Senior Services Advisory Board

October 8, 2026

Davis COUNTY HEALTH DEPARTMENT

Healthy Choices. Healthy People. Healthy Communities.

Review of Minutes - August 2026

Davis COUNTY HEALTH DEPARTMENT

Healthy Choices. Healthy People. Healthy Communities.

IMPROVING OLDER ADULT HEALTH

Malnutrition Screening & Home-Delivered Meal Pilot

Department *of* Health & Human Services
Aging & Adult Services

Amy Covington MS, RDN, DipACLM
Nutrition Program Manager

OUTLINE

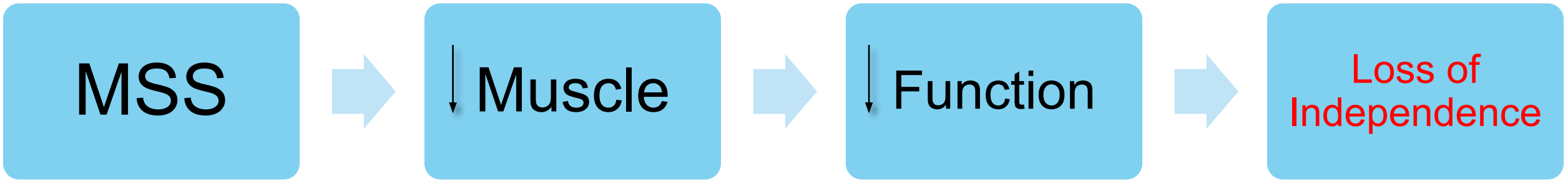
- MALNUTRITION AND OLDER ADULTS
- PILOT DESIGN
- PILOT RESULTS
- DAVIS AAA CONTRIBUTION

Older Adult Malnutrition Nationally & Locally

PROBLEM: GROWING NATIONAL CRISIS

- 1 in 2 older adults in American are at risk or malnourished
- Leads to 4-6 increase in avg. hospital stay, increased falls, accelerated loss of independence
- Malnutrition sarcopenia syndrome (MSS)

Malnutrition Sarcopenia Syndrome



Older Adult Malnutrition Nationally & Locally

PROBLEM: HIGH LOCAL IMPACT

- Utah ranks among states with elevated malnutrition mortality rates for 60+
- ~54% of HDM clients entering AAA programs in Utah rate as nutritionally at-risk at baseline intake

Older Adult Malnutrition Nationally & Locally

OPPORTUNITY:

- Malnutrition in homebound seniors is under-identified
- Implementing standard screening at intake enables early detection and targeted intervention

