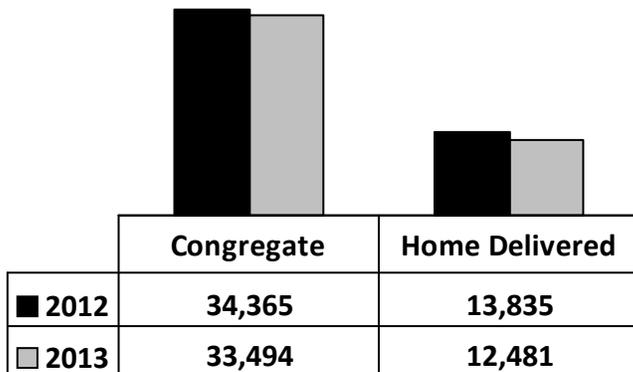


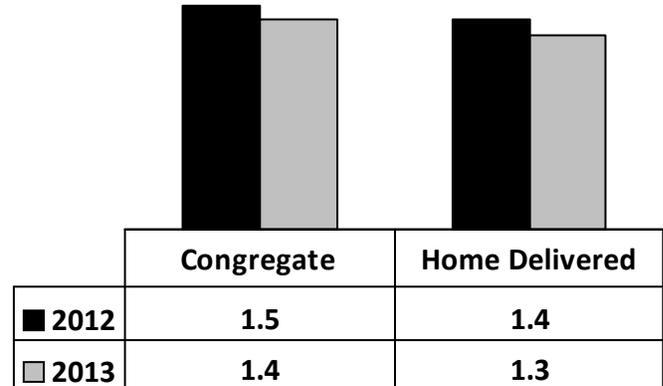
The data below reflects nutrition services received by elderly Iowans as reported to the Iowa Department on Aging by the thirteen Area Agencies on Aging (AAAs) in State Fiscal Year 2013.

Nutrition Services

Registered Meal Consumers

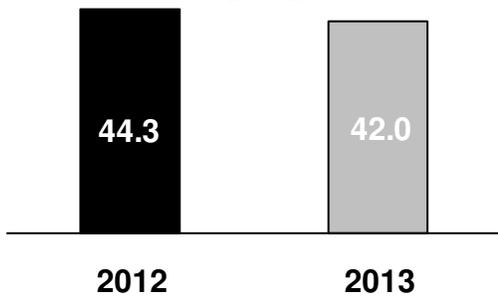


Meals Served in Millions



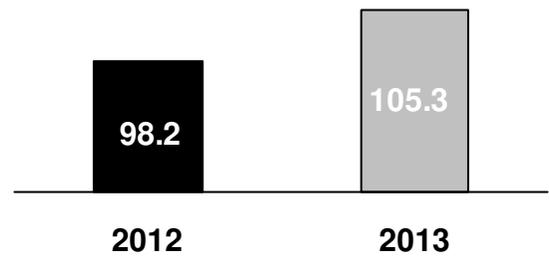
Meals Per Consumer

Congregate



2011 National Average 53.5

Home Delivered



2011 National Average 162.5

Profile of Congregate Meal Consumers

- 69%** resided in rural areas
- 13%** were at /or below federal poverty
- 3%** were minority race and/or ethnicity

Profile of Home Delivered Meal Consumers

- 65%** resided in rural areas
- 25%** were at/or below federal poverty
- 3%** were minority race and/or ethnicity

29% increase in the number of Consumers that received Nutrition Counseling

80% of High Nutrition Risk (HNR) consumers maintained or improved Nutrition Risk Score.

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 2013.

Nutrition Risk Screening & Outcomes

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.

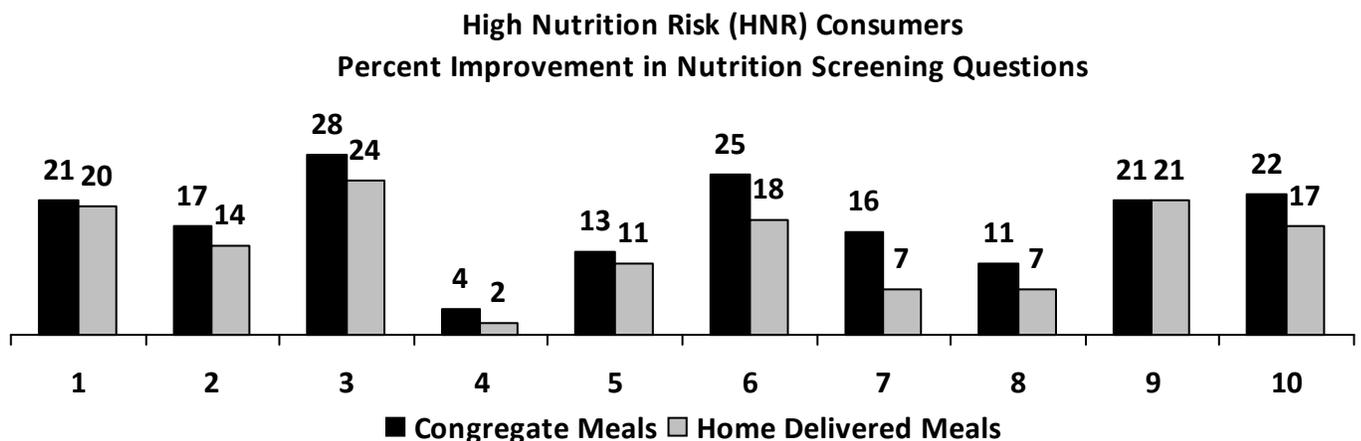
A “Yes” response indicates risk. A total score of 6 or more indicates High Nutrition Risk (HNR).

