

YEAR 3: BEYOND THE MEAL

CASE STUDY: The Value of Socialization in Older Americans Act Congregate Nutrition Programs in Oregon

The National Association of Nutrition and Aging Services Programs (NANASP) received a renewal grant from the Retirement Research Foundation in May 2018 to continue its study of the benefits of socialization in OAA funded Congregate Nutrition programs to the health and well-being of older adults. The information below was collected in the Winter of 2019.

"Coming to MOW gives me sense of purpose and a chance to volunteer."



CONGREGATE SITE
Elsie Stuhr Center
5550 SW Hall Blvd, Beaverton, Oregon



134
COMPLETED
PARTICIPANT SURVEYS

"My hot meal for the day."



From left to right: Representative Suzanne Bonamici (D-OR) told participants of her new role as Chair of the Subcommittee which will renew the Older Americans Act, Helen, a congregate meal participant and Bob Blancato, the Executive Director of NANASP

SURVEY FINDINGS:

- 49% of respondents were female
- 89% say they have more friends now than before they started visiting the site
- 63% of respondents white, 11% African American, and 8% Asian/Asian American
- 35% of respondents said what they like best about socializing is talking to friends they already know, meeting new friends and getting out of their homes each day
- 89% of respondents said they believe the site allows enough time for socialization
- 68% of respondents said their health has improved since starting to visit the site
- 41% of respondents were single
- 31% of respondents arrive to the congregate site by car
- 51% of participants say they visit the congregate site almost every day

"Eat more veggies here. Food is good and correct size."



Thank you to the team at Meals on Wheels Portland including Renata Wilson, Mike Buck and Jay Gilbertson.

For more information visit www.nanasp.org or contact us at (202) 682-6899 or info@nanasp.org