

YEAR 3: BEYOND THE MEAL

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

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 Fall of 2018.

"I love the nutritious meals, activities, speakers and sharing information."



5

COUNTIES PARTICIPATED

Columbia, Dane, Marquette, Ozaukee and Waushara counties



2

TRIBES PARTICIPATED

Menominee and Oneida tribes



580

COMPLETED PARTICIPANT SURVEYS



10

COMPLETED PROVIDER SURVEYS

"I like talking to others."



Wild Rose Community Center located at 500 Wisconsin St, Wild Rose WI 54984

SURVEY FINDINGS:

- 84% of respondents said they believe the site allows enough time for socialization
- 76% say they have more friends now than before they started visiting the site
- 40% 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
- 53% of respondents said their health has improved since starting to visit the site
- 71% of respondents were female
- 30% of respondents married, 40% widowed
- 57% of respondents arrive to the congregate site by car
- 23% of participants say they visit the congregate site almost every day
- 71% of respondents White, 15% American Indian and 1 % African American
- Most providers at the congregate sites indicated that the average age of their site participants is 75 years and older

"I like getting the scoop!"



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Thank you to Jean Lynch, Older Americans Act Consultant – Nutrition Program Specialist at Greater Wisconsin Agency on Aging Resources (GWAAR) in Madison, Wisconsin for helping gather these surveys.

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