

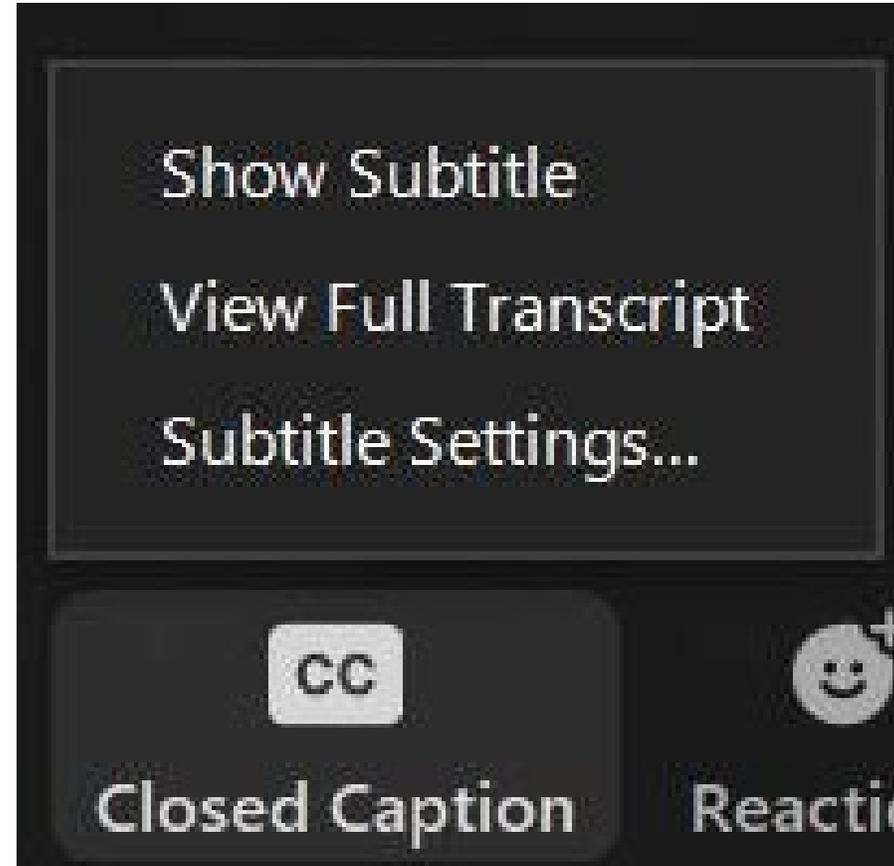
# Creating a Collective Approach to Address an Aging NH

NH Alliance for Healthy Aging  
Quarterly Meeting  
June 9, 2022

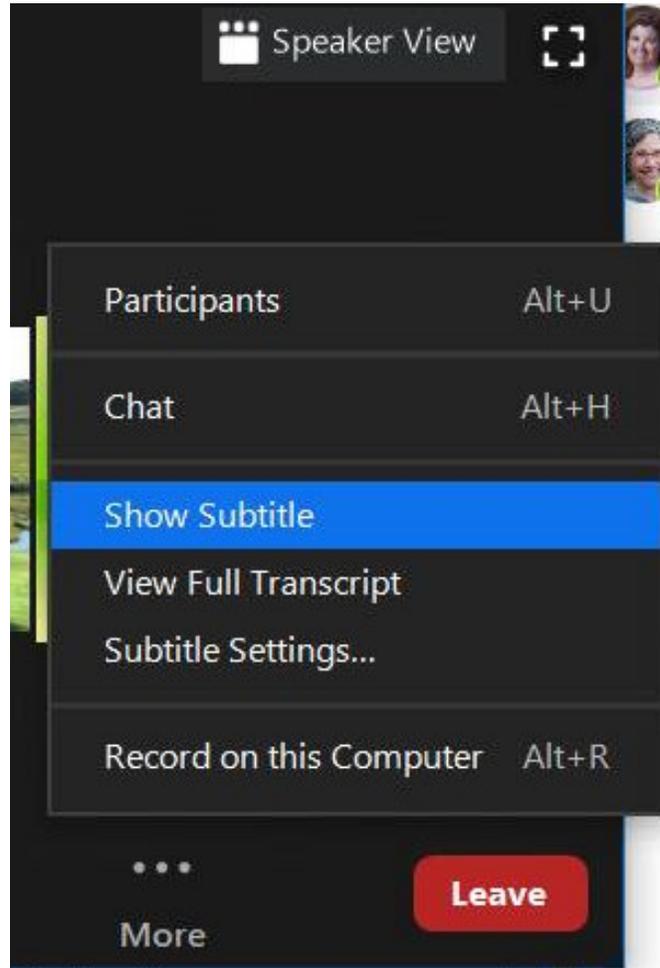


# Captions are Available

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# Enabling Closed Captioning



- After selecting **Closed Caption**, pick **Show Subtitle** and the captions will appear on the bottom.
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- You can adjust the caption size by selecting **Subtitle Settings**.

# Agenda

- Welcome and Housekeeping
- Panel presentation on food insecurity among older adults
- Networking in breakout rooms
- Overview and key findings from the 2021 NHAHA annual survey
- NHAHA Advocacy Update
- General NHAHA Updates and Wrap up

