



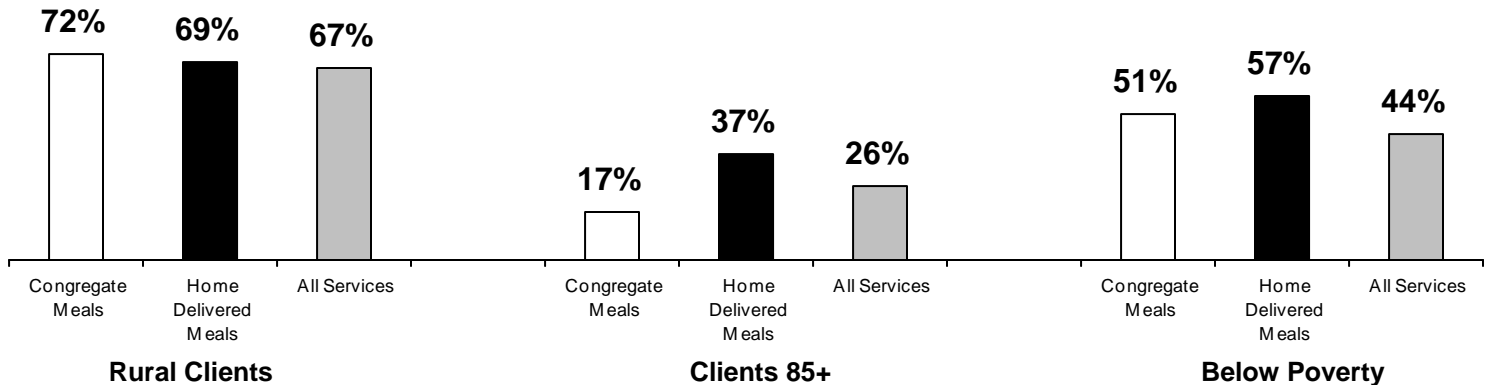
Nutrition Services Fact Sheet (SFY 2008)

The data below reflects nutrition services received by elderly Iowans as reported to the Department of Elder Affairs (DEA) by the 13 Area Agencies on Aging (AAAs) in SFY 2008. Information on this Fact Sheet comes from the INAPIS Activity Report (State Fiscal Year 2008) which can be found on the DEA website at <http://www.state.ia.us/elderaffairs/services/index.html#NAPIS>

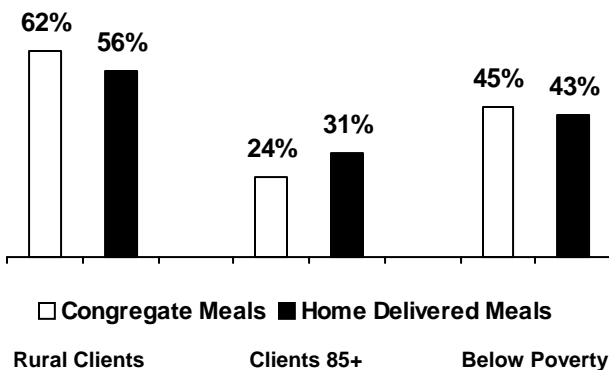
Nutrition Services

Nutrition Services	All Programs			General Aging		Senior Living Program		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	50,584	0	1,682,066	50,389	1,664,063	220	18,003	0	0
Home Delivered Meals	14,498	0	1,324,964	13,914	1,259,398	714	64,890	3	676
Nutrition Counseling	2	0	2	2	3	0	0	0	0
Nutrition Education	2,574	25,492	25,858	2,574	25,858	0	0	0	0

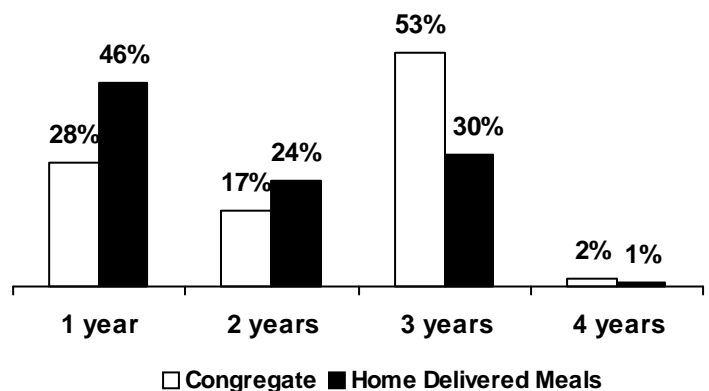
Nutrition Clients and All Registered Clients by Selected Characteristics



High Nutrition Risk (HNR) Clients by Selected Characteristics



Congregate & Home Delivered Meal Clients Years of Receiving Service 2005-2008



Note: The charts above represent only those clients 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.