Nutrition Screening Questions

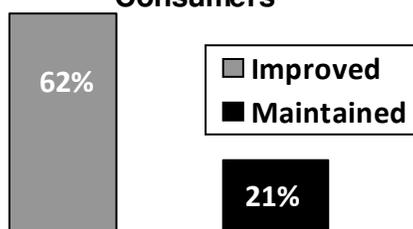
- 1 - I have an illness or condition that made me change the kind and/ or amount of food I eat. (2 pts)
- 2 - I eat fewer than 2 meals per day. (3 points)
- 3 - I eat few fruits or vegetables, or milk products. (2 points)
- 4 - I have 3 or more drinks of beer, liquor or wine almost every day. (2 points)
- 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)

21% of Congregate Meal Consumers were at high nutritional risk

49% of Home Delivered Meal Consumers were at high nutritional risk



Congregate Meal Consumers



Home Delivered Meal Consumers



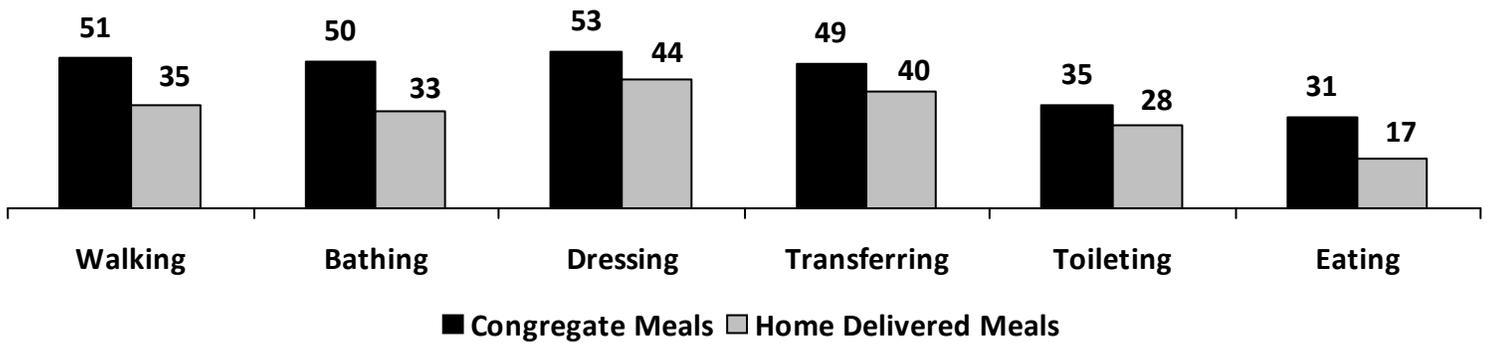
A higher percentage of High Nutrition Risk Consumers showed improved nutrition screening scores in both Congregate and Home Delivered Meals.

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 2013.

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

(ADLs) -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.

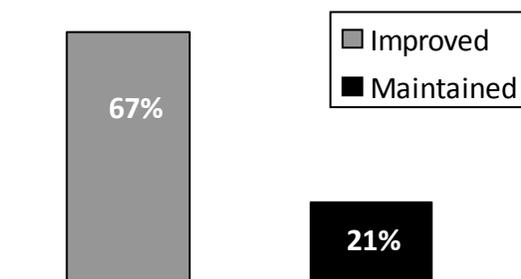
High Nutrition Risk Consumers with Three or More ADLs
 Percent Improvement in ADLs



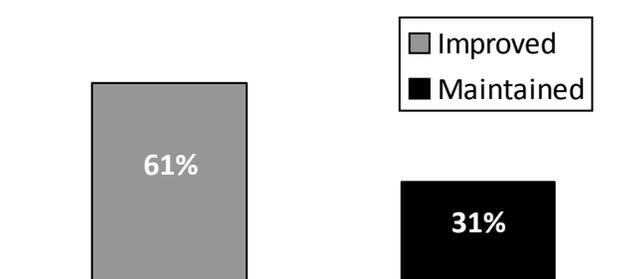
44% improvement in HNR Home Delivered Meal consumers with 3+ ADLs that needed assistance with dressing.

53% improvement in HNR Congregate Meal consumers with 3+ ADLs that needed assistance with dressing.

Congregate Meal Consumers with Three or More ADLs



Home Delivered Meal Consumers with Three or More ADLs



A higher percentage of High Nutrition Risk Consumers with 3 or more ADLs showed improved in ADLs in both Congregate and Home Delivered Meals.

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).