# Hunger Insecurity in Older Adults in NH

## **Panelists:**

Jon Eriquezzo, Meals on Wheels

Laura Milliken, NH Hunger Solutions

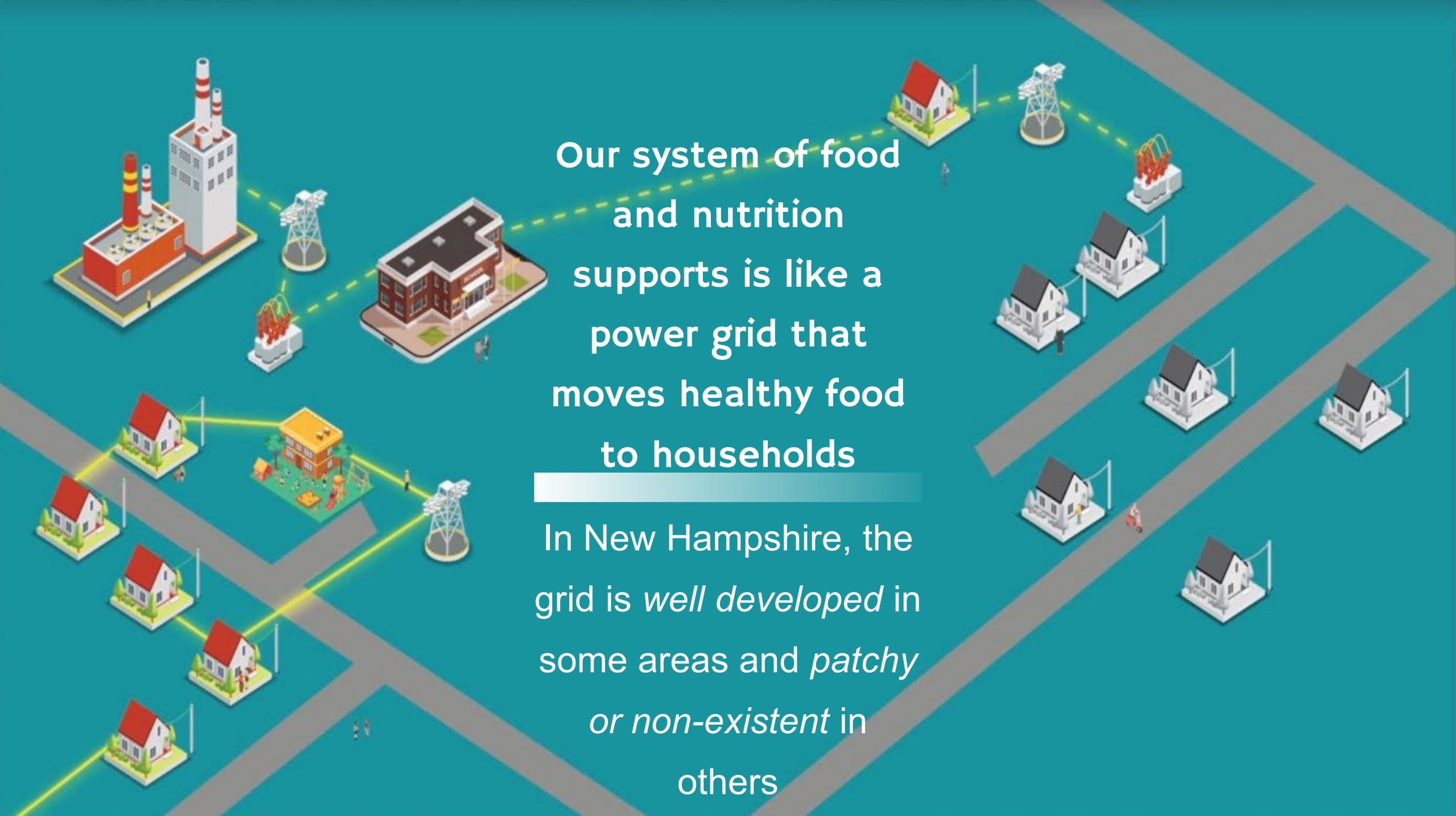
# NH HUNGER SOLUTIONS

ENDING HUNGER IN NEW HAMPSHIRE

## Addressing Hunger in the Granite State

Laura Milliken - Executive Director





Our system of food  
and nutrition  
supports is like a  
power grid that  
moves healthy food  
to households

In New Hampshire, the  
grid is *well developed* in  
some areas and *patchy*  
or *non-existent* in  
others

# What is the system of food and nutrition supports?



## SNAP

Supplemental Nutrition Assistance Program (aka “Food Stamps”)



## CACFP

Child and Adult Care Food Program - Meals and snacks in child care, adult care, afterschool programs



## School Meals

Free and Reduced-Price Breakfast and Lunch



## WIC

Special Supplemental Nutrition Program for Women, Infants, and Children - pregnant women and young children



## Summer Meals

Free meals for children during summer in economically disadvantaged areas

# NH has low participation in federal nutrition programs

Nationally, we are:

- 47th in school breakfast
- 39th in SNAP
- 32nd in Child and Adult Care Food Program
- 25th in the summer meals programs
- ...and WIC serves only 44% of those eligible





# Meanwhile, food insecurity is on the rise

 **73,629**

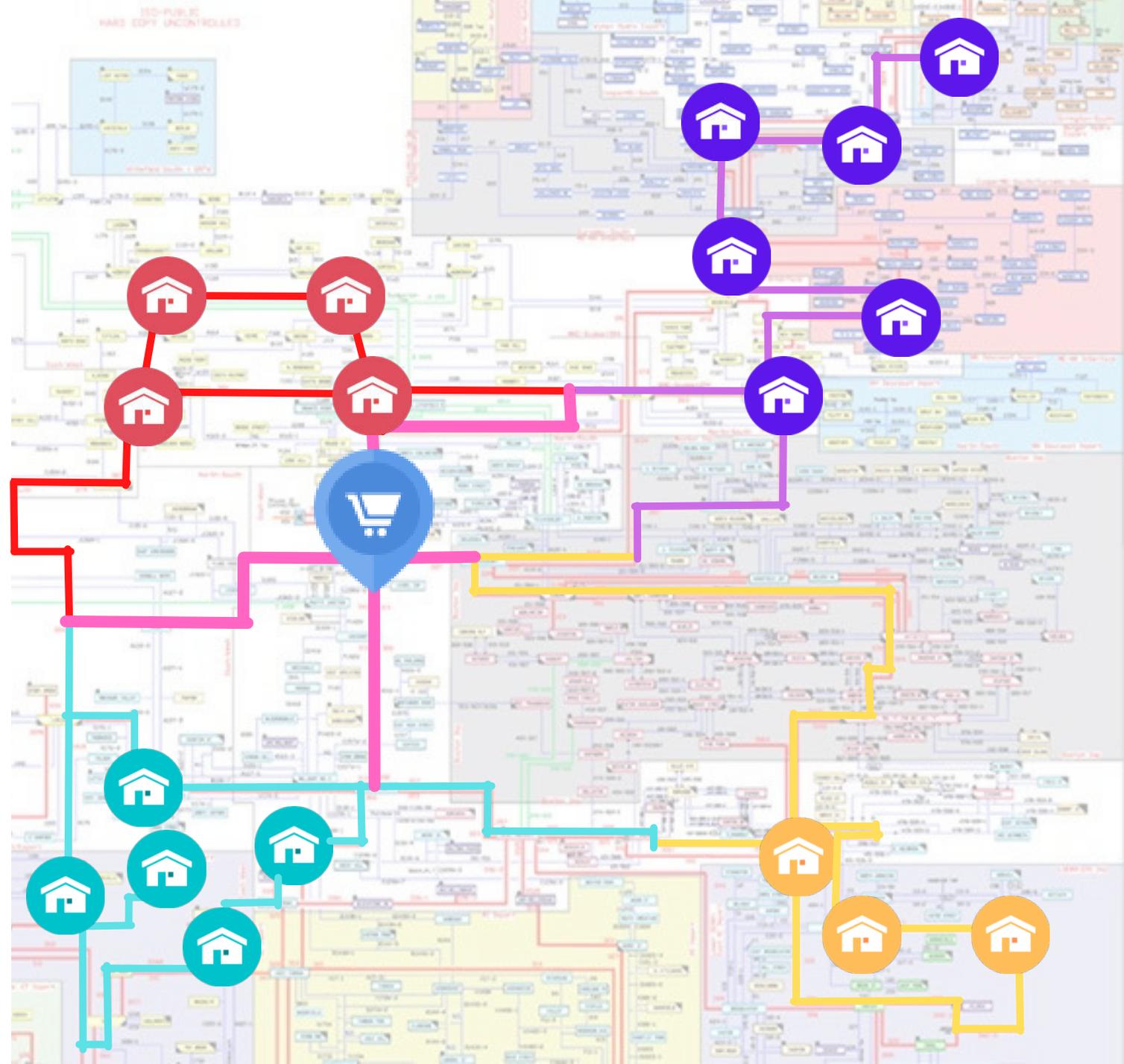
NH residents said they didn't have enough food

