



# Older Americans Act: Nutrition Services Program

## Introduction

The Nutrition Services Program, authorized under Title III of the Older Americans Act (OAA), provides grants to states and U.S. territories to support nutrition services programs for seniors. As stipulated in the law, the purposes of the program are to (1) reduce hunger and food insecurity, (2) promote the socialization of older individuals, and (3) promote the health and well-being of older individuals by assisting them to access nutrition and other disease prevention and health promotion services to delay the onset of adverse health conditions resulting from poor nutrition or sedentary behavior.

According to the U.S. Department of Agriculture (USDA), 8.3% of U.S. households with an elderly member were food insecure in 2015, defined as households reporting low or very low food security. Households in which elderly lived alone reported a higher rate of food insecurity, at 9.2%.

As the largest OAA program, the Title III Nutrition Services Program received \$838 million in FY2017, accounting for 44% of the act's total funding (\$1.9 billion). The Older Americans Act Reauthorization Act of 2016 (P.L. 114-144) extended authorized appropriations through FY2019.

## Administration

The Administration on Aging (AOA) in the Administration for Community Living (ACL) within the Department of Health and Human Services (HHS) administers the Nutrition Services Program, which includes

- the Congregate Nutrition Services Program,
- the Home-Delivered Nutrition Services Program, and
- Nutrition Services Incentive Program.

States that implement these programs must target nutrition services to older persons with the greatest social and economic need, with particular attention to people with low-incomes, including low-income minorities, people with limited English proficiency, people residing in rural areas, and those at risk for institutionalization. Means tests for program participation are prohibited, but older persons are encouraged to contribute to the costs of nutrition services. Older individuals may not be denied services for failure to contribute.

## Congregate Nutrition Services

Congregate nutrition services provide meals and related nutrition services to older individuals in a variety of group settings, such as senior centers, community centers, schools, and adult day care centers. The program also provides seniors with opportunities for social engagement and volunteering.

Individuals aged 60 or older and their spouses (regardless of age) may participate in the congregate nutrition program. The following groups may also receive meals: persons under age 60 with disabilities who reside in housing facilities occupied primarily by the elderly, where congregate meals are served; persons with disabilities who reside with, and accompany, older persons to meals in congregate settings; and volunteers who provide services during the meal hours. In FY2015, a total of 79.4 million congregate meals were served to nearly 1.6 million meal participants.

## Home-Delivered Nutrition Services

Home-delivered nutrition services (commonly referred to as “meals on wheels”) provide meals and related nutrition services to older individuals, with priority given to homebound older individuals. According to AOA, “home-delivered meals are often the first in-home service that an older adult receives, and the program is a primary access point for other home and community-based services.”

Home-delivered meals can be an important service for many family caregivers. Such meals may assist family members with their caregiving responsibilities and help them maintain their own health and personal well-being. Individuals aged 60 or older and their spouses (regardless of age) may participate in the home-delivered nutrition program. Services may be available to individuals under age 60 with disabilities if they reside at home with the older individual. In FY2015, a total of 142.6 million home-delivered meals were provided to over 859,000 meal participants.

## Nutrition Services Incentive Program (NSIP)

NSIP provides funds to states, U.S. territories, and Indian tribal organizations to purchase food or to cover the costs of food commodities provided by the USDA for the congregate and home-delivered nutrition programs. NSIP was originally established by the OAA in 1974 as the Nutrition Program for the Elderly and administered by USDA. In 2003, Congress transferred the administration of NSIP from USDA to AOA. However, states and other entities may continue to receive all or part of their NSIP grants in the form of USDA commodities. Obligations for commodity procurement for NSIP are funded under an agreement between USDA and HHS.

## Funding

The AOA awards separate grants to states and U.S. territories for the congregate nutrition services program and home-delivered nutrition services program. State Units on Aging (SUAs) administer the program at the state level, and in turn, award those funds to over 600 Area Agencies on Aging (AAAs), which oversee the program in their respective planning and service areas. The AOA also

awards a separate grant to states, U.S. territories, and tribal organizations for NSIP.

Grants for congregate and home-delivered nutrition services are awarded to states and U.S. territories based on a statutory formula that takes into account each entity's relative share of the population aged 60 and over. States are required to provide a matching share of 15% in order to receive these funds. NSIP grants are awarded to states and other entities based on each entity's share of total meals served by the nutrition services program (both congregate and home-delivered meals) in all states, U.S. territories, and tribes during the prior year. There is no matching requirement for NSIP grant awards.