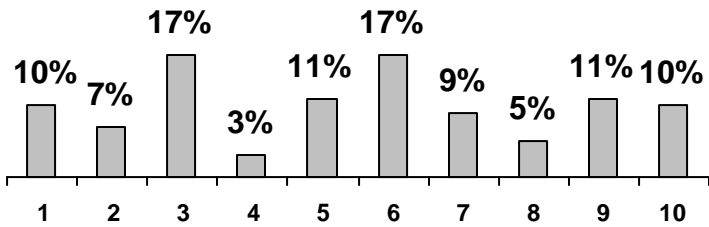
A "Yes" response indicates risk. A total score of 6 or more indicates High Nutrition Risk (HNR).

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)

HNR Congregate Meal Clients with Multiple Screenings

Percent Improvement in Yes Answers to the Nutrition Screening Questions Above

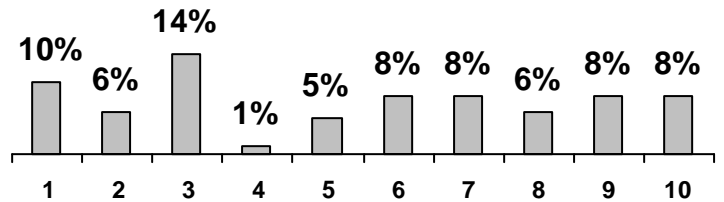


17%

Percentage improvement in HNR Congregate Meal clients that answered yes to: "I eat few fruits or vegetables, or milk products" after initial nutrition screening.

HNR Home Delivered Meal Clients with Multiple Screenings

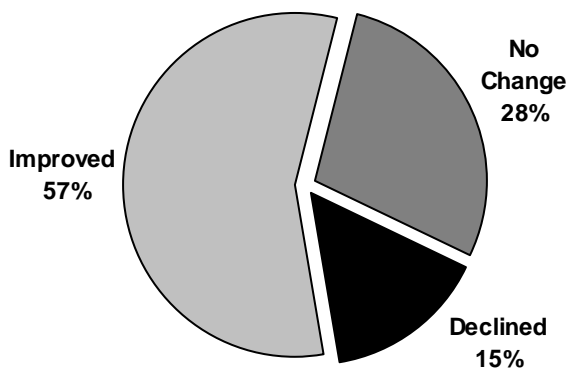
Percent Improvement in Yes Answers to the Nutrition Screening Questions Above



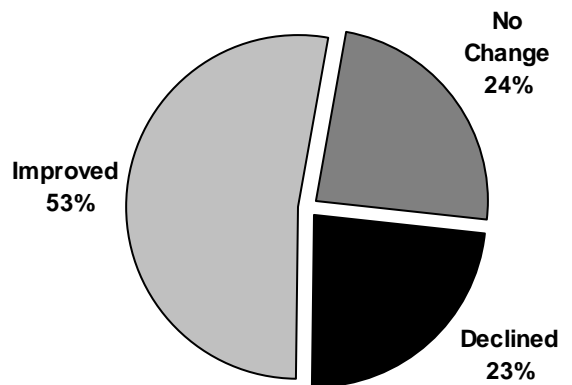
14%

Percentage improvement in HNR Home Delivered Meal clients that answered yes to: "I eat few fruits or vegetables, or milk products" after initial nutrition screening.

HNR Congregate Meal Clients with Multiple Screenings Nutrition Outcome Scores



HNR Home Delivered Meal Clients with Multiple Screenings Nutrition Score Outcomes



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

Iowa Department of Elder Affairs

Jessie M. Parker Building
 510 E 12th Street, Suite 2
 Des Moines, IA 50319
 Phone: 800-532-3213
 Fax: 515-725-3300

