

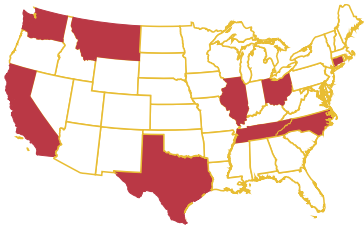
BEYOND THE MEAL

The Value of Socialization in Older Americans Act Congregate Nutrition Programs

Generous funding from the Retirement Research Foundation

The National Association of Nutrition and Aging Services Programs (NANASP) received a grant in June 2016 for one year of studying the benefits of socialization in OAA funded Congregate Nutrition programs to the health and well-being of older adults.

"I enjoy coming and socializing very much. Makes me feel better"



9

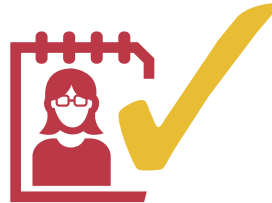
STATES PARTICIPATED

California, Connecticut,
Illinois, Montana, North
Carolina, Ohio, Tennessee,
Texas, Washington



15

CONGREGATE NUTRITION PROGRAMS PARTICIPATED



1,989

COMPLETED SURVEYS from Congregate Nutrition Program participants were collected



57

COMPLETED SURVEYS from Congregate Nutrition Program providers were collected

"I come for the people as much as the food"

FINDINGS

From the 1,989 surveys analyzed we found the following statistically significant information:

- Those who answered that "socialization is encouraged" at the Congregate site were also four times as likely to say they had a knowledge of good nutrition, had a knowledge of healthy eating habits and had experienced improved physical health since coming to the site
- Those who answered that they have "more friends now" than before they started at the site were also two times as likely to say that their physical health has improved since starting to visit the site

SITE VISITS

NANASP Executive Director Bob Blancato also made in-person visits to:

- Aging & In-Home Services of Northeast Indiana
- Meals on Wheels & Senior Outreach Services, California
- Benjamin Rose Institute on Aging and Wood County Committee on Aging, Ohio
- WellMed Medical Management Inc., Texas
- Pahrump Senior Center, Nevada

"If not for the senior center I would be very lonely. It's a blessing for people like me"



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For more information visit www.nanasp.org or contact us at
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