

# Get Fresh, Stay Healthy, Get Moving An Innovative Senior Project

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# THE ISSUE

The Secretary General of the International Federation on Aging states ageism is an emerging global trend that needs to be addressed (Revera Report 2012). For example:

- A Social Survey from 28 European countries found age related prejudices among 46% of respondents.
- In Canada, eight in ten agree that seniors 75+ years old are seen as less important and ignored more; six-in-ten (63 per cent) seniors ages 66 and older say they've been treated unfairly or differently because of their age; and half (51 per cent) of all Canadians agree ageism is the most tolerated social prejudice, versus gender or race-based discrimination.
- Ageism against older Americans –particularly in health care-- is a widespread practice that affects over 50% of American households with older people. Source: <http://EzineArticles.com/788423>.

# Seniors



**Get Fresh,**



**Stay Healthy,**



**Get Moving**



# THE NEED

- The Center for Disease Control reports about 80% of the seniors in the US has at least one chronic condition, and 50% at least two.
- About 3.7 million Californians are over age 65 and at least 53.5% suffer from hypertension; 23.7% heart disease; 17.3% diagnosed with cancer; 14.8% diabetes, and 10.3% asthma (CDA).
- The coming of age of the Baby Boomers accelerated the rate at which California's population is turning gray and seniors represent a major underserved segment of the UCCE client population.
- An Alameda County study found about 40% of low income elders (n=377) in 22 senior sites lived with multiple chronic conditions (Blackburn 2010).
- A special issue of California Agriculture – (*The Golden State goes grey: What aging will mean for California 2010*) reports major educational needs in nutrition, wellness & healthy lifestyle to promote optimal aging.

# ACCESS

ANR Statewide Conference April 10, 2013

Miley Gardens



Hong Lok



St. Andrew's Manor



Newark Gardens



La Familia Resource Center



Palo Vista Gardens





# THE INTERVENTION (IRB APPROVED)

**GOAL:** To improve healthy food choices of seniors on limited budgets and active lifestyles to help improve the quality of life of vulnerable elders.

**TARGET AUDIENCE:** The target audiences were multi-ethnic elders living in low income senior housing complexes in north, west, and southern Alameda County who are at risk for food insecurity and chronic diseases.

**THE PROGRAM:** The intervention was six interactive nutrition education workshops, food and physical activity demonstrations, and produce stands.

**EVALUATION:** Pre/Post and 8-9 month follow-up food behavior evaluation.

**OUTCOME:** A total of 267 enrolled and 247 (93.21%) graduated after 6-7 workshops. Non-graduate were seniors who enrolled after 2/3 sessions.

# Language Needs

## EFNEP Checklist

These questions are about the ways you plan and fix food. Think about how you usually do this. Choose one answer for each question.


Name

Date  /  /


Entry  
 Exit

1.  I plan meals.


no     seldom     sometimes     often     almost always

2.  I compare prices.

no     seldom     sometimes     often     almost always

3.  I run out of food before the end of the month.

no     seldom     sometimes     often     almost always

4.  I shop with a grocery list.

no     seldom     sometimes     often     almost always

5. This question is about meat and dairy foods. I let them sit out of the refrigerator for more than 2 hours.

no     seldom     sometimes     often     almost always



UNIVERSITY of CALIFORNIA  
cal fresh Nutrition Education

ID   
Date   
Educator

University of California Cooperative Extension  
Alameda County

### USDA CHECKLIST EXIT


這不是一個考試，沒有錯的答案。你會計劃膳食嗎？

圈上最佳答案是最能描述你通常做的事情。

|                             |    |    |    |    |    |
|-----------------------------|----|----|----|----|----|
| 1) 你會計劃每一餐要吃什麼？             | 從不 | 很少 | 間中 | 經常 | 每次 |
| 2) 你常在購買食物時比較價錢？            | 從不 | 很少 | 間中 | 經常 | 每次 |
| 3) 你在月底前便沒有足夠的食物？           | 從不 | 很少 | 間中 | 經常 | 每次 |
| 4) 你在購物時，你是根據購物清單去購物？       | 從不 | 很少 | 間中 | 經常 | 每次 |
| 5) 你會讓肉類及奶類產品放在室溫多過 2 小時？   | 從不 | 很少 | 間中 | 經常 | 每次 |
| 6) 你會讓冰鮮食物在室溫中解凍？           | 從不 | 很少 | 間中 | 經常 | 每次 |
| 7) 你會考慮選擇進食健康的食物當你想要吃東西的時候？ | 從不 | 很少 | 間中 | 經常 | 每次 |
| 8) 你會在做菜時不放鹽？               | 從不 | 很少 | 間中 | 經常 | 每次 |
| 9) 你有每天喝 4 杯水？              | 從不 | 很少 | 間中 | 經常 | 每次 |

