

Iowa Department on Aging Nutrition Services Fact Sheet (SFY 2012)

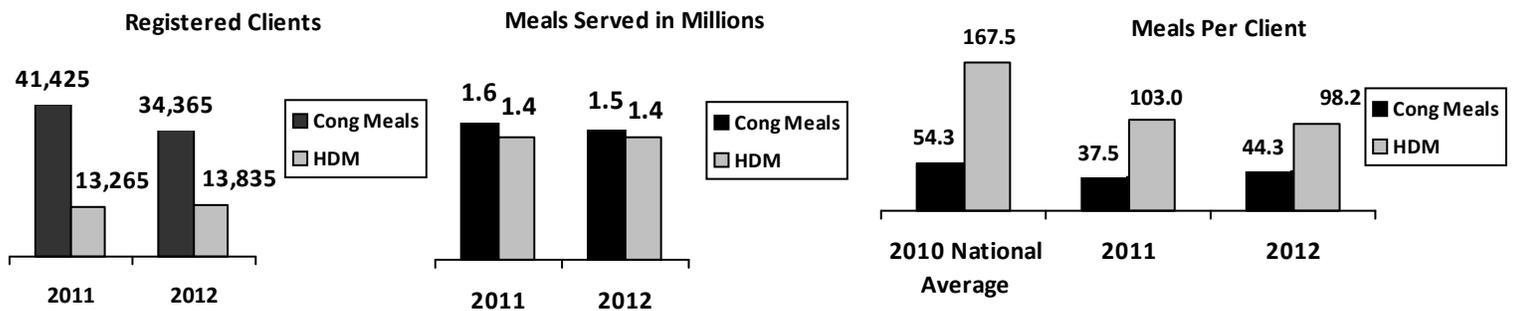


The data below reflects nutrition services received by elderly Iowans as reported to the Iowa Department on Aging by the thirteen Area Agencies on Aging (AAAs) in State Fiscal Year 2012.

Nutrition Services

| Nutrition Services | All Programs | | | General Aging | | Family Caregiver | |
|----------------------|----------------------------|----------------------------|-------------|----------------------------|-------------|----------------------------|-------------|
| | Total Registered Consumers | Aggregate Consumers Totals | Total Units | Total Registered Consumers | Total Units | Total Registered Consumers | Total Units |
| Congregate Meals | 34,365 | 0 | 1,522,329 | 34,365 | 1,522,329 | 0 | 0 |
| Home Delivered Meals | 13,835 | 0 | 1,358,671 | 13,826 | 1,357,763 | 15 | 908 |
| Nutrition Counseling | 181 | 0 | 223 | 181 | 223 | 0 | 0 |
| Nutrition Education | 1,433 | 78,636 | 72,732 | 1,433 | 72,732 | 0 | 0 |

Congregate and Home Delivered Meal Registered Consumers and Meals Served



Profile of Registered Congregate Meal Consumers

- 64% were 75 + 24% were 85+
- 66% were female 34% were male
- 22% were at high nutritional risk
- 50% lived alone
- 69% resided in rural areas
- 25% were at/or below federal poverty
- 2% were minority race and/or ethnicity

Profile of Registered Home Delivered Meal Consumers

- 74% were 75 + 39% were 85+
- 69% were female 31% were male
- 51% were at high nutritional risk
- 61% lived alone
- 67% resided in rural areas
- 34% were at/or below federal poverty
- 1% were minority race and/or ethnicity

78% of High Nutrition Risk (HNR) consumers reported they maintained or improved their Nutrition Risk Score.

17% percent improvement in HNR Congregate Meal consumers answering yes to: ***"I don't always have enough money to buy the food I need."***

2.9 Million

Number of
Congregate and Home Delivered Meals
provided

452

Number of
Active Congregate Meal
Sites

60%

Percent increase in the number of
Consumers that received the service
Nutrition Counseling from the previous
fiscal year

Note: The charts above represent only those consumers that reported an age,

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Nutrition Risk Screening & Outcomes

