



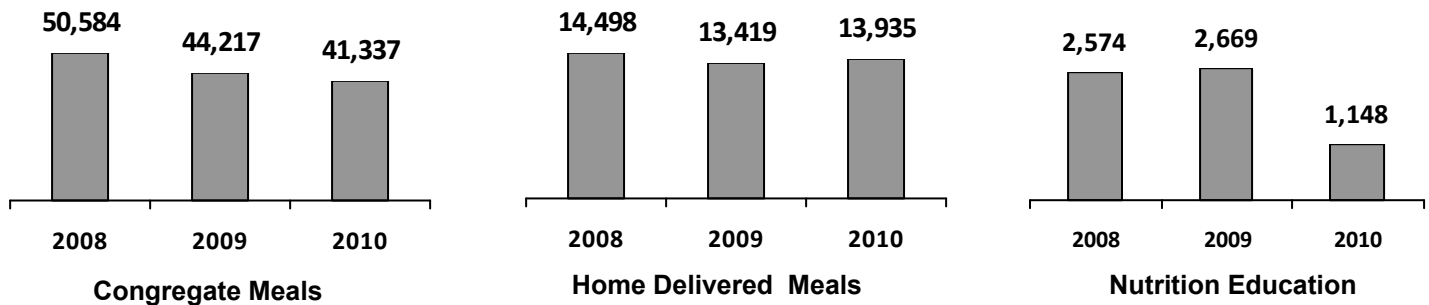
Nutrition Services Fact Sheet (SFY 2010)

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 2010. Information on this Fact Sheet comes from the INAPIS Activity Report (State Fiscal Year 2010).

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	41,337	0	1,515,735	41,088	1,491,815	352	23,920	0	0
Home Delivered Meals	13,935	0	1,277,640	12,965	1,196,567	1,284	,80,049	14	1,024
Nutrition Counseling	61	0	124	61	124	0	0	0	0
Nutrition Education	1,148	71,103	55,492	1,148	71,103	0	0	0	0

Total Registered Nutrition Service Clients



Profile of Registered Congregate Meal Clients

- 64% were 75 + 24% were 85+
- 67% were female 33% were male
- 21% were at high nutritional risk
- 45% lived alone
- 71% resided in rural areas
- 19% were at/or below federal poverty
- 4% were minority race and/or ethnicity

Profile of Registered Home Delivered Meal Clients

- 74% were 75 + 38% were 85+
- 69% were female 31% were male
- 47% were at high nutritional risk
- 66% lived alone
- 69% resided in rural areas
- 24% were at/or below federal poverty
- 6% 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.

2.8 Million	453	524
Number of Congregate and Home Delivered Meals provided	Number of Active Congregate Meal Sites	Number of Active Home Delivered Meal Providers

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.

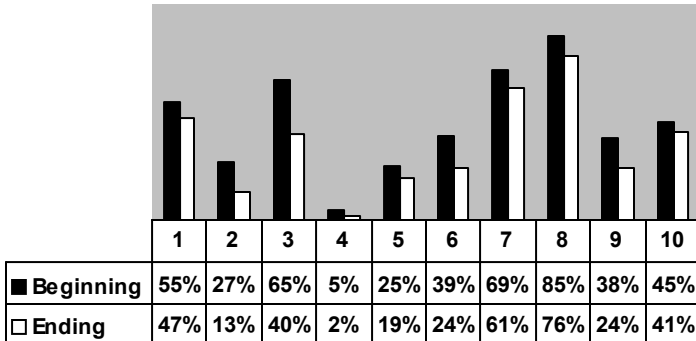
A "Yes" response indicates risk. A total score of 6 or more indicates High Nutrition Risk (HNR).

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

**Nutrition Assessment Yes Answers Comparison
% of Total 60+ High Nutrition Risk**

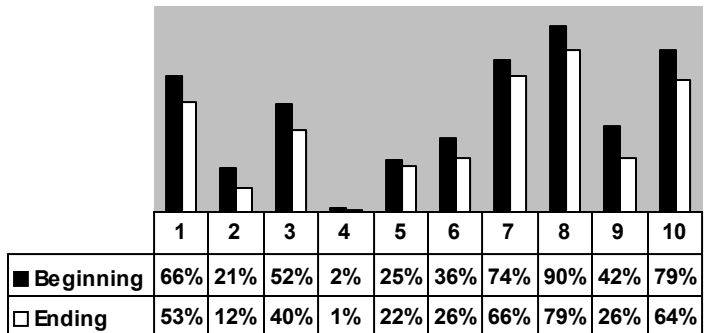


25%

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

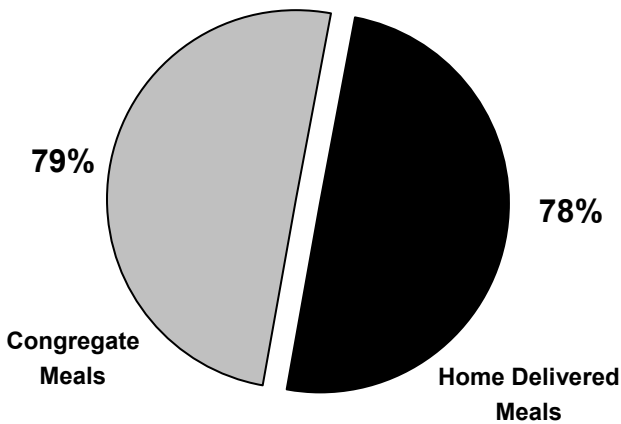
**Nutrition Assessment Yes Answers Comparison
% of Total 60+ High Nutrition Risk**



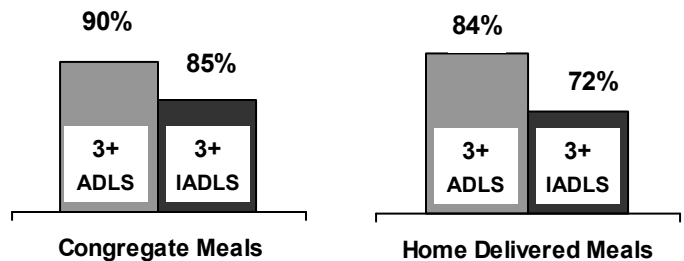
16%

Percentage improvement from 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).

Prepared by the Iowa Department on Aging

Jessie M. Parker Building
510 E 12th Street, Suite 2
Des Moines, IA 50319
Phone: 515-725-3333
Fax: 515-725-3300

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).