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USDA Funded Program – Conducted by UC Cal Fresh

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# Seniors

## Get Fresh, Stay Healthy

# Get Moving



For Heart Health



Make Friends

Be Active

Be Confident

Have Fun

Release Stress



Manage Your Weight

Boost Your Appetite



Be Flexible

Look Good

Feel Good

University of California  
Agriculture and Natural Resources



Cooperative Extension - Alameda County  
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In Collaboration with Fresh Approach

# Seniors

## Mantengase

# Activo y Saludable



Para un Corazon Saludable



Hace amigos divertirse

Prevenir enfermedades

Estar activo  
Disminuir el estres



Controlar su peso

Incrementar tu apetito



Ser flexible

Sentirse bien  
lucir bien

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In collaborate with Fresh Approach



# WATER IS GOOD FOR YOU




**Seniors**  
**Get Fresh, Stay Healthy**  
**Drink Up**



Drink Water  
Every Day

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In Collaboration with Food Access

**Seniors**  
**Mantengase Activo y Saludable**  
**Consuma mas Agua**



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# Food Safety and Cooking to the Proper Temperature

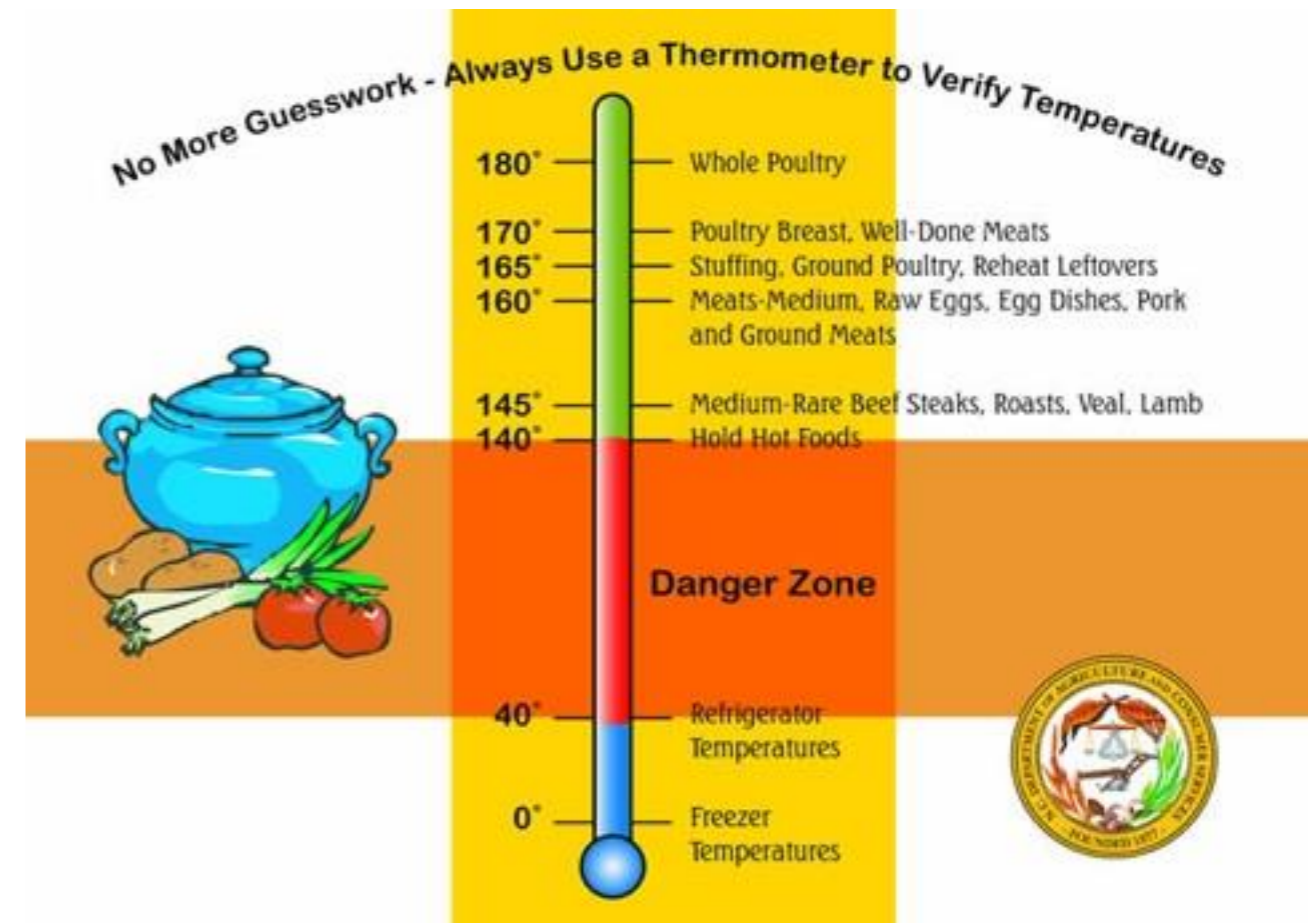


## 烹調食物至最低內部溫度

Recommended Safe Minimum Internal Temperatures

## 部溫度

|  |   |   |   |   |   |   |
|--|---|---|---|---|---|---|
|  |  |  |  |  |  |  |
| Steaks, roasts<br>145 °F   | Fish<br>145 °F  | Pork<br>160 °F  | Ground beef<br>160 °F   | Egg dishes<br>160 °F  | Chicken breasts<br>165 °F   | Whole poultry<br>165 °F   |
| 牛排   | 魚類  | 豬肉  | 碎牛肉   | 蛋類  | 雞類  | 家禽類   |



# AGENCY PARTNERS & LANGUAGE SUPPORT



# THE SENIORS

Pictures worth a 1,000 words

Telling the story about:

> Participation

> Diversity

> Sensitivity













