

AoA Older Americans Month 2008 Program Champion



Project: Virgin Islands Live Healthy Cooking Demonstration Project

Organization: VI Dept of Human Services, Div of Senior Citizens Affairs

Project Description

The Virgin Islands Department of Human Services, Division of Senior Citizens Affairs has extended the reach of its mission to include a health & wellness component of the State Pharmaceutical Assistance Program for the Aged (SPAP). In addition to providing financial assistance to seniors 60 years and older for the purchase of medications, the SPAP now provides health and wellness education to the seniors of the Territory.

During Older Americans Month 2007, the Division of Senior Citizens Affairs offered a “Live Healthy Cooking Demonstration” for over 250 seniors and their caregivers. The program provided nutritional information on selecting healthy foods and preparing healthy meals. A chef demonstrated how to prepare the healthy meals and a doctor discussed the interaction between food and medication. After the completion of the food preparation the seniors were served a nutritious and tasty meal.

The objectives of the Live Healthy Cooking Demonstration Project were to:

1. Provide education on appropriate diet and nutrition, selecting healthy foods, and making better choices to promote health aging and lifestyle.
2. Provide awareness of medication usage and better compliance.
3. Provide a better understanding of chronic disease states and the use of appropriate food choices, diet and nutrition for better outcomes.

The Demonstration focused on:

1. Preparing healthy meals
2. Display of healthy and super foods focusing on local foods of the Caribbean
3. Interaction between foods and medications
4. Stocking food pantry with healthy foods

The program was videotaped and was later aired on local Virgin Islands television channels. In addition, officials are considering further distributing DVDs of the program through the Food Stamp Nutrition Education Program.

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