Improving Access to Healthier Foods for Individuals with Intellectual Disabilities Living in Home Care Settings through Model Food Service Guidelines

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Presenter Disclosures

Angela Amico

The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:

No Relationships to Disclose

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Center for Science in the Public Interest

• Since 1971, CSPI mission:
  • Make it easier to eat healthfully
  • Prevent/mitigate diet- and obesity-related diseases

• What do we do?
  • Empower consumers to identify and choose healthier options
  • Safeguard food supply
  • Transform the food environment to support healthier eating

• How do we do it?
  • National, state and local policy
  • Corporate engagement
  • Litigation
  • Consumer education

Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)

Calories 230

Total Fat 8g 10%
- Saturated Fat 1g 5%
- Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%
- Dietary Fiber 4g 14%
- Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%
Calcium 260mg 20%
Iron 8mg 45%
Potassium 235mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
Nutrition Recommendations
Our Actual Food Environment
Why Healthier Public Places?

- Model and reinforce other nutrition and obesity prevention efforts
- Increase demand for healthier foods and beverages
- Encourage product reformulation
- Reduce prevalence of obesity, diabetes, heart disease, and diet-related diseases
- Reduce health care costs
Good Food Transforms the Food System

Policy Reset

Shift Industry Practices

Increase Demand

Increased supply
Comprehensive Guidelines
Benefit Communities

• Parks and Recreation
• Convention Centers
• Office Buildings
• Libraries
• Senior Centers

• Schools and Universities
• Hospitals
• Correctional Facilities
Special Olympics
Center for Inclusive Health

Center for Inclusive Health
Everyone has the same right to health. Don’t wait for someone else to make it happen.

JOIN THE INCLUSION REVOLUTION
Understanding Group Home Practices

Worked with American Network of Community Options and Resources (ANCOR), which represents more than 1,400 community providers

Interviewed and surveyed service providers for adults with intellectual disabilities
Intellectual and Developmental Disabilities

Developmental Disability: broad term to encompass both physical and intellectual disability

Intellectual (Cognitive) Disability:
• Intellectual functioning level (IQ) below 70-75
• Significant limitations in adaptative skills
• Condition present from childhood
Dietary Considerations

Table showing food and liquid texture modifications
Health Disparities

Adults with intellectual disability are:

• 5x > diabetes
• 2x > heart disease
• Higher risk for obesity

Group Homes

Intermediate care facilities: optional Medicaid benefit, offered by all states

- Higher level of care (active treatment required)
- Comprehensive services: room and board

Medicaid 1915(c) Home and Community-based Services Waiver established 1981

- Community integration 2014, focus on individual
- Typically lower level of care
- Can include meal services
Group Homes

• Several group homes may be managed by same organization
• <10 residents, many <5 residents
• Not all group homes have dietitian (varies by intermediate care facility and community options)

Image Source: Fairfield City Champion
## SAMPLE 2-WEEK MENUS

<table>
<thead>
<tr>
<th>DAY 1</th>
<th>DAY 2</th>
<th>DAY 3</th>
<th>DAY 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BREAKFAST</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Peanut Butter Raisin Oatmeal:</td>
<td>Cereal with Fruit:</td>
<td>Scrambled Eggs:</td>
<td>Banana Walnut Oatmeal:</td>
</tr>
<tr>
<td>1 cup cooked oatmeal</td>
<td>1 cup toasted oat cereal</td>
<td>2 eggs</td>
<td>1 large orange</td>
</tr>
<tr>
<td>1 Tbsp peanut butter</td>
<td>1 medium banana</td>
<td>2 Tbsp lowfat milk</td>
<td>Beverage: 1 cup lowfat milk</td>
</tr>
<tr>
<td>¾ cup raisins</td>
<td>¼ cup lowfat milk</td>
<td>1 tsp vegetable oil</td>
<td></td>
</tr>
<tr>
<td>Beverage: 1 cup orange juice</td>
<td>1 hard-cooked egg</td>
<td>2 turkey sausage links</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Beverage: Water, coffee, tea</td>
<td>1 slice whole-wheat toast</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>½ tsp tub margarine</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 tsp jelly</td>
<td></td>
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<td></td>
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<td></td>
</tr>
<tr>
<td><strong>LUNCH</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tuna-Cucumber Wrap:</td>
<td>Green Salad with Honey Lemon Chicken:</td>
<td>One Pan Spaghetti*</td>
<td>Green Salad with Tuna:</td>
</tr>
<tr>
<td>1 8” flour tortilla</td>
<td>1 cup romaine lettuce</td>
<td>Side Salad:</td>
<td>1 cup romaine lettuce</td>
</tr>
<tr>
<td>3 oz tuna (canned in water)</td>
<td>3 oz sliced Honey Lemon Chicken*</td>
<td>3 oz tuna (canned in water)</td>
<td></td>
</tr>
<tr>
<td>2 Tbsp mayonnaise</td>
<td>3 slices tomato</td>
<td>3 medium slices tomato</td>
<td></td>
</tr>
<tr>
<td>5 cucumber sticks</td>
<td>5 slices cucumber</td>
<td>¼ cup sliced carrots</td>
<td></td>
</tr>
<tr>
<td>¼ cup lowfat vanilla yogurt</td>
<td>2 Tbsp vinaigrette dressing**</td>
<td>1 tsp vinaigrette dressing**</td>
<td></td>
</tr>
<tr>
<td>Beverage: 1 cup lowfat milk</td>
<td>1 slice whole-wheat bread</td>
<td>1 slice whole-wheat bread</td>
<td></td>
</tr>
<tr>
<td></td>
<td>½ tsp tub margarine</td>
<td>½ tsp tub margarine</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Beverage: 1 cup lowfat milk</td>
<td></td>
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</tr>
<tr>
<td><strong>DINNER</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Honey Lemon Chicken*</td>
<td>One Pan Spaghetti* (includes</td>
<td>Polenta with Pepper and Cheese</td>
<td>Marinated Beef</td>
</tr>
<tr>
<td>Brown Rice Pilaf</td>
<td>ground beef and tomato sauce)</td>
<td>(includes black or kidney beans)</td>
<td>Mashed potatoes:</td>
</tr>
<tr>
<td>1 cup peas and corn</td>
<td>½ cup steamed broccoli (frozen)</td>
<td>1 cup cooked green beans (frozen)</td>
<td>1 cup cooked potatoes</td>
</tr>
<tr>
<td>½ cup corn (frozen)</td>
<td>½ tsp tub margarine</td>
<td>1 tsp tub margarine</td>
<td>1 Tbsp lowfat milk</td>
</tr>
<tr>
<td>½ cup green peas (frozen)</td>
<td>1 white roll</td>
<td>1 tsp tub margarine</td>
<td>2 tsp tub margarine</td>
</tr>
<tr>
<td>1 Chocolate Chip Yogurt Cookie*</td>
<td>1 chocolate chip margarine</td>
<td>1 Chocolate Chip Yogurt Cookie*</td>
<td>1 cup mixed vegetables</td>
</tr>
<tr>
<td>Beverage: 1 cup lowfat milk</td>
<td>Beverage: 1 cup lowfat milk</td>
<td>Beverage: 1 cup lowfat milk</td>
<td>(frozen)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1 tsp tub margarine</td>
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<td></td>
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<tr>
<td><strong>SNACKS</strong></td>
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<tr>
<td>Carrot Sticks with Dip:</td>
<td>Popcorn (3 cups popped)</td>
<td>Pretzels and Dip</td>
<td>Banana Bread*</td>
</tr>
<tr>
<td>½ cup carrot sticks</td>
<td>2 Tbsp kernels</td>
<td>½ cup pretzels</td>
<td>½ tsp tub margarine</td>
</tr>
<tr>
<td>2 Tbsp hummus</td>
<td>1 tsp vegetable oil</td>
<td>1 Tbsp hummus</td>
<td>1 cup grapes</td>
</tr>
<tr>
<td>6 whole-grain crackers</td>
<td>1 large orange</td>
<td>1 medium banana</td>
<td></td>
</tr>
</tbody>
</table>