# **AFFIRMATIVE PROGRAMMING**

**PROGRAM ACCESS** – Take programs to the people

**DIVERISTY** – Ensure participation of major ethnic groups

**LANGUAGE** – Bi-lingual presentations and materials: Spanish, Cantonese or Mandarin, Vietnamese, Farsi and more

**LITERACY** – Simple messages; i.e., get moving, drink water, choose well, eat healthy, food safety is good for your health

**CULTURAL SENSITIVITY** – Bilingual staff and volunteers, food demonstration stressed cooking cultural foods healthy

**SENIOR FRIENDLY** – Interactive teaching, large letters, short phrases, key chain magnifying glasses to read labels, short sessions, use the mike, client centered, be respectful of age

# Access to fresh fruits and vegetables



# Farmer's Markets Partners



# Healthy Foods Taste Good



# THE PAYOFF

**PARTNERS:** Alameda County UCCE partnered with the Alameda County Social services Agency to secure \$87,777 Innovative Project funding.

**SPECIAL NEED:** We found the number of Latinos reached in low-income senior housing was very small. We partnered with a service center where Latino elders go for other services and recruited 25 seniors who will graduate on April 19<sup>th</sup>.

**RESULTS:** Preliminary post intervention found:

The total graduates (247) exceeded the target goal of 120 by 206%;

The number who wrote personal staying stories in their language 97%

The number of graduates reporting safer food handling 80%; drinking more water 97%; increasing vegetable and fruit 70%, and becoming more active 98%.

**FOLLOW-UP:** An 8-9 month follow-up evaluation is in progress.

# Safe Food Need Clean Hands



# GRADUATION



# GRADUATION





# MORE DIVERSITY









ANR Statewide Conference April 10, 2013

# President of Board of Supervisors Nate Miley Supports Get Fresh, Stay Healthy, Get Moving Team

## Academic Support:

Lisa Miller & Beth Ober – UC Davis  
Human and Community Development

## Collaborators:

Alameda Social Services Agency - Funds  
Pacific Coast Farmers Markets' Association

Educators: Evely Tilson & Nicole Price

Language: Peggy Chew, Nelly Camacho &  
Kelly Chew

[Technical Support: Zoya Khalaf-Kirkman,  
Alicia Fraticelli & Charles Brown](#)

