



Nutrition Services Fact Sheet (SFY 2007)

INAPIS data is reported to DEA from AAAs and this Fact Sheet represents information about consumers and services provided from July 1, 2006 through June 30, 2007.

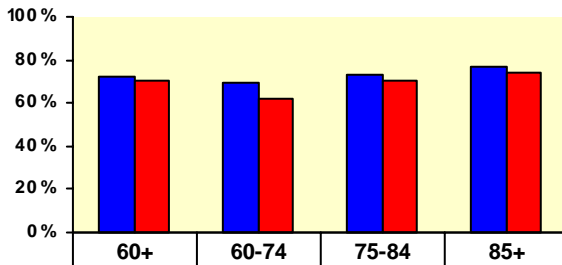
Nutrition Services

Nutrition services include congregate meals, home delivered meals, nutrition education and nutrition counseling services in both community settings and to homebound individuals.

Nutrition Services	All Programs			General Aging		SLP		Family Caregiver	
	Total Registered Clients	Aggregate Client Totals	Total Units	Total Registered Clients	Total Units	Total Registered Clients	Total Units	Total Registered Clients	Total Units
Congregate Meals	54,534	0	1,836,467	54,514	1,833,965	88	2,502	0	0
Home Delivered Meals	14,562	365	1,371,975	14,063	1,321,301	657	50,596	1	60
Nutrition Counseling	2	0	2	2	2	0	0	0	0
Nutrition Education	2,435	38,865	51,847	2,423	51,835	12	12	0	0

Age & Rural Status

Congregate & Home Delivered Meal Consumers
As % Rural for each Age Group

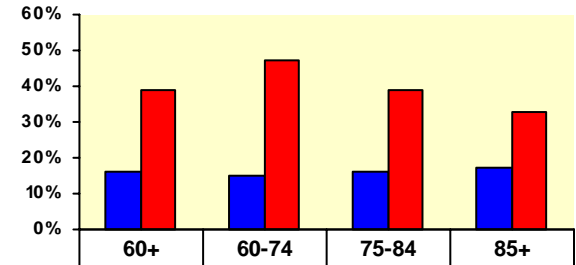


■ Congregate	72%	69%	73%	77%
■ Home Delivered	70%	62%	70%	74%

Congregate Meals represented the highest % of Rural consumers for all Age Groups.

High Nutrition Risk (HNR)

Congregate & Home Delivered Meal Consumers
As % at HNR for each Age Group

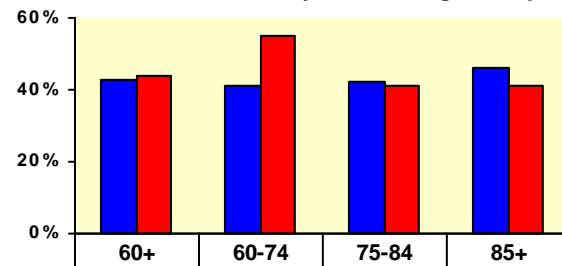


■ Congregate	16%	15%	16%	17%
■ Home Delivered	39%	47%	39%	33%

Home Delivered Meals represented the highest % of HNR consumers for all Age Groups.

Age & Below Federal Poverty

Congregate & Home Delivered Meal Consumers
As % Below Federal Poverty for each Age Group



■ Congregate	43%	41%	42%	46%
■ Home Delivered	44%	55%	41%	41%

Nutrition Quick Facts

3.2 million Number of congregate and home delivered meals served

66,627 Number of unduplicated consumers that received one or more nutrition services

10,101 Number of High Nutrition Risk consumers that received one or more nutrition services

1,207 Number of consumers aged 95 to 102 that received nutrition meals

Note: The charts above represent only those consumers that reported an age, income, rural and high nutrition risk status.

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.

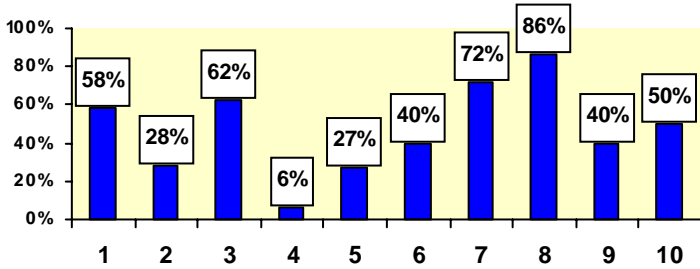
A "Yes" response indicates risk. A total score of 6 or more indicates High Nutrition Risk (HNR) .

Nutrition Screening Questions

- 1 - I have an illness or condition that made me change the kind and/ or amount of food I eat. (2 points)
- 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)

Congregate Meals

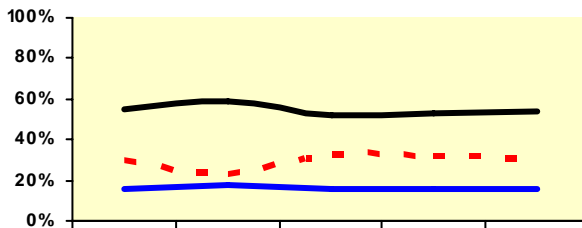
Percentage that Answered Yes to the Nutrition Screening Questions Above



86%

Percentage of HNR Congregate Meal consumers that answered yes to: "I take 3 or more different prescribed or over-the-counter drugs a day"

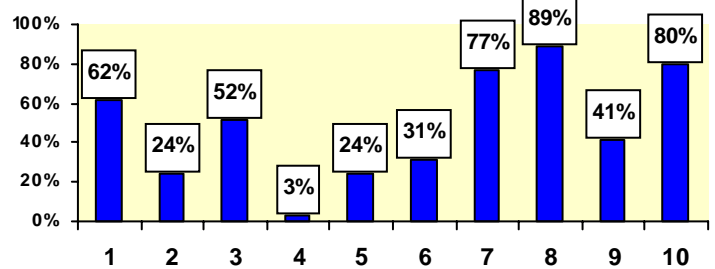
Congregate Meal Nutrition Score Outcomes



	60+	60-74	75-84	75+	85+
— Improved	55%	59%	52%	53%	54%
- - - No Change	29%	23%	32%	31%	30%
— Higher	16%	18%	16%	16%	16%

Home Delivered Meals

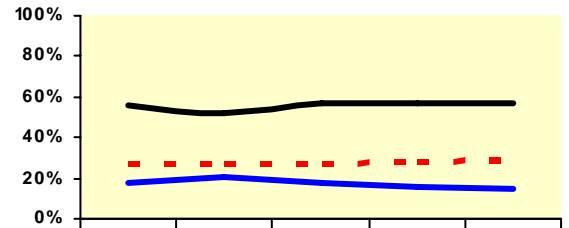
Percentage that Answered Yes to the Nutrition Screening Questions Above



89%

Percentage of HNR Home Delivered Meal consumers that answered yes to: "I take 3 or more different prescribed or over-the-counter drugs a day"

Home Delivered Meal Nutrition Score Outcomes



	60+	60-74	75-84	75+	85+
— Improved	56%	52%	57%	57%	57%
- - - No Change	26%	26%	26%	27%	28%
— Higher	18%	21%	18%	16%	15%

Note: The charts represent only those consumers that reported an age and valid nutrition assessment.

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www.state.ia.us/elderaffairs