PILOT GOAL

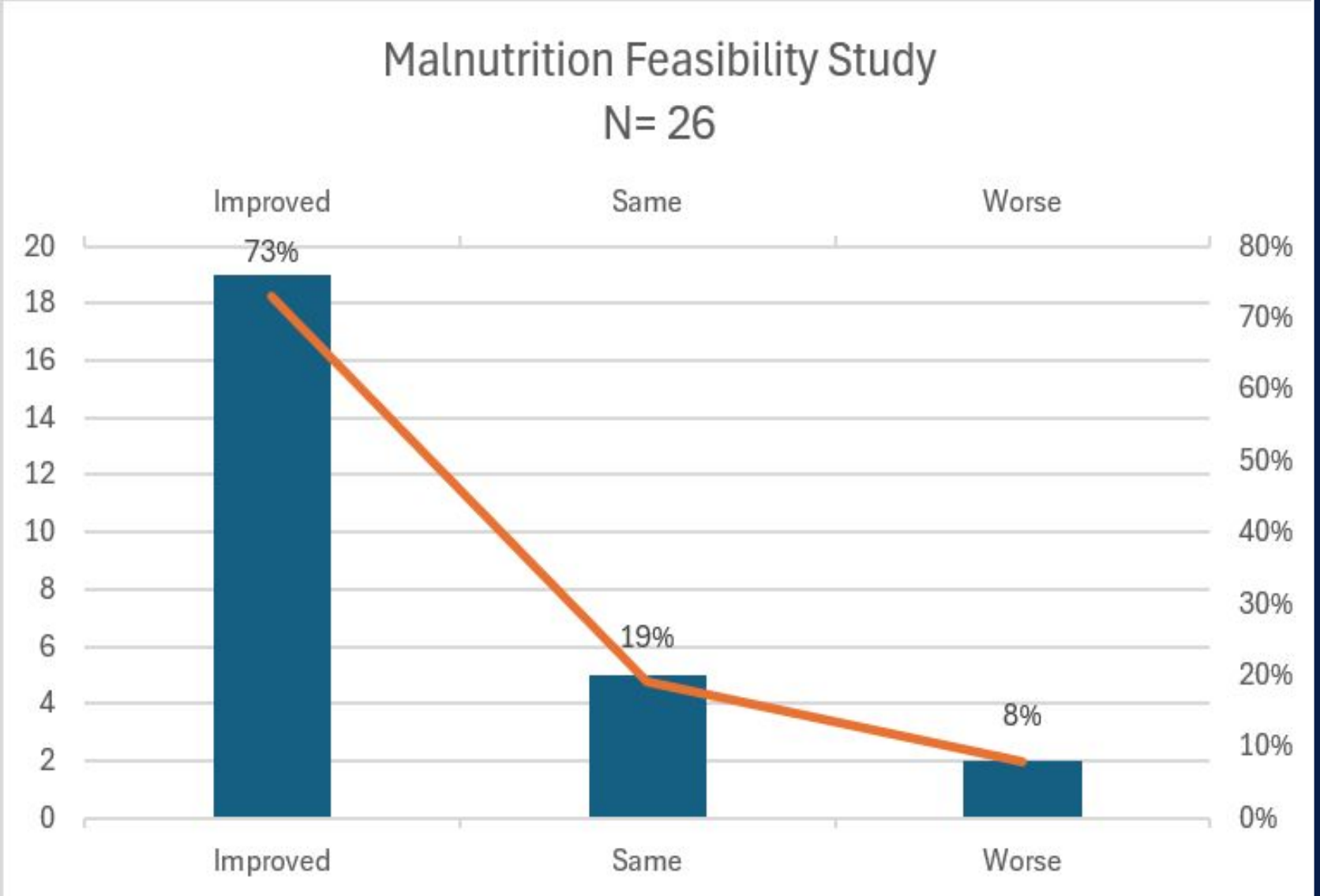
Detect and mitigate malnutrition risk using validated Mini Nutritional Assessment-Short Form (MNA-SF), nutrition education, and referrals to other services and/or providers

PROACTIVE SCREENING & INTERVENTION

- Target population: newly enrolled HDM participants across 3 participating AAAs
- Target individual: HDM participants with ≥6 nutrition risk score
- Protocol: baseline malnutrition screening by RDN or case manager
- Targeted HDM and nutrition plan for 3 months
- Re-assessment at 3 months to evaluate risk reduction

PILOT DESIGN

Totals	Enrolled	Completed	Improved	Same	Worse
Number	41	26	19	5	2
Percentage		67%	73%	19%	8%



PILOT RESULTS

QUANTITATIVE & QUALITATIVE RESULTS

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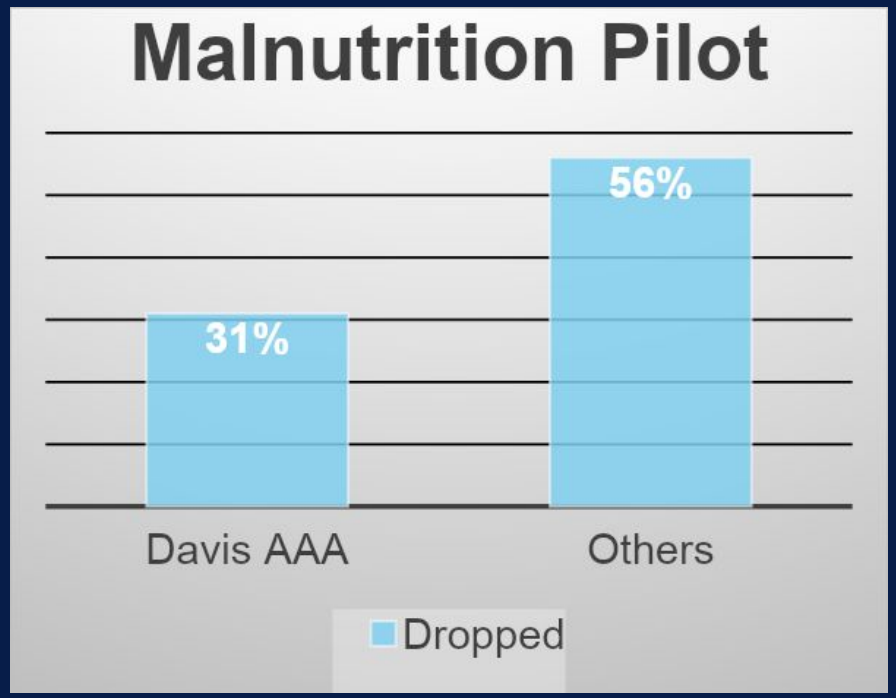
Davis Co. AAA