 **341,519**

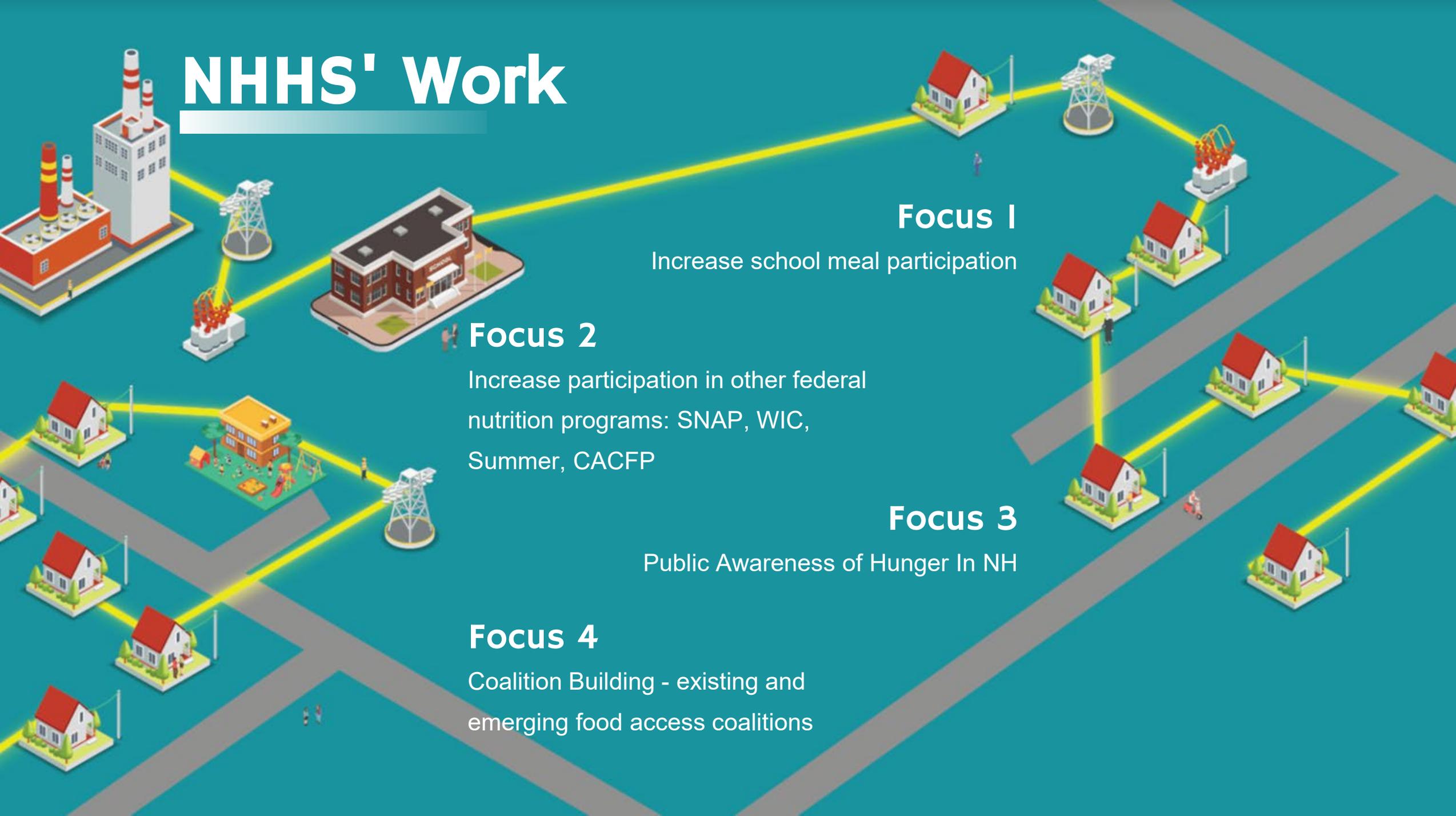
NH residents said they had difficulty paying for usual household expenses.

# To foster the health and well being of New Hampshire residents...

We need to make sure more communities are plugged in to the grid so that everyone eligible for food and nutrition support receives it



# NHHS' Work



## Focus 1

Increase school meal participation

## Focus 2

Increase participation in other federal nutrition programs: SNAP, WIC, Summer, CACFP

## Focus 3

Public Awareness of Hunger In NH

## Focus 4

Coalition Building - existing and emerging food access coalitions

# What is Food Insecurity

**Food insecurity is USDA's measure of lack of access, at times, to enough food for an active, healthy life for all household members and limited or uncertain availability of nutritionally adequate foods.**

**Food-insecure households are not necessarily food insecure all the time. Food insecurity may reflect a household's need to make trade-offs between important basic needs, such as housing or medical bills, and purchasing nutritionally adequate foods**

# Older Adults in NH Struggling with Food Insecurity May Face a Number of Challenges



**Food running out**



**Skipping meals**



**Choosing between food and medicine**



**Postponing medical care**



**Poor health outcomes**



**Higher health care use and costs**

**SOURCE:** FRAC's Hunger and Health series

**What do we know about  
food insecurity among  
older adults in NH?**

# Overall food Insecurity among Older Adults Is 6.4% in NH (2020) BUT...

## **Nationwide:**

- **Older adults with disabilities 2x the food insecurity rates of those without**
- **Older adults who are renters 4x rates of homeowners**
- **26.5% of older adults with incomes below FPL were food insecure**
- **Food insecurity more than 4x higher among Black older adults**
- **Food insecurity more than 3x higher among Latino older adults**

# Effect of Pandemic on Hunger Among Older Adults

Prior to COVID-19			During COVID-19		
 <p><b>Hunger</b></p>	 <p><b>Poverty</b></p>	 <p><b>Health</b></p>	 <p><b>Hunger</b></p>	 <p><b>Poverty</b></p>	 <p><b>Health</b></p>
<p>Rates among older adults are higher for those living alone</p>	<p>Many are on fixed incomes</p>	<p>85% have at least one chronic disease; high medical expenses</p>	<p>Increased rates of hunger</p>	<p>Limited access to expansions to unemployment benefits</p>	<p>High COVID-19 mortality rates; Isolation and barriers to telehealth contribute to other poor health outcomes</p>



# SNAP in New Hampshire

# SNAP Benefits Help Older Adults

## Older adults on SNAP have:

- **Improved food insecurity**
- **Better nutrition**
- **Improved health**
- **Better medication adherence**
- **Fewer hospital and nursing home admissions**

# SNAP Helps NH Residents and Stimulates the Economy

\$1 in SNAP benefits can generate more than \$1.50 in economic activity.



