

SNEB HEALTHY AGING DIVISION

Annual conference Division meeting
July 30, 2020 @ 2pm



Healthy Aging Division
Society for Nutrition Education and Behavior

AGENDA

- WELCOME AND INTRODUCTIONS
- PURPOSE OF THE DIVISION
- HIGHLIGHTS FROM THIS YEAR
- HAD CONFERENCE SESSION
- PLANNING
- NEXT STEPS



Healthy Aging Division
Society for Nutrition Education and Behavior

WELCOME!

We're so glad you are here!



Healthy Aging Division
Society for Nutrition Education and Behavior

Where in the world are you?



When poll is active, respond at **PollEv.com/societyfornu208**

Text **SOCIETYFORNU208** to **22333** once to join

Who is in the room?

Current Member - Keep me coming back!

Potential New Member - Impress me :)

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THANK YOU FOR SHARING!

Welcome!

HEALTHY AGING DIVISION LEADERSHIP



Alexandra Lewin-Zwerdling, PhD
Chair 19 – 20



Ali Berg, PhD, RDN
Chair-Elect 19 -20
(Incoming Chair)



Seung Eun Jung, PhD, RDN
Incoming Chair-Elect 20 - 21

THANK YOU! - HEALTHY AGING DIVISION VOLUNTEERS



Oyinlola Toyin Babatunde,
PhD, MPH, RDN, FAND
ACPP Representative 19 – 20



Doris Montgomery, MS, RDN
ACPP Representative 19 – 20

PURPOSE OF THE DIVISION

The goal of this division is to provide a forum for SNEB members to network, stimulate research, and optimize nutrition-related quality of life for older adults through improved nutrition education and behavior.



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THE DIVISION STRIVES TO:

- Provide a **forum for division members to share** knowledge and resources to support nutrition educators interested in and/or working with the older adult population;
- Provide **knowledge, skills and resources** pertinent to healthy aging;
- Provide a forum at the SNEB Annual **Conference** for professional development and discussion of issues related to older adults;
- Promote SNEB's goals and strategic plan through division activities;
- Foster **policy** development and leadership through SNEB's ACPP
- Determine the need for, develop, and/or endorse **position and policy papers** supporting SNEB's direction for nutrition quality of life and nutrition education issues related to older adults;
- **Encourage publication** of articles related to healthy aging in JNEB; and
- Establish **partnerships** with other agencies to promote nutrition quality of life for older adults.

WHAT DOES THIS LOOK LIKE?

- MAJOR ACTIVITIES

- Professional Development:

- Webinars
 - Hot topics calls
 - Annual Conference Sponsored Session

- Policy updates, including those via ACPP

- Propose resolutions

- Publish editorials



HIGHLIGHTS FROM 2019 - 2021

- Hot Topics Call
 - Rose Saltalamacchia, Feeding America State Of Senior Hunger Report
- Webinar
 - Delivering Health Aging and Improving Quality of Life, Dorothea Vafiadis, NCOA



Delivering Healthy Aging and
Improving Quality of Life



Dorothea K. Vafiadis, MS, FAHA
Director, Center for Healthy Aging

February 20, 2020



RESOLUTION PASSED!

“Recommit to an Ongoing Lifespan Approach and Address the Needs of a Growing Aging Population”

Title Recommit to an Ongoing Lifespan Approach and Address the Needs of a Growing Aging Population

Date: September 9, 2019

Rationale and Relevance

SNEB’s Healthy Aging Division (HAD) proposes a resolution to ensure the organization as a whole focuses on issues that cover the entire lifespan. In particular, the Division would like to emphasize the importance of including topics of relevance to older adults and healthy aging. As the fastest growing yet often “hidden” demographic, SNEB has an opportunity to highlight issues relevant to older adults.[1]

The older adult population continues to swell and is expected to reach 23.5% in 2060 (up from 14.5% in 2014).[2] At the same time, the National Council on Aging (NCOA) notes that approximately 80% of older adults have at least one chronic disease, and 77% have at least two. Four chronic diseases—heart disease, cancer, stroke, and diabetes—cause almost two-thirds of all deaths each year. NCOA also notes that Chronic diseases account for 75% of the money our nation spends on health care, yet only 1% of health dollars are spent on public efforts to improve overall health.