The RDN's Contribution

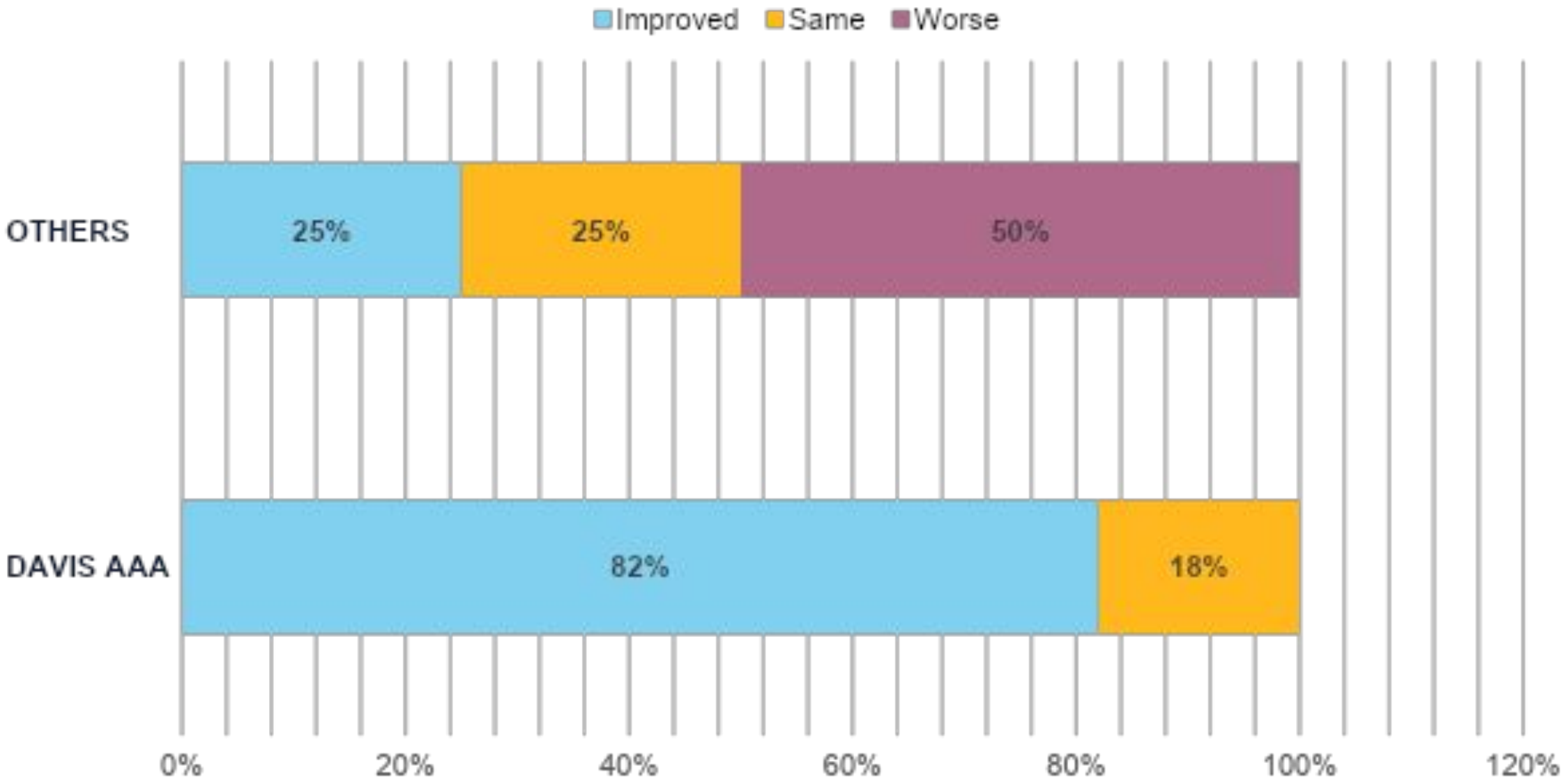
Stronger results with RDN involvement



The value of RDN expertise

- Individual nutrition assessment
- Medical nutrition therapy tailored to participant needs
- Follow-up to support progress