In FY2017, of the \$838 million appropriated for the Nutrition Services Program, \$450 million was for congregate nutrition (54%), \$227 million for home-delivered nutrition (27%), and \$160 million for NSIP (19%).

### Service Delivery

Nutrition services providers are required to offer at least one meal per day, five or more days per week (except in rural areas, where provision can be less frequent). The meals must comply with the Dietary Guidelines for Americans published by the Secretary of HHS and the Secretary of Agriculture. Providers must serve meals that meet certain dietary requirements based on the number of meals served by the project each day. Providers that serve one meal per day must provide to each participant a minimum of one-third of the daily recommended dietary reference intakes (DRIs) established by the Food and Nutrition Board of the Institute of Medicine (IOM). Providers that serve two meals per day must provide a minimum of two-thirds of the DRIs, and those that serve three meals per day must provide 100% of the DRIs. Providers must comply with state or local laws regarding safe and sanitary handling of food, equipment, and supplies used to store, prepare, and deliver meals, and providers must carry out meal programs using the expertise of dietitians and meal participants.

Nutrition service providers may offer nutrition-related services, such as nutrition education and screening, nutrition assessment, and counseling, as appropriate. Providers are encouraged to make arrangements with schools and other facilities serving meals to children to promote intergenerational meals programs. Where feasible, states must ensure that nutrition programs encourage the use of locally grown foods in meals programs and identify potential partnerships and contracts with local producers and providers of locally grown foods.

### Program Participation

A national survey of OAA participants shows that in 2015, 54% of congregate nutrition survey respondents were aged 75 and older; 44% lived alone; 10% had annual income of \$10,000 or less; and 72% reported that the congregate meals program provided one-half or more of their daily food intake. Furthermore, many congregate nutrition recipients reported these meals have fostered greater

socialization, with 84% saying that they saw friends more often due to meals.

The same 2015 survey found that 70% of home-delivered respondents were aged 75 and older; 59% lived alone; 21% had annual income of \$10,000 or less; and 57% said that the home-delivered meals program provided at least one-half of their daily food intake. According to the survey, home-delivered meals recipients tend to be particularly frail and at risk for institutionalization, in part due to the requirement that participants be homebound. Almost 4 out of 10 recipients (39%) reported needing assistance with one or more activities of daily living (ADLs, such as bathing, dressing, eating, and using the toilet); 15% of these recipients needed assistance with three or more ADLs. In addition, 80% reported needing assistance with one or more instrumental activities of daily living (IADLs, such as shopping, telephoning, doing housework, and getting around inside the home).

### Program Evaluation

ACL is conducting an evaluation of the Nutrition Services Program. The first two evaluation phases, a process evaluation and meal cost analysis, have been completed. The third phase, a client outcome study to assess program effectiveness (e.g., nutrient adequacy, socialization, health outcomes, and institutionalization), is underway. Mathematica Policy Research is conducting the evaluation. Final reports from the first to two phases were published in 2015, with results compared to the last national evaluation of the nutrition program completed in 1995.

The process evaluation collected data from SUAs, AAAs, and local service providers (LSPs) to assess program administration and service delivery. According to the evaluation, the provision of home-delivered meals has expanded since 1995, with more LSPs offering home-delivered meals. While the percentage of LSPs offering congregate meals decreased slightly (95% to 93%), more congregate meals programs are offering breakfast and dinner (in addition to lunch, which all sites offer), as well as meals on weekends. In addition, programs are offering more options for "modified" meals, which are lower in fat, sodium, or calories. More LSPs report waiting lists for home-delivered meals, but waiting lists have fewer people, on average, than in 1995.

The meal cost analysis estimated the average costs of meals provided and examined cost variation. The analysis found that, on average, home-delivered meals cost more to provide than congregate meals (\$11.06 vs. \$10.69), including costs of both purchased and donated resources. However, costs vary by program size, geographic region, and urban, suburban, and rural or frontier areas. Consistent with the 1995 evaluation, findings show it costs more to produce a home-delivered meal than a congregate meal. Researchers found that average meal costs outpaced inflation, which they attributed to food costs increasing at a faster rate than inflation between 1995 and 2015.

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