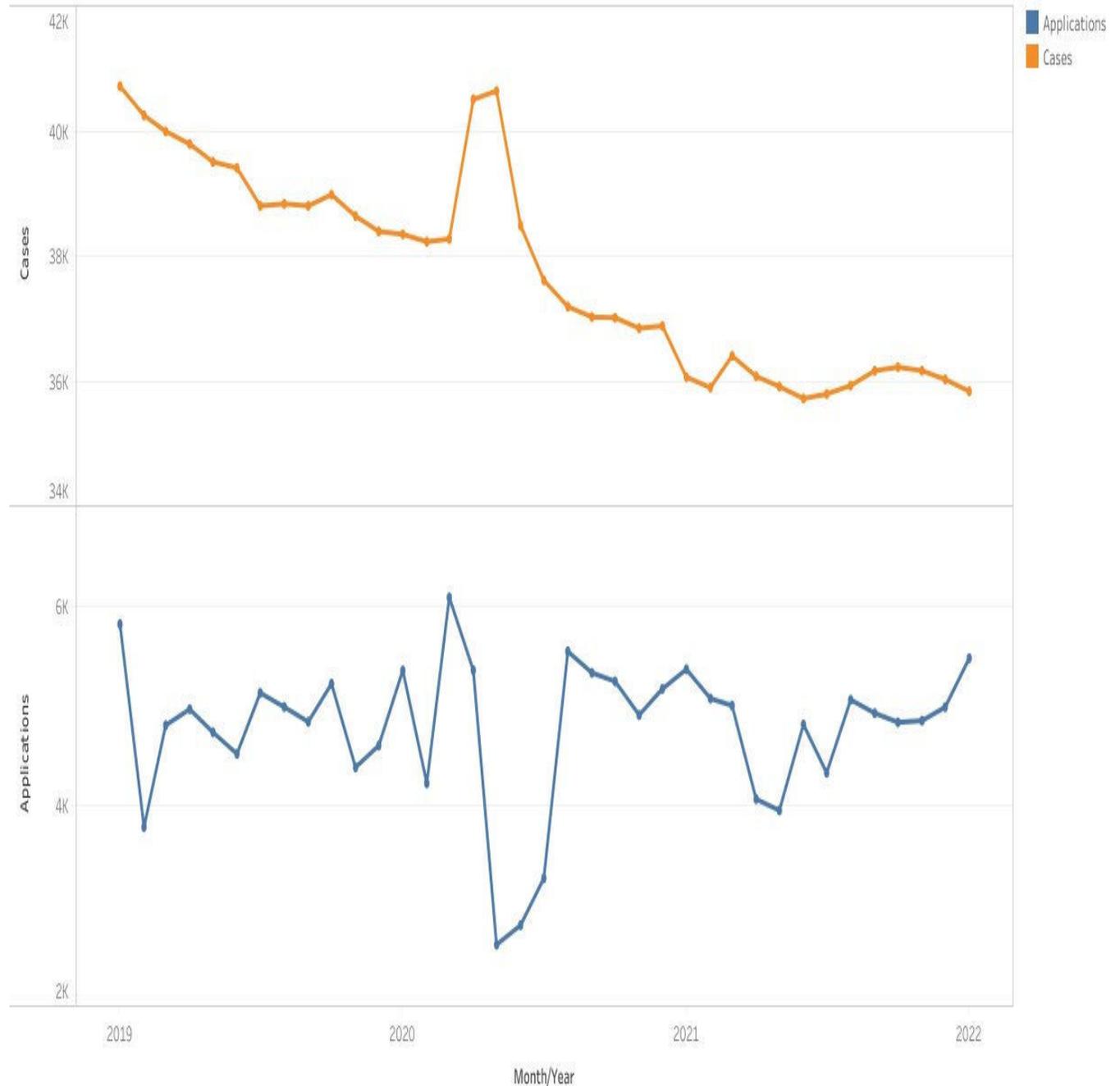
**NH is 39th in the  
Nation for SNAP  
Participation**

**60% of eligible older adults are  
not enrolled**

# NH SNAP enrollments have declined, even during the pandemic

- SNAP cases have declined steadily, with the obvious exception of April & May 2020
- SNAP applications have held relatively steady, with the exception of May-July 2020

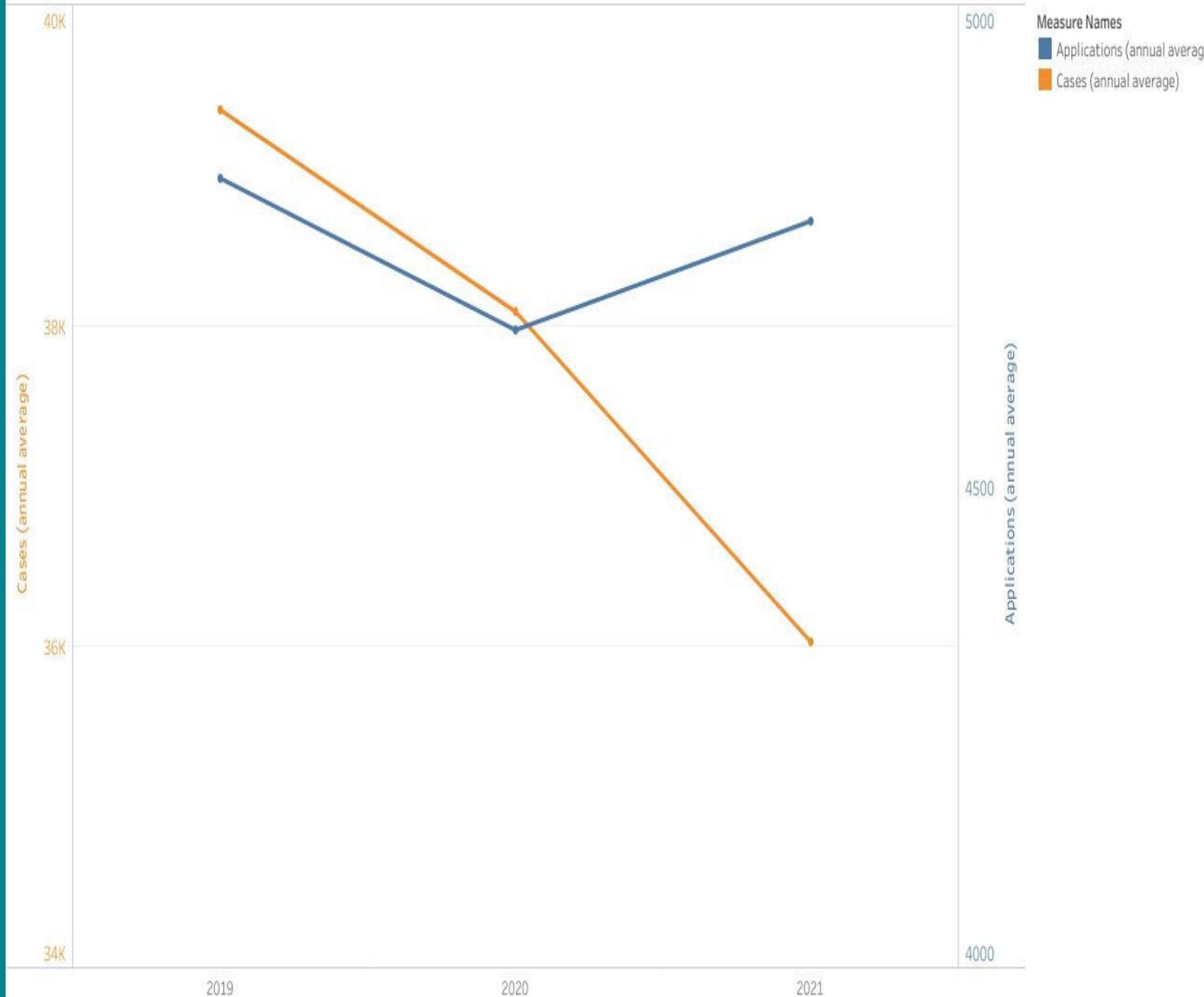
SNAP enrollments have been declining over time, but applications have not.