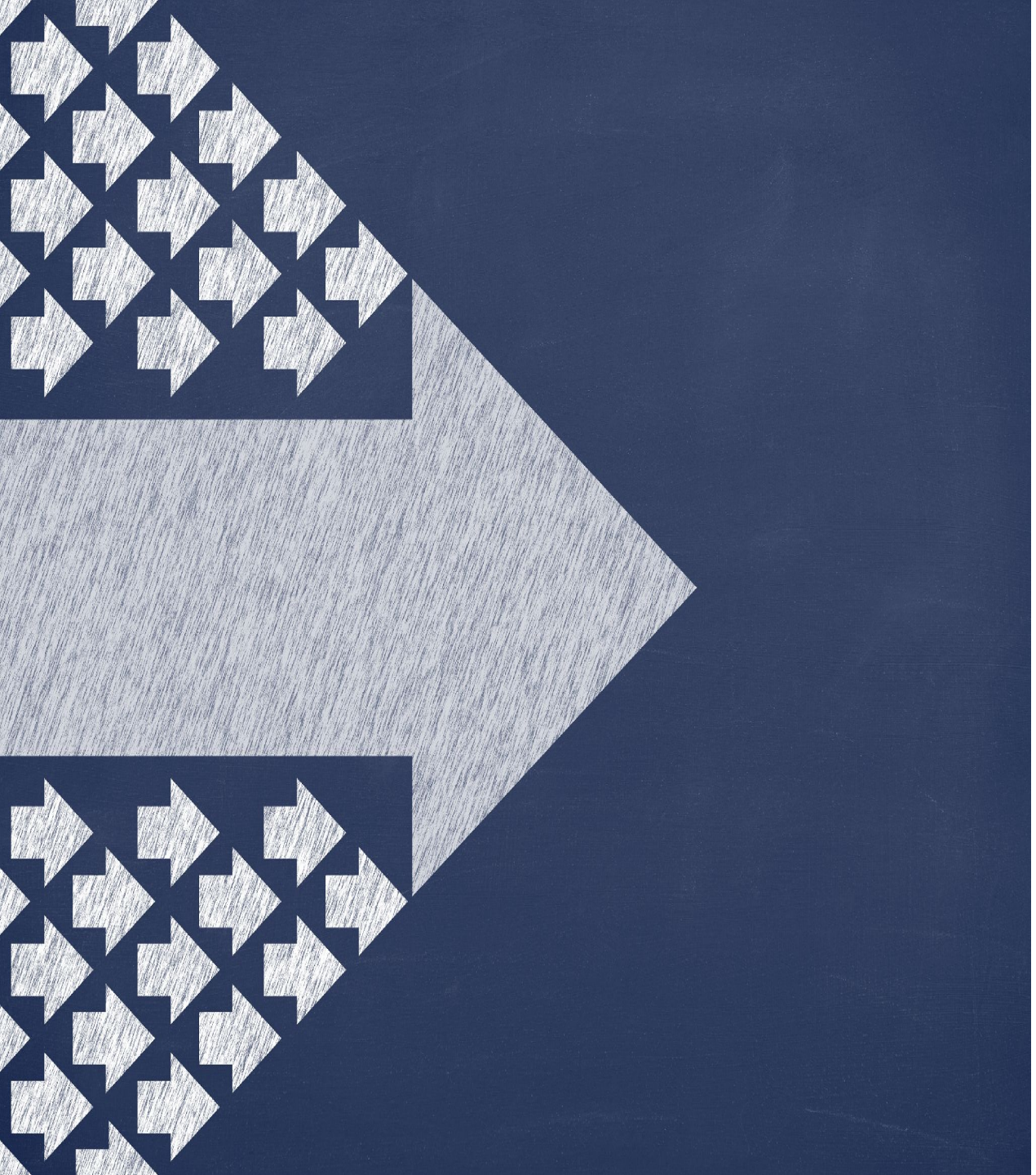
Malnutrition Pilot Results



Continued RDN Funding:

An investment in aging at home

Nursing home delayed	Equivalent facility cost
30 Days for one person	$12,150
90 Days for one person	$36,450
90 Days for two people	$182,250



CONTINUED SUPPORT OF THE OAA PROGRAMS

INCLUDING RDN PROVIDED MEDICAL NUTRITION THERAPY

Thanks!

