2024 NUTRITION PROGRAM SATISFACTION AND OUTCOMES

SUMMARY

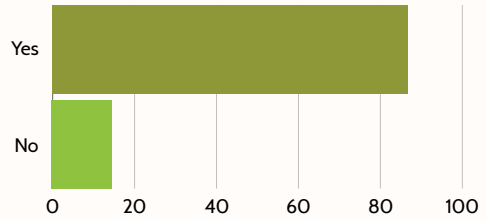
Over 6,300 older adults participating in the Nutrition Program of the Executive Office of Aging and Independence responded to a survey assessing the impact and quality of services. Meals are provided to seniors aged 60 and over at meal sites or are delivered to those that are homebound. Over 10 million meals were provided to approximately 60,300 older adults to improve nutrition and health and reduce food insecurity and loneliness. These include many medically tailored and diverse meal types. Other nutrition services provided include nutrition education and medical nutrition therapy.

PROMOTES INDEPENDENCE

86% of home delivered meal recipients (HDM) and 82% of congregate meal participants reported that the meals help them to live independently.

Approximately 80% of homebound respondents receive five or more meals per week with 21% receiving a meal in addition to the lunch meals, such as breakfast, supper, or weekend meals.

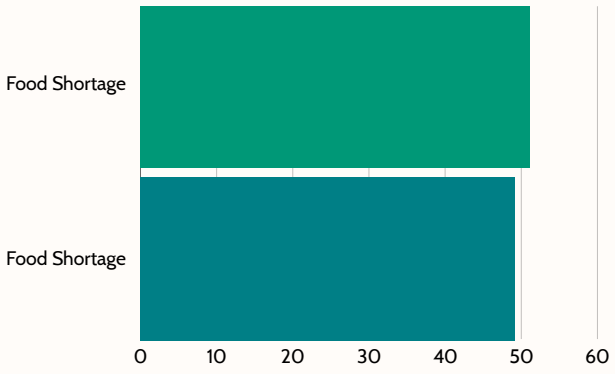
PERCENTAGE OF HDM CONSUMERS REPORTING THAT MEALS HELP THEM LIVE AT HOME (N=5,385)



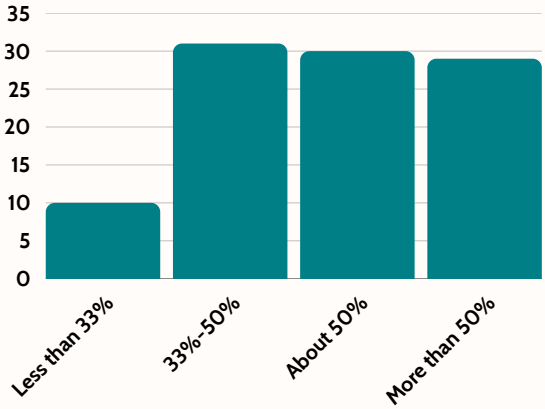
PROMOTES FOOD SECURITY

Over 1/3 (36%) of HDM respondents and 51% of congregate meal respondents reported they would have a shortage of food in the house if it were not for the program. Approximately 59% of HDM consumers said the meal contributes to half or more of their total daily intake.

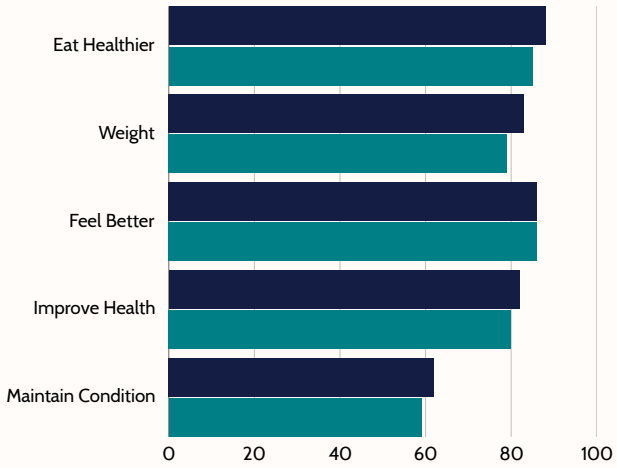
PERCENTAGE OF CONGREGATE RESPONDENTS REPORTING NOT ENOUGH FOOD WITHOUT MEAL (N=1,326)



MEAL AS A PROPORTION OF ALL FOOD THAT HDM RESPONDENTS EAT (N=5,620)



IMPACT OF MEALS ON HDM AND CONGREGATE RESPONDENTS



PROMOTES NUTRITIONAL HEALTH AND WELLNESS

Promotes Nutritional Health and Wellness HDM/Congregate recipients report that the meals help them to:

- Maintain medical condition(s) (62%/59%)
- Feel better (86%/86%)
- Eat healthier (88%/85%)
- Maintain weight (83%/79%)
- Improve health (82%/80%)

While all meals meet nutrition standards (1/3 DRI, protein, sodium, vitamins A & C, etc.), many programs also offer medically tailored meals (e.g. cardiac, renal, diabetic).

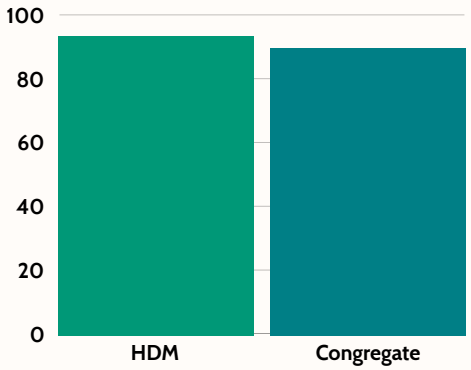
SATISFACTION WITH SERVICES

92% of HDM respondents and 89% of congregate clients would recommend the program.

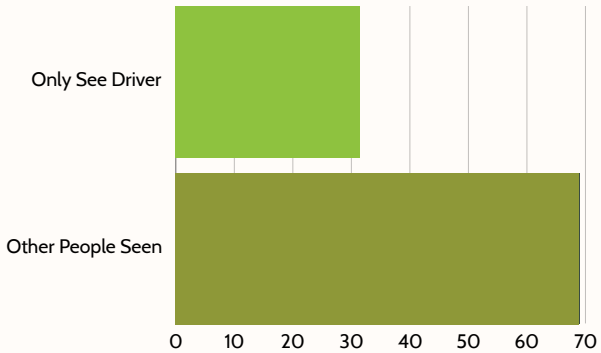
Approximately 83% of those surveyed (HDM & congregate respondents) rated the meal quality as excellent or good.

Approximately 90% of HDM respondents and 80% of congregate reported being satisfied with the taste of the meals.

HDM (N=5,471) & CONGREGATE (N=1,376) RESPONDENTS THAT WOULD RECOMMEND THE PROGRAM



HDM RESPONDENTS REPORTING MEALS DRIVER IS USUALLY ONLY PERSON SEEN (N=5,889)



SAFETY AND SOCIALIZATION

More than 1/3 (31%) of home delivered recipients live alone with no one to check on them.

HDM recipients (85%) and congregate meal consumers (88%) are less lonely because of the program.