In 2019 and 2020 application and enrollment numbers followed the same trajectory

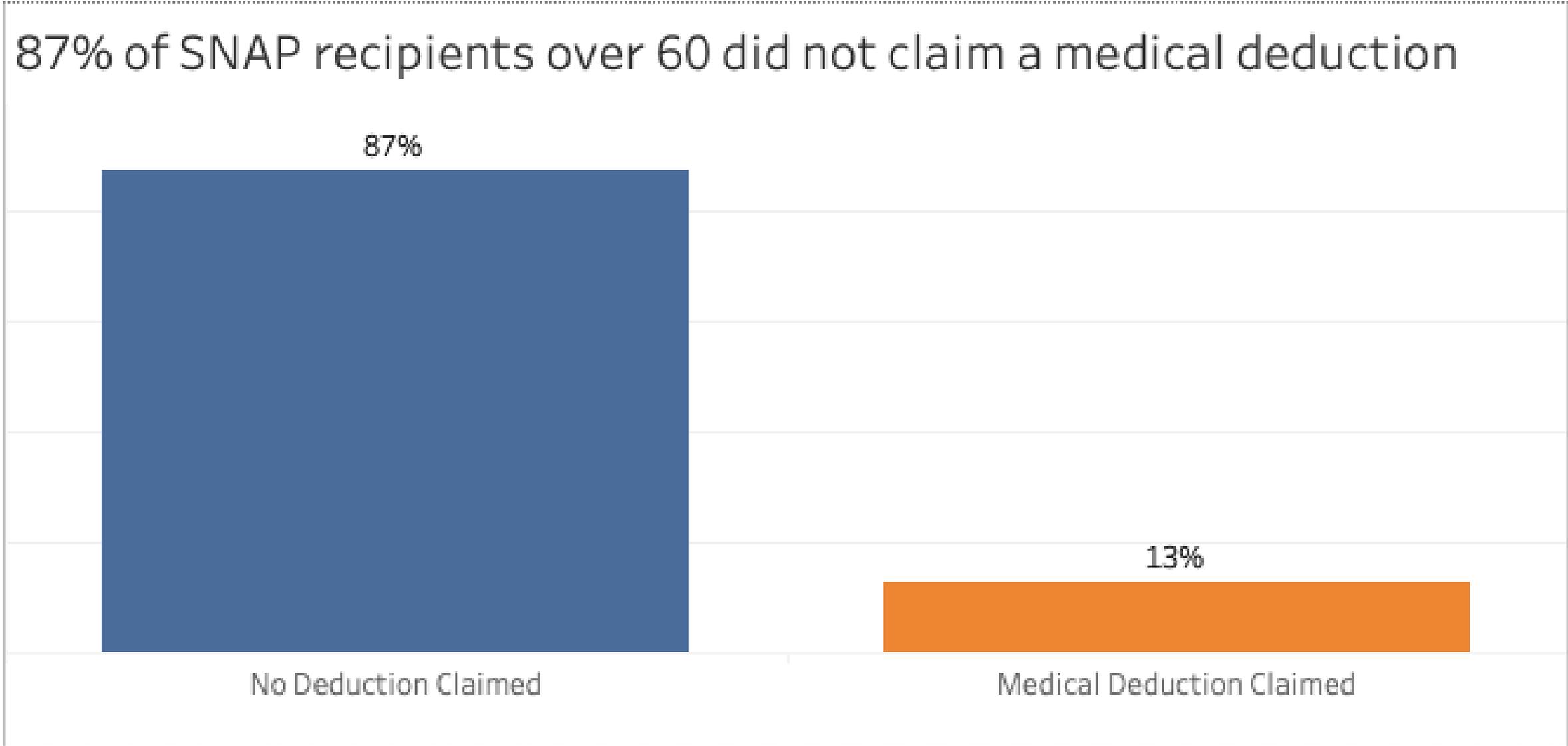
In 2021 that changed: applications increased, but enrollment declined

In 2019 and 2020, application and enrollment numbers followed the same trajectory; in 2021 that changed: applications increased, but enrollment declined



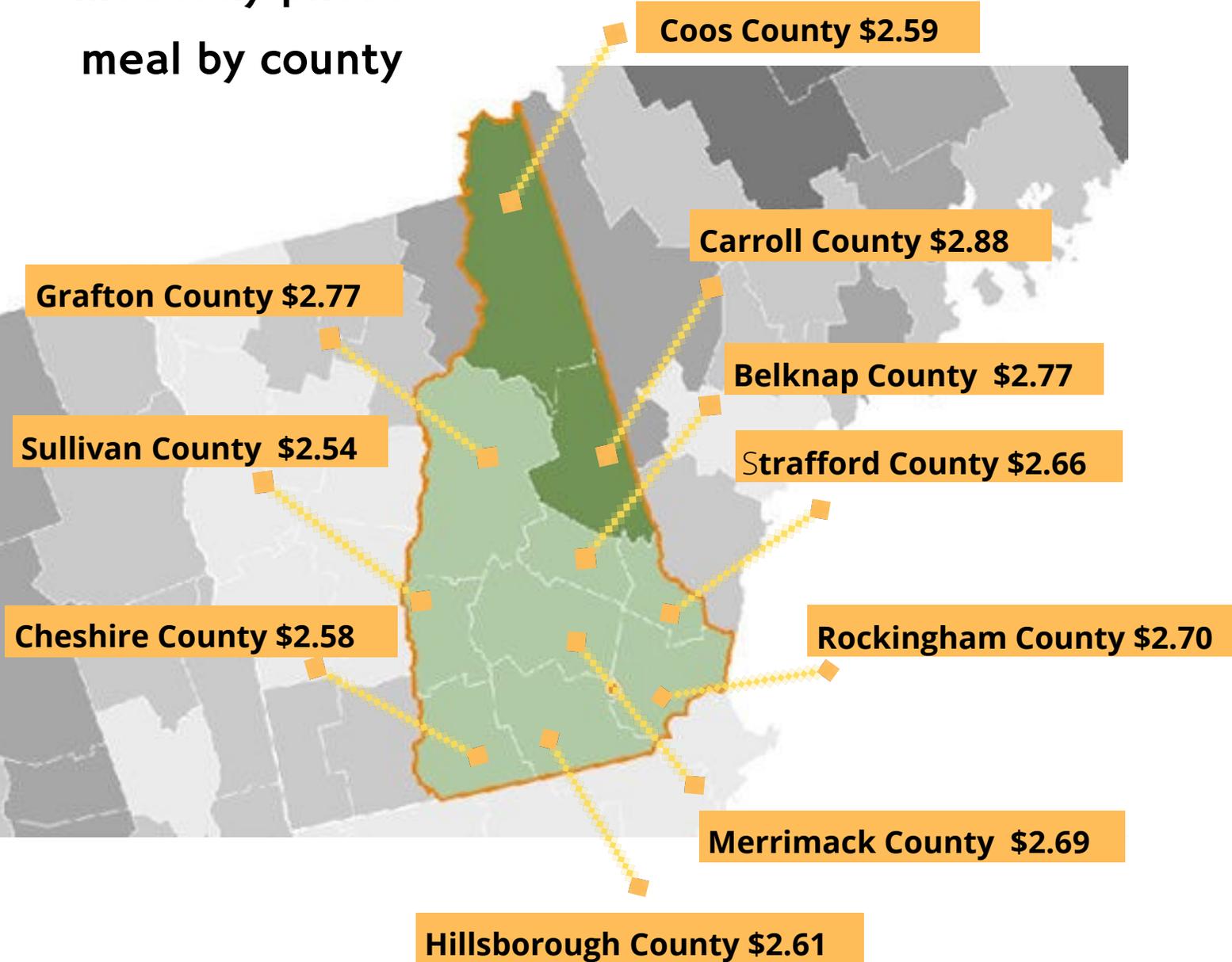
# In New Hampshire:

87% of SNAP recipients over 60 did not claim a medical deduction



Data are from the SNAP Quality Control database and represent 2018 and 2019 years combined

# Average cost of a modestly priced meal by county



# SNAP benefits don't cover the average cost of a meal in any county in NH

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## SNAP Benefit Per Meal: \$2.38

# There is a Looming Hunger Cliff

## **SNAP emergency allotments will end at the end of the public health emergency**

- On average, SNAP households will lose \$82 per month in SNAP benefits.
- For those who qualify for the minimum SNAP benefits, their monthly allotments will plunge from \$250 to a mere \$20.