Department *of* Health
& Human Services
Aging *&* Adult Services

Center Activity Reference List

Davis County Senior Services — Senior Activities List (Oct - Dec 2026)

Activity	Activity Type	Date	Time	Location / Venue	Contact Person
Miscellaneous Activities					
RSVP Volunteer Recognition Event	10/28/2026	3:30 PM - 6:00 PM	Check-In 3:30-4PM Event 4:00 - 6:00 PM	Warehouse 22 1068 W 350 S, Syracuse	Tazia Venstra tvenstra@co.davis.ut.us
Dealing with Dementia					
Dealing with Dementia	Dementia Caregiver Workshop	11/5/2026	10:00 AM - 2:30 PM	Central Davis Senior Center 81 E Center St, Kaysville	Eve Larsen elarsen@co.davis.ut.us
Dementia Diaglogues					
Dementia Dialogues	Dementia Dialogues (Part 1)	10/6/2026	12:00 PM - 2:30 PM	North Davis Senior Activity Center 42 S. State St, Clearfield	Sheryl Knight sknight@co.davis.ut.us
Dementia Dialogues	Dementia Dialogues (Part 2)	10/13/2026	12:00 PM - 2:30 PM	North Davis Senior Activity Center 42 S. State St, Clearfield	Sheryl Knight sknight@co.davis.ut.us
Dementia Dialogues	Dementia Dialogues (Part 3)	10/20/2026	12:00 PM - 2:30 PM	North Davis Senior Activity Center 42 S. State St, Clearfield	Sheryl Knight Sknight@co.davis.ut.us
Medicare 101 Classes					
Medicare 101 Classes	Medicare 101 Information Session	10/15/2026	6:30 PM - 7:30 PM	Layton Library 1500 Heritage Pkwy, Layton	John Cowan jcowan@co.davis.ut.us
Medicare 101 Classes	Medicare 101 Information Session	11/19/2026	6:30 PM - 7:30 PM	Centerville Library 45 S. 400 W., Centerville	John Cowan jcowan@co.davis.ut.us
Medicare 101 Classes	Medicare 101 Information Session	12/17/2026	6:30 PM - 7:30 PM	Kaysville Library 212 N Fairfield Rd, Layton	John Cowan jcowan@co.davis.ut.us
Scam and Fraud Prevention					
Fraud Prevention Lunch Chat	Lunch and learn with a certified advocate	10/8/2026	11:45 AM	South Davis Senior Activity Center 726 S. 100 E., Bountiful	Nanette Hadley Ph. 801-451-3660
Fraud Prevention Lunch Chat	Lunch and learn with a certified advocate	10/9/2026	11:45 AM	Central Davis Senior Center 81 E Center St, Kaysville	Marie Jogensen Ph. 801-444-2290
Fraud Prevention Lunch Chat	Lunch and learn with a certified advocate	10/20/2026	11:45 AM	North Davis Senior Activity Center 42 S. State St, Clearfield	Debbie Draper Ph. 801-525-5080

The Activity Reference list will be updated with new activities and/or any changes and emailed monthly.

Home & Community Based Services

Programs that offer a variety of in-home services that allow adults to remain in their homes and receive supportive services through Person Centered Care Planning

Home & Community Based Alternatives (TAP)

Comprehensive alternative care solutions structured for independent living at home.