Nutrition Screening Questions

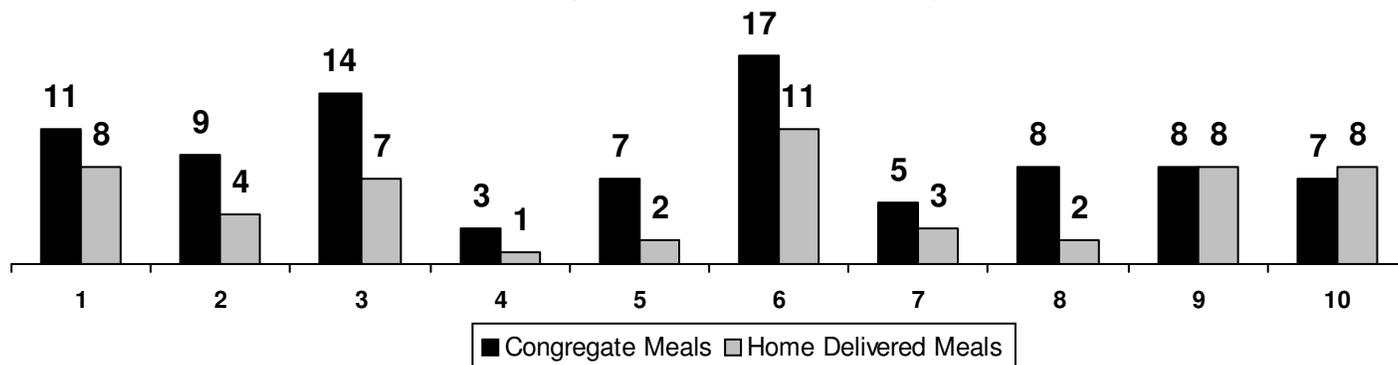
Nutritional Risk Screening

Means the "DETERMINE Your Nutritional Risk" checklist published by the Nutrition Screening Initiative used as the tool to determine a consumers nutritional risk score.

A "Yes" response indicates risk. A total score of 6 or more indicates High Nutrition Risk (HNR).

- 1 - I have an illness or condition that made me change the kind and/ or amount of food I eat. (2 pts)
- 2 - I eat fewer than 2 meals per day. (3 points)
- 3 - I eat few fruits or vegetables, or milk products. (2 points)
- 4 - I have 3 or more drinks of beer, liquor or wine almost every day. (2 points)
- 5 - I have tooth or mouth problems that make it hard for me to eat. (2 points)
- 6 - I don't always have enough money to buy the food I need. (4 points)
- 7 - I eat alone most of the time. (1 point)
- 8 - I take 3 or more different prescribed or over-the-counter drugs a day. (1 point)
- 9 - Without wanting to, I have lost or gained 10 pounds in the last 6 months. (2 points)
- 10 - I am not always physically able to shop, cook, and/or feed myself. (2 points)

**High Nutrition Risk Consumers
Percent Improvement in Nutrition Screening Questions**



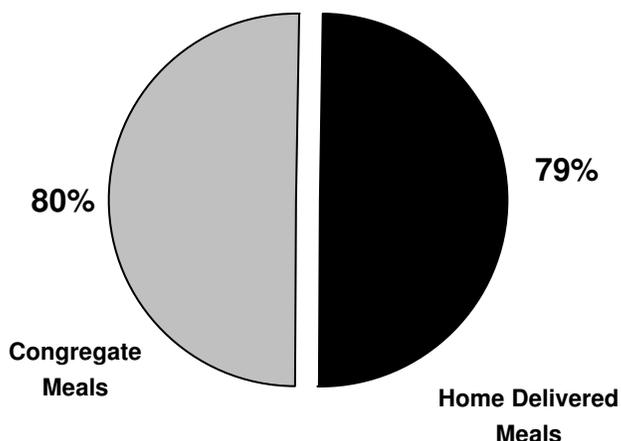
17%

Percentage improvement in HNR Congregate Meal consumers that answered yes to: "I don't always have enough money to buy the food I need."

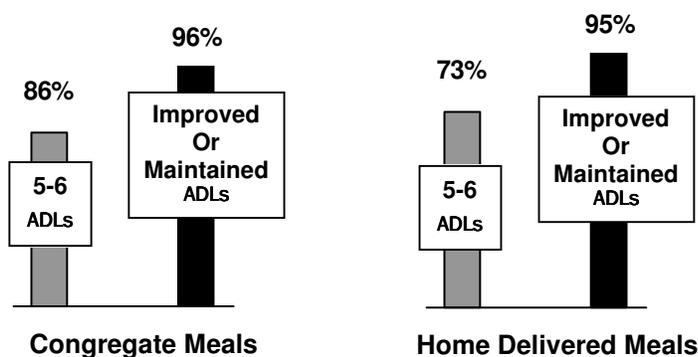
11%

Percentage improvement from in HNR Congregate Meal consumers that answered yes to: "I have an illness or condition that made me change the kind and/ or amount of food I eat."

**High Nutrition Risk Consumers
Improved or No Change in Nutrition Score Outcomes**



**High Nutrition Risk Consumers
Impairments in Activities of Daily Living (ADLs)**



(ADL) --The inability to perform one or more of the following six activities of daily living without personal assistance, stand-by assistance, supervision or cues: eating, dressing, bathing, toileting, transferring in and out of bed/chair, and walking.

Note: The charts above represent only those consumers that reported an age and nutrition screening. Beginning in SFY2008, all reported screenings were used to determine High Nutrition Risk (HNR).

Prepared by the Iowa Department on Aging

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