# Improving SNAP Access in NH

## Public Awareness

- Training organizations that work with eligible older adults about eligibility for SNAP
- Getting the word out to eligible older adults

## Advocacy

- State level
  - To expand SNAP eligibility - income limits, asset limits
  - To make it easier for eligible people to access the program
- Federal level
  - Extend Emergency Allotments
  - Address benefit sufficiency



# Coalition Building in New Hampshire

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# NH Food Access Coalition (NHFAC)

The coalition is a cross-sector group of stakeholders across the food system, government, non-profit, public health, and healthcare who meet monthly to identify and address issues of food access in New Hampshire.

## We Envision

A diverse, well-connected coalition that uses its collective voice to ensure that all people in NH have the knowledge, power, and resources to access a safe, nutritious, affordable, and adequate food supply and participate in creating a sustainable, resilient, and just local food system.

## Mission



Engage and connect diverse communities and organizations



Educate people about hunger and its causes



Collaborate to address systemic and root causes of hunger



Build power among leaders and communities to advocate for equitable access to nutritious, sustainable, and local food

# Connecting to & Supporting Food Access Coalitions and Councils in NH

**Statewide:**

- NH Food Access Coalition
- SNAP Coalition
- NH Nutrition Access Research Network (NARN)
- NH Food Alliance
- Cultural Pantries workgroup

**North Country:**

- North Country Health Consortium/Granite United Way/UNH Ext.

**Capital Region:**

- Developing

**Lakes/Winnepesaukee Region:**

- Developing

**Carroll County:**

- Developing

**Greater Nashua:**

- Greater Nashua Food Council

**Greater Monadnock:**

- Monadnock Children’s Food Access Alliance
- Monadnock Farm & Community Coalition
- Monadnock Understands Childhood Hunger
- Healthy Monadnock Alliance

**Upper Valley:**

- Hunger Council of the Upper Valley
- Sullivan County Strong/New London Hospital

**Seacoast & Strafford:**

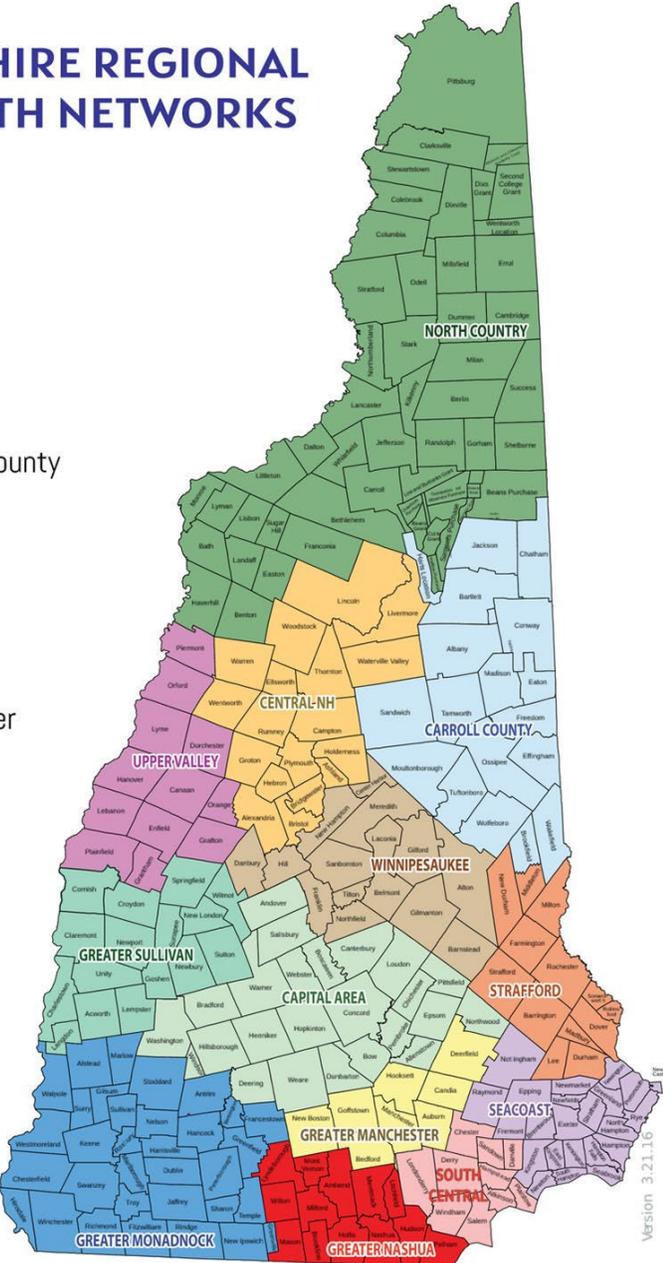
- Seacoast Food Providers Network
- Strafford Public Health Healthy Living Workgroup

**Greater Manchester:**

- Manchester Food Collaborative

## NEW HAMPSHIRE REGIONAL PUBLIC HEALTH NETWORKS

- North Country
- Upper Valley
- Central NH
- Carroll County
- Greater Sullivan County
- Winnepesaukee
- Strafford County
- Capital Area
- Greater Manchester
- Seacoast
- Greater Monadnock
- Greater Nashua
- South Central



THESE REGIONS ARE USED FOR PUBLIC HEALTH PLANNING AND THE DELIVERY OF SELECT PUBLIC HEALTH SERVICES.

# Follow Us!

- Email: [Info@hungersolutions.org](mailto:Info@hungersolutions.org)
- Website: <https://nhhungersolutions.org>
- Facebook: [@EndHungerNH](#)
- Twitter: [@EndHungerNH](#)
- Instagram: [@nhhungersolutions](#)





**THANK  
YOU!**

# Meals on Wheels

**Jon Eriquezzo**

President

Meals on Wheels of Hillsborough County



**MEALS on WHEELS**

**HILLSBOROUGH COUNTY**

**603-424-9967**

*Without a meal!*





# Food Deserts





We come together as Meals on Wheels to lift a hand, take a stand and support our neighbors.

# Older American's Act

The OAA Nutrition Program is comprised of three sub-programs:

- 1) Congregate Nutrition Services;
- 2) HomeDelivered Nutrition Services; and
- 3) the Nutrition Services Incentive Program (NSIP).

States and U.S. territories receive federal grants to administer a combination of these nutrition services programs (i.e., Meals on Wheels) in a way that is tailored to the unique needs of the seniors in their communities.

