/8180 308-865-8331 308-865-8073 Fax seipr@unk.edu
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26.	Alfonso, Marta, MS, RD Workshop Coordinator	Associate Director National Policy and Resource Center on Nutrition and Aging Florida International University-OE200 Miami, FL 33199	305-348-1517 305-348-1518 Fax alfonsom@fiu.edu

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