Several resources address the importance of nutrition and physical activity among older adults, including fact sheets, infographics and other information. Examples of these resources can be found here: The National Institutes of Health,[3] the National Council on Aging[4] and Feeding America.[5]

Additionally, the Academy of Nutrition and Dietetics and the Society for Nutrition Education and Behavior recently issued a position paper underscoring the need for older adults to have access to evidence-based food and nutrition programs that ensure the availability of safe and adequate food to promote optimal nutrition, health, functionality, and quality of



HEALTHY AGING DIVISION SPONSORED CONFERENCE SESSION

NUTRITION AND AGING SERVICES:

*Screening, Innovating, Collaborating and Best Practices on
Evaluating their Impact*

July 24, 2020

#SNEB2020: What Food

Speakers



Sarah Francis, PhD, MHS, RDN
Associate Professor,
Extension Specialist
Iowa State University



Wendy Dahl, PhD, RDN
Associate Professor
University of Florida



Ali Berg, PhD, RDN
Associate Professor,
Extension Specialist
University of Georgia

CONFERENCE SESSION HIGHLIGHTS

- CALL TO ACTION:

- Nutrition educators are vital to improving the health of older adults
- Need to focus on high quality program delivery and evaluation
- Evaluation/research → funding
- Use validated tools: COAST (Dahl et al.)
- Publish findings!



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THE ROAD AHEAD



COMING YEAR NEEDS (*Minimum*)

- 2 WEBINARS

- 1 HAD Standalone

- 1 HAD with ACPP



- 1 HOT TOPICS CALL

- 2021 ANNUAL CONFERENCE SESSION PROPOSAL (DUE SEP/OCT)

LET'S CHAT!

**WHAT WOULD YOU LIKE
TO SEE IN THE COMING
YEAR?**

LEADERSHIP OPPORTUNITIES

NEED NOW (DEFINITELY)

- Membership Coordinator
 - Send new member welcome
 - Recruit new members
- ACPD Committee Representative
 - Attend monthly ACPD meetings
 - Bring division important issues to ACPD
 - Provide content for ACPD emails as appropriate

NEED NOW (IDEALLY)

- Conference Committee Representative
- Fundraising Committee Representative
- Communication Coordinator
- Competency Coordinator



LEADERSHIP OPPORTUNITIES– ELECTED POSITIONS

[NEED LATER FOR 2021 - 2022](#)



- Chair-Elect
 - Responsible for supporting the work of the Division, learning from the Chair as they prepare to take on the role of leadership in the next year.
- Treasurer/Secretary (NEW)
 - Responsible for creating and managing the financials of the Division such as the budget and expenses as well as taking notes and tracking progress on Division goals around meetings.

VOLUNTEER NEEDS



- OSTEOARTHRITIS ACTION ALLIANCE (OAAA) SNEB REPRESENTATIVE
 - OAAA expanding its work/offerings in nutrition and weight management
 - Need a nutrition educator to serve on a subcommittee with physicians, social workers, exercise scientists, and other health practitioners
 - 1 meeting per month (~30 minutes)
 - SNEB has agreed to present a lunch-and-learn as part of monthly series
 - Date: Oct 21, 2020
 - 18-20 minutes of content plus Q&A
 - Volunteer can present or collaborate with Dr. Kolasa

GOALS FOR THE DIVISION

- LONG TERM – OVER THE NEXT 3 YEARS
- SHORT TERM – THIS YEAR
- COMMUNICATIONS CONSISTENCY – WHAT DO YOU WANT?
- CONNECTING WITH OTHER ORGANIZATIONS?



SAVE THE DATE!

- NEXT DIVISION MEETING
- AUGUST 18, 2020 @ 1 PM EST
- VIA GO TO MEETING
 - will email link



SNEB HEALTHY AGING DIVISION

Thank you!!



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