# Older American's Act

The purpose of the OAA Nutrition Program is three-fold:

- 1) reduce hunger, food insecurity, and malnutrition;
- 2) promote socialization;
- 3) promote the health and well-being of seniors through access to nutrition and to nutrition related disease prevention and health promotion services.

# Title XX

## Social Services Block Grant Community Based Supports

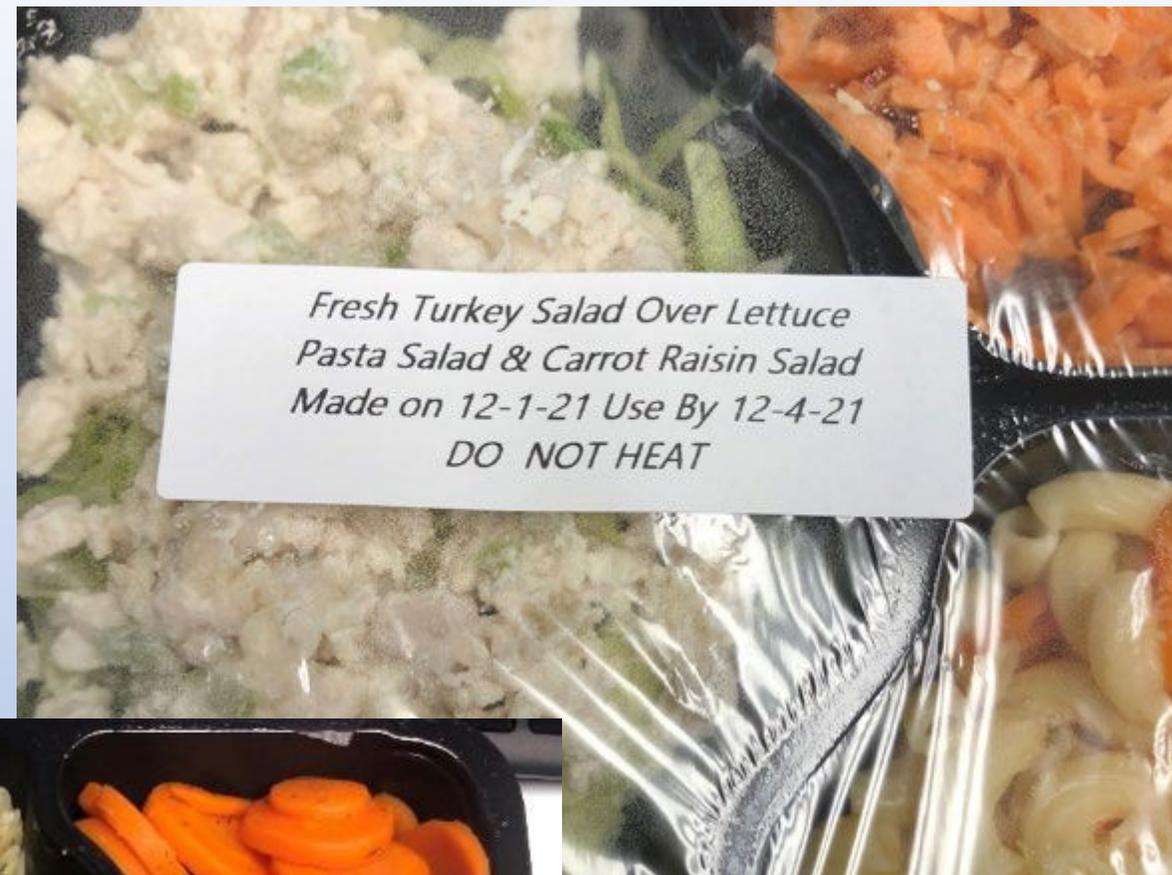
The Social Services Block Grant (SSBG) is funded under Title XX of the Social Security Act and provides home and community-based services targeting elderly (age 60 and older) and younger adults between age 18 and 60 who have a chronic illness or disability. SSBG services, also known as Title XX services, are provided to promote independence, prevent unnecessary institutionalization and protect individuals from abuse, neglect and exploitation.

# Choices for Independence (CFI)

Available for seniors and adults with chronic illnesses who are financially eligible for Medicaid and medically qualify for the level of care provided in nursing facilities

# How does it all work?









# Community Dining





## Restaurant Voucher Program



**MEALS on WHEELS**  
HILLSBOROUGH COUNTY









Because of Meals on Wheels, I will never be forgotten or left behind.

# Networking and Discussion in Breakout Rooms

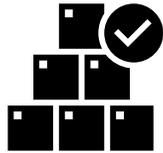


# 2021 NHAHA PARTICIPANT SURVEY RESULTS

Alison Rataj, MSW, MS

UNH Center on Aging and Community Living

# 2021 SURVEY FAST FACTS



**60** people completed survey



Residence of respondents included all **10 counties**



**30%** of respondents participate out of personal interest



**50%** of respondents indicated that NHAHA has been **successful** or **very successful** in making progress towards achieving the vision statement this year



**74%** of respondents indicated that they were **satisfied** or **very satisfied** with NHAHA Advocacy's Work

# KEY TAKEAWAY 1

## NHAHA PARTICIPANT EXPERIENCE

75% understand the goals and vision of NHAHA

58% feel that they can contribute to the vision

**VISION**  
We envision a future when New Hampshire is a great place to live as we age. We imagine a time when no matter where we live or how old we are, we are seen and welcomed in our communities and have the choices and supports we need to live life to the fullest.

**MISSION**  
OUR MISSION IS TO MAKE NEW HAMPSHIRE A GREAT PLACE TO LIVE AS WE AGE.  
Through diverse and meaningful partnerships, we lift up the voices and value of older adults and advance policies and practices that make it possible for everyone of us to live life to the fullest as we age.

**VALUES**  
**DIVERSITY, EQUITY AND INCLUSION** – We believe that our communities are stronger when we welcome and celebrate people of all ages, abilities, sexual orientation, gender identity, gender expression, races and origins.  
We will...  

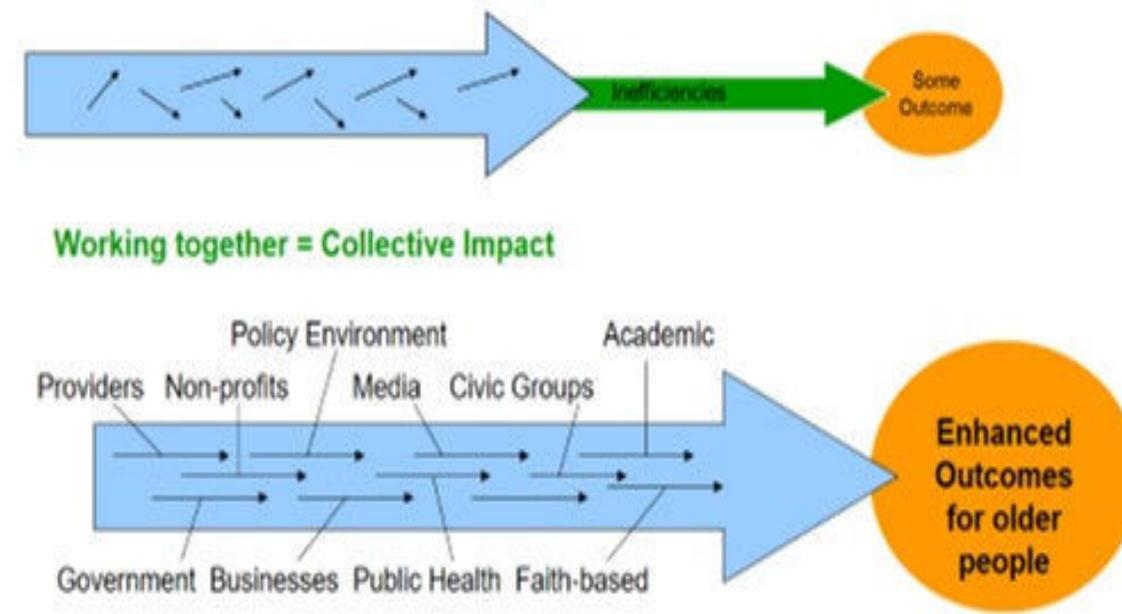
- Recognize and appreciate the diversity of the experience of aging.
- Include a broad cross-section of people on the NHAS Steering Committee and work groups.
- Actively work to reduce bias and inequity in everything we do.