Family Caregiver Support Program

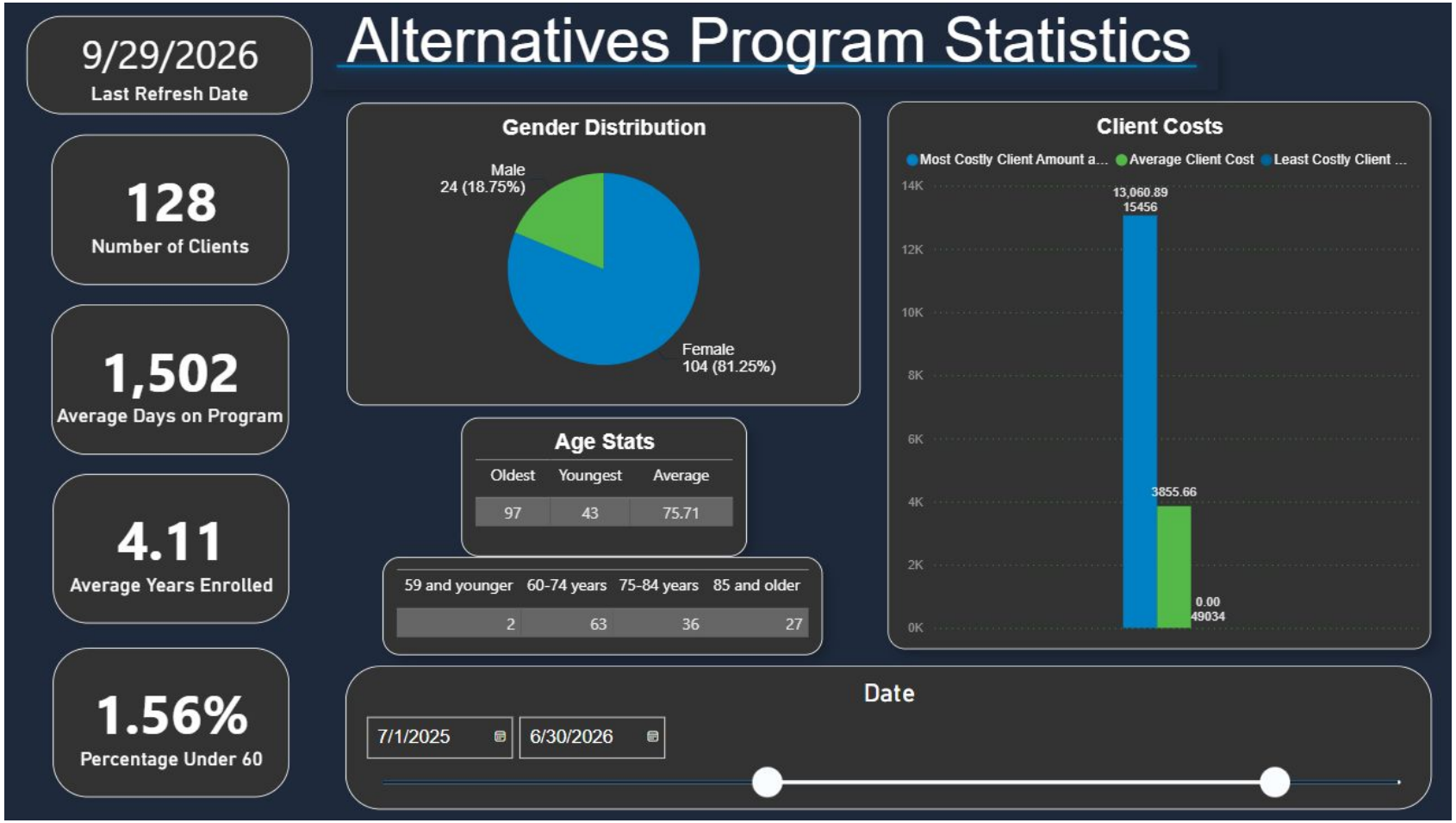
Dedicated resources, training, and relief support designed to assist family caregivers.

Medicaid Aging Waiver & New Choices Waiver

Specialized Medicaid programs offering tailored medical, personal, and supportive assistance.

