



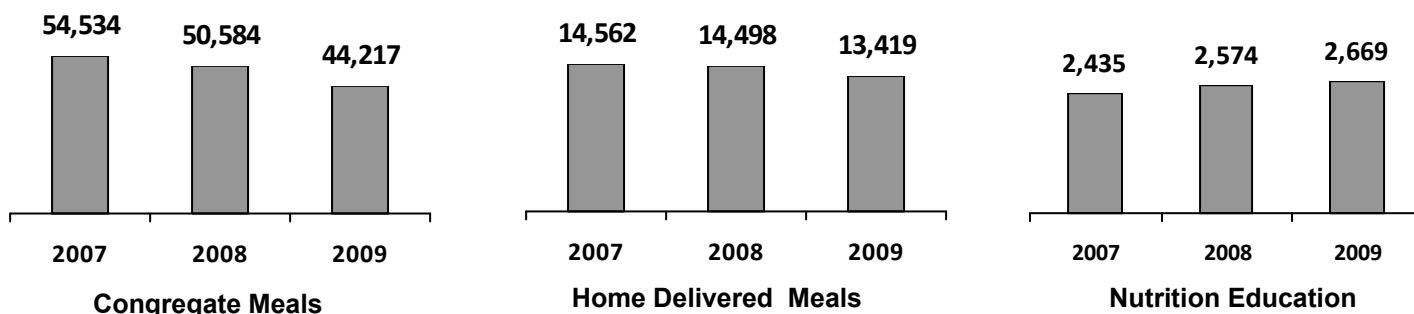
Nutrition Services Fact Sheet (SFY 2009)

The data below reflects nutrition services received by elderly lowans as reported to the Iowa Department on Aging (IDA) by the 13 Area Agencies on Aging (AAAs) in SFY 2009. Information on this Fact Sheet comes from the INAPIS Activity Report (State Fiscal Year 2009) .

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	44,217	0	1,606,983	44,088	1,585,809	239	21,174	0	0
Home Delivered Meals	13,419	0	1,292,441	12,964	1,228,695	539	62,101	16	1,645
Nutrition Counseling	0	0	0	0	0	0	0	0	0
Nutrition Education	2,669	29,742	24,493	2,635	24,314	34	179	0	0

Total Registered Nutrition Service Clients



Profile of Registered Congregate Meal Clients

- 64% were 75 + 24% were 85+
- 67% were female
- 24% were at high nutritional risk
- 49% lived alone
- 70% resided in rural areas
- 37% were at/or below federal poverty
- 6% were minority race and/or ethnicity

Profile of Registered Home Delivered Meal Clients

- 75% were 75 + 39% were 85+
- 69% were female
- 50% were at high nutritional risk
- 63% lived alone
- 67% resided in rural areas
- 39% were at/or below federal poverty
- 5% were minority race and/or ethnicity

88% of High Nutrition Risk clients answered yes to “I take 3 or more different prescribed or over-the-counter drugs a day”.

79% of High Nutrition Risk clients reported they maintained or improved their Nutrition Risk Score.

2.9 Million Number of Congregate and Home Delivered Meals provided	454 Number of Active Congregate Meal Sites	309 Number of Active Home Delivered Meal Providers
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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.

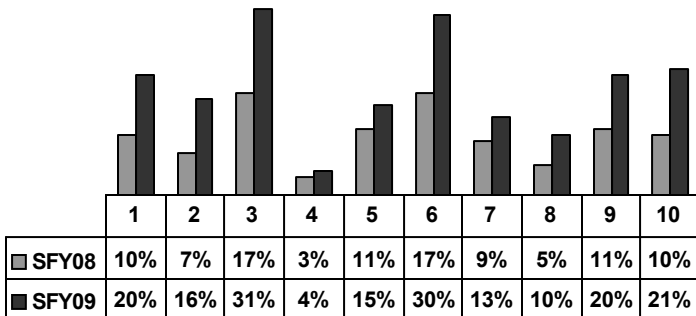
A "Yes" response indicates risk. A total score of 6 or more indicates High Nutrition Risk (HNR).

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 SFY08-09

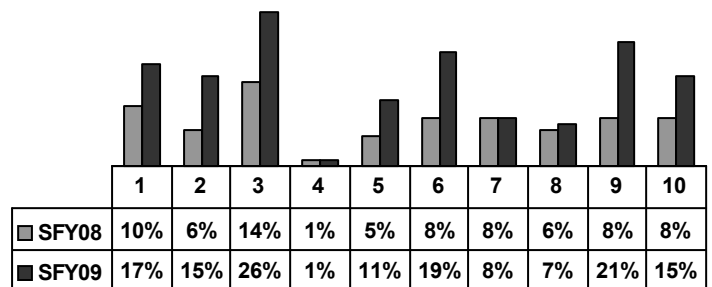


14%

Percentage improvement from SFY08 to SY09 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

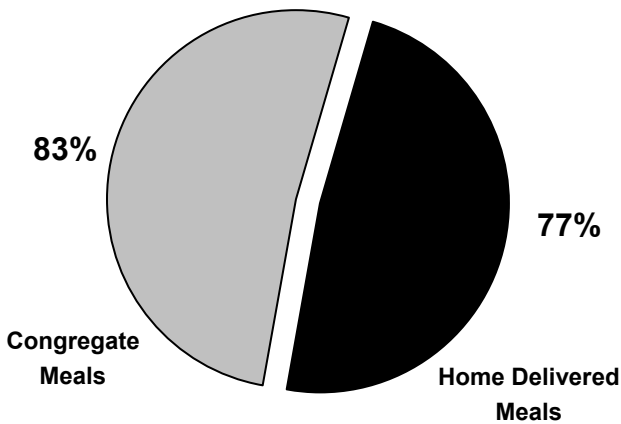
Percent Improvement in Yes Answers to the Nutrition Screening Questions Above SFY08-09



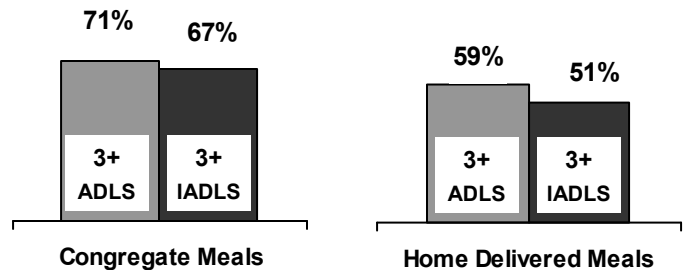
13%

Percentage improvement from SFY08 to SY09 in HNR Congregate Meal clients that answered yes to: "Without wanting to, I have lost or gained 10 pounds in the last 6 months".

Congregate and Home Delivered Meals 60+ HNR Clients Improved or No Change in Nutrition Score Outcomes



Congregate and Home Delivered Meals 60+ HNR Clients Percent with 3 or more ADL / IADL



(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.

(IADL) -- The inability to perform one or more of the following eight instrumental activities of daily living without personal assistance, or stand-by assistance, supervision or cues: preparing meals, shopping for personal items, medication management, managing money, using telephone, doing heavy housework, doing light housework, and transportation ability (transportation ability refers to the individual's ability to make use of available transportation without assistance).

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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).