**THE POWER OF CHOICES** – We believe that having options and being able to make choices are essential to living life to its fullest as we age.  
We will...  

- Support a variety of innovative age-friendly options with communities and agencies.
- Promote person-centered and family-centered philosophies and strategies.
- Keep in mind that individual communities or parts of the state may develop their own

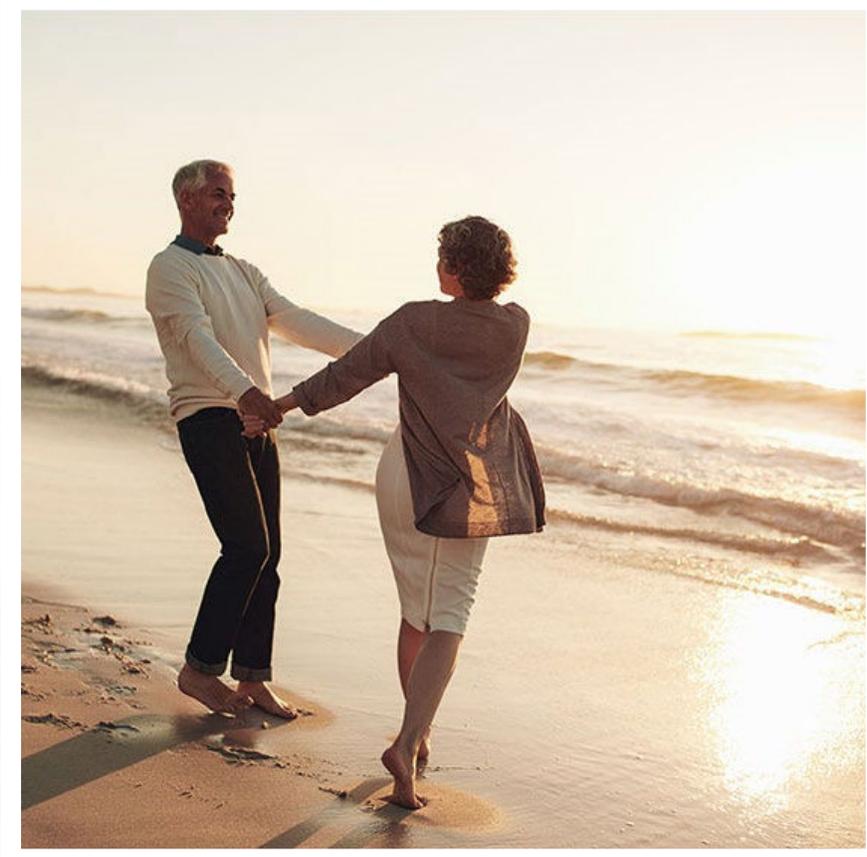
**THEORY OF CHANGE**

CHANGE THE CONVERSATION	CHANGE POLICY	CHANGE PRACTICE
<b>IF WE...</b> <ul style="list-style-type: none"> <li>we talk about aging and diverse individual and shared capabilities of older</li> <li>we seek out, promote, support and practice policies that increase opportunity and equity for older adults and address barriers.</li> <li>we promote policies that increase public and private investment in caregiving and the direct care workforce.</li> </ul>	<b>IF WE...</b> <ul style="list-style-type: none"> <li>develop and continue to implement a statewide strategy and the fact that we take an informed approach of self-interest.</li> <li>we identify and promote policies that increase opportunity and equity for older adults and address barriers.</li> <li>we promote policies that increase public and private investment in caregiving and the direct care workforce.</li> </ul>	<b>IF WE...</b> <ul style="list-style-type: none"> <li>bring together a broad cross-section of people to generate new analysis and shared information and ideas.</li> <li>we seek out, promote, support and practice policies that increase opportunity and equity for older adults.</li> <li>we promote policies that support equity and opportunity for older adults.</li> </ul>
<b>THEN...</b>		
<ul style="list-style-type: none"> <li>older and younger people and young bring gifts and talents with challenges to make our communities thrive at all ages.</li> <li>we are more unified and we and generations share gifts of</li> </ul>	<ul style="list-style-type: none"> <li>Public policies will allow for and recognize...</li> <li>we have the financial and transportation options.</li> </ul>	<ul style="list-style-type: none"> <li>allow our members will...</li> <li>we support and leverage one another's work.</li> <li>we share approaches to address our mission.</li> <li>we provide high-quality, equitable supports and services that communities will...</li> <li>we demonstrate, promote and share practices that support healthy aging for everyone.</li> </ul>
<b>AS A RESULT...</b>		
<ul style="list-style-type: none"> <li>As we age we will continue to be able to...</li> <li>we will engage with our communities and the people we care about at meaningful ages.</li> </ul>	<ul style="list-style-type: none"> <li>we will have the financial and transportation options we need to meet our basic needs and support our physical and mental well-being.</li> </ul>	<ul style="list-style-type: none"> <li>we will have the support and resources we need to care for ourselves and others.</li> </ul>
<b>WHICH MATTERS BECAUSE THEN...</b>		
<p>It matters where we live or how old we are, we will be seen and welcomed in our communities and have the choices and supports we need to live life to the fullest.</p>		



## KEY TAKEAWAY 2

### BENEFITS TO PARTICIPATING IN NHAHA



- **75%** indicated that education and awareness is a benefit
- **60%** indicated that expanding my/my organization's network is a benefit
- **53%** indicated providing leadership for aging issues is a benefit

# KEY TAKEAWAY 3

## NHAHA'S GREATEST ACCOMPLISHMENTS

- ❖ Advocacy that promotes the vision of NHAHA through sustained collaboration and education
- ❖ Sustainability of NHAHA as a collective entity that focuses on all aspects of healthy aging
- ❖ Engagement of stakeholders and developing partnerships
- ❖ Increasing awareness of aging issues through education and leadership



# THANK YOU

Alison Rataj

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[www.nhaha.info](http://www.nhaha.info)



# NHAHA Quarterly Meeting Advocacy Update



# Upcoming NHAHA Quarterly Meeting Dates

**Wednesday, September 14<sup>th</sup>, 2022**

**Thursday, December 8<sup>th</sup>, 2022**

# Thank you for participating!

For questions or additional information, contact:

Jennifer Rabalais

[jennifer.rabalais@unh.edu](mailto:jennifer.rabalais@unh.edu)