Davis COUNTY HEALTH DEPARTMENT

AGEWISE Dashboard - State Fiscal Year 2026



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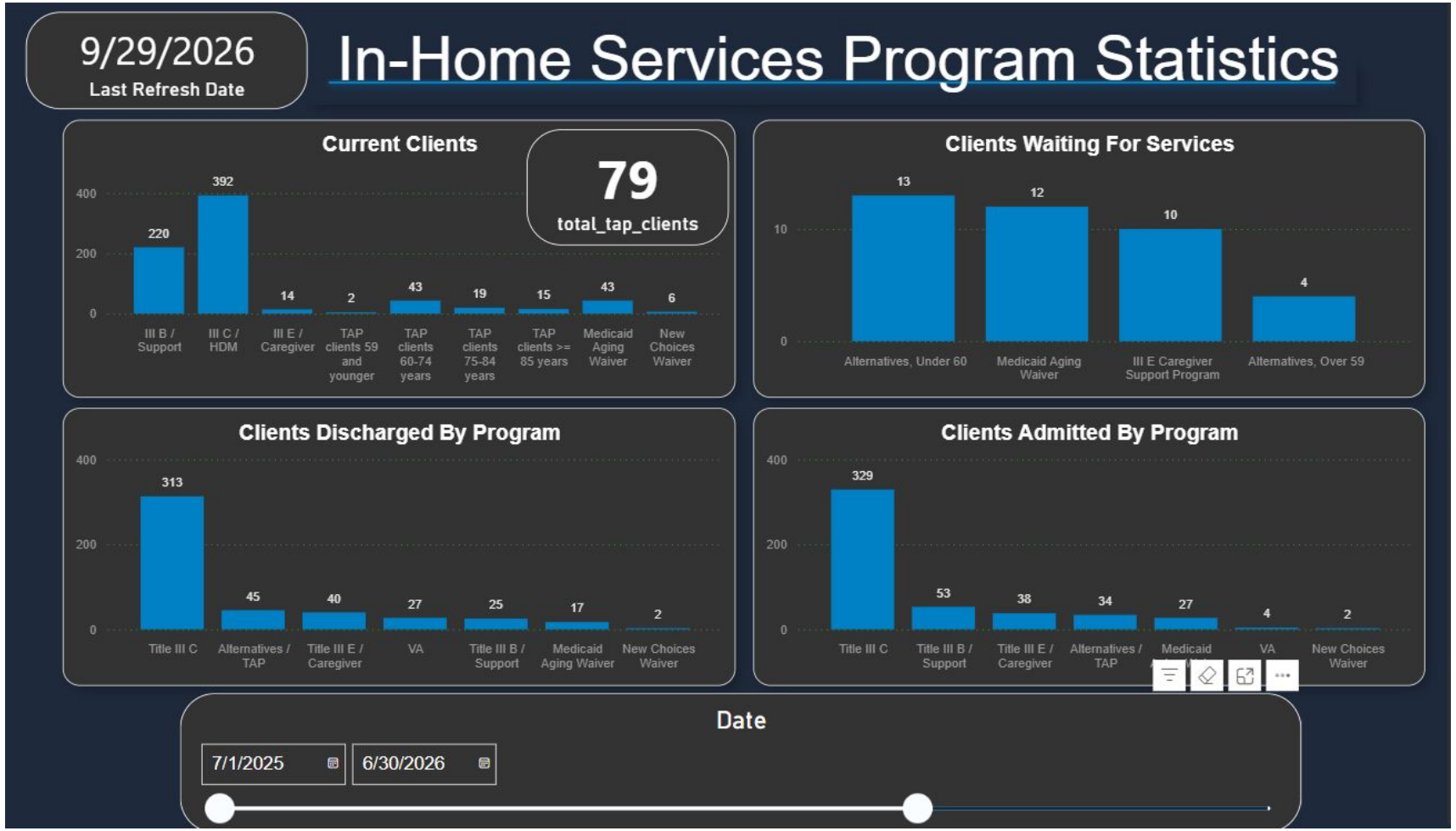
AGEWISE Dashboard - State Fiscal Year 2026



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In Home Services: Davis County vs. Statewide