Example of two week sample menu
Common Dietary Modifications

- **Nutrition**
  - Reduced calorie
  - Reduced sodium
  - Reduced sugar
  - Reduced serving amount
  - Reduced fat

- **Other**
  - Medication
  - Modified texture
  - Thickened liquids
  - Adaptive eating equipment

- **Allergens and preferences**
General Guidelines

- Fruits and vegetables
- Whole grains
- Calories
- Sugar
- Sodium
- Saturated fat
Meal Planning Resources

- Government resources (e.g. MyPlate) and online recipes
- Meals may be planned by third party
  - Food vendor
  - Dietitian
- Majority did not work with private program or company for assistance developing menus, some do
  - Services can be comprehensive, including shopping lists and incentives
  - Cost can be barrier
Food Shopping

- Grocery lists developed by dietitians, group home staff, individuals supported
- Individuals supported to add items to grocery list
- Food Sources:
  - Grocery stores
  - Food distributors (Sysco)
  - Central kitchens
Food Shopping

- Shopping by service providers, individuals supported, food/nutrition staff (dietitian, chef, food service supervisor)

- Daily Food Budget
  - $4.75- $60
  - Based on number of individuals in home and dietary needs
Food Preparation

- By staff members, with some potential involvement from individuals supported
- Staff preparing food have some training (e.g. safe food handling)
- May not have received culinary training or have other responsibilities in the home
- Some homes have specific food preparation staff
Food Preparation

• Scratch cooking
• Combination of prepared foods and scratch cooked items
• Pre-prepared foods (e.g. frozen entrees)
• Staff do not always follow recipes
  • Lack of culinary training
  • Shortcuts (substituting processed or pre-prepared items)
  • Wrong ingredients purchased or missing ingredients
  • Staff preference for certain dishes
  • Individuals supported recipe preferences
Staff Participation

Staff:
- Eat for free with individuals supported
- Choose not to eat with individuals supported
- Pay to eat with individuals supported
- Eat their own food while serving meals to individuals supported
Acceptability

- General acceptability
- Preference for meals made by certain staff members
- Few regular complaints
- Individual variation (some picky eaters, some who generally like everything)

Image Source: Portland Press Herald
Food Away from Home

• Packed lunches for day programs
• Individual purchases at grocery stores and restaurants
Challenges

• Modifications of meals makes general resources challenging
  • “General resources are not that helpful”

• Limited time and staff training
  • “Any training would be helpful”
  • “Healthy frozen prepared meals that can be used when staffing is short or there are a lot of activities to attend to and meal preparation time is short.”

• High turnover rate among providers
The Bigger Picture

• Our food environment is challenging
• Considering an inclusive health approach ensures better access to healthier foods for everyone
Stay Connected

Join our Action Network at
cspinet.org/ActNow
Inclusive Health Resources

- Special Olympics Center for Inclusive Health
- American Association on Intellectual and Developmental Disabilities
- American Academy of Developmental Medicine and Dentistry
Food Service Guideline Resources

- Healthy Meeting Toolkit and Model Pledge available at [healthymeeting.org](http://healthymeeting.org)
- Food Service Guidelines Collaborative [foodserviceguidelines.org](http://foodserviceguidelines.org)
- Learn about new resources and funding opportunities and network with others working on food service guidelines through our listserv
- E-mail: aamico@cspinet.org