	BRAG	MTNLND	5-CO	SLC	UINTAH CNT	WEBER	DAVIS	S EAST	TOOELE	6-CO	SAN JUAN	UINTAH BAS	TOTALS
I - CURRENT CLIENTS													
Number of clients receiving services from the **Alternatives Program** on last day of month Under 60	4	0	6	10	0	4	2	0	0	3	2	2	33
60 and over	25	50	61	97	18	34	86	40	12	10	22	10	465
(Totals per AAA)	29	50	67	107	18	38	88	40	12	13	24	12	498
Number of "unduplicated" **Alternatives** clients this month: those clients who have not been counted before (NEW CLIENTS)	0	0	0	0	2	0	2	1	0	0	1	0	6
Number of clients receiving services from the **Medicaid Waiver Program** on last day of month	28	62	45	134	0	28	44	7	10	32	8	0	398
Number of caregivers who received **Respite Care** during the reporting month	7	12	7	78	4	15	17	14	0	13	1	2	170
Number of "unduplicated" Caregiver clients: those clients who have not been counted before **(NEW CLIENTS)**	0	0	0	12	2	2	3	6	0	2	0	0	27
Total Number of CURRENT CLIENTS	64	124	119	331	26	83	154	68	22	60	34	14	1099
II - ACTUAL APPLICANT LIST													
Home and Community-based Alternatives 18 through 59	6	1	4	20	0	19	15	0	0	21	0	0	86
60 and over	37	90	56	106	0	77	8	4	13	60	0	2	453
(Totals per AAA)	43	91	60	126	0	96	23	4	13	81	0	2	539
Home & Community-based Medicaid Waiver	23	38	46	81	0	7	12	2	0	27	0	0	236
Respite Care	26	21	23	33	0	16	8	7	1	88	0	3	226
Home Delivered Meals	0	326	0	0	0	124	0	0	0	32	0	0	482
Congregate Meals	0	0	0	0	0	0	0	0	0	0	0	0	0
Transportation Services	0	0	0	0	0	0	107	0	0	0	0	0	107
Total Number of ACTUAL APPLICANT LIST	92	476	129	240	0	243	150	13	14	228	0	5	1590
GRAND TOTAL OF ACTUAL CURRENT CLIENTS + ACTUAL APPLICANT LIST	156	600	248	571	26	326	304	81	36	288	34	19	2689

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Director's Report

A. Division Highlights

B. Legislation Updates

C. Staff Changes

D. Budget Update

RSVP DASHBOARD CALCULATOR

	TARGET	TOTAL UNDUPLICATED VOLUNTEERS
PERFORMANCE MEASURES (Grant Year Apr-Mar)	375	290
PM 1- NUTRITION/FOOD SUPPORT (Home delivered meals, front desk, friendly caller, congregate meals)	90	97
PM 2- COMPANIONSHIP (Senior Center Activites)	24	28
PM 3- NUTRITION/FOOD SUPPORT (Food Pantries)	15	28
PM 4- OUTREACH (Ombudsman)	6	7
PM 5- TUTORING (Elementary Schools)	20	22
PM 6- INVASIVE SPECIES REMOVAL (Garr Ranch)	8	6
PM 7- TRAIL REMEDIATION (Antelope Island Trails)	15	13
PM 8- AWARENESS & STEWARDSHIP (Eccles Wildlife Education Center)	5	7
PM 9 - OTHER COMMUNITY PRIORITIES (non-outcome based)	45	82
OUTCOME FOCUS (PMs 1-8)	183	208

The target outcome focus total of 183 is the number of volunteers we must have providing service in outcome focused performance measures to meet our grant requirements and is directly related to the Federal funding we receive.

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RSVP Happenings

Total Unduplicated Volunteers

- 290

Station Updates

- MOUs have been completed for the Nature Conservancy in Utah / Wings & Water Wetlands Education Program, and Holy Cross Hospital.

Grievances / Complaints / Compliments

- None to report

RSVP Initiatives

- 3 RSVP Volunteers were nominated by their station supervisors to receive the AARP Andrus Award. The honorees were:
  - Brenda Atkinson, North Davis Senior Center
  - Merilyn Olsen, Knowlton Elementary
  - Cheri Scardino, Eccles Wildlife Education Center

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RSVP Happenings

RSVP Initiatives

- Honoring the 9/11 Day of Service and Remembrance, RSVP staff and volunteers joined forces with 911day.org for the nationwide meal-packing initiative.
  - Together, across 51 locations nationwide, an incredible **17,737,970** meals were packed to help families facing food insecurity!
  - Salt Lake City packed **168,696** meals, which were donated to the Utah Food Bank.
- RSVP Recognition Event - Save the Date!
  - Oct. 28th 4:00 pm - 6:00 pm @ Warehouse 22

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Chair’s Report
Commissioner’s Report
Announcements

Davis COUNTY HEALTH DEPARTMENT