

Wisconsin Elderly Nutrition Program Provides “More Than a Meal”

2018

A survey of Wisconsin's Nutrition Program participants was conducted in 2018. **Nearly 7,400** (16%) of older adults attending **Senior Dining Sites** and **~ 5,250** (25%) of those receiving **Home Delivered Meals** (HDMs) returned surveys.

We are Serving Those at Risk for Malnutrition

- ◆ **National studies estimate that 1 out of 2 older adults in the U.S. are at risk for, or already are, malnourished.** (Kaiser MJ, et al. 2010). **In WI, more than half** (56%) of HDM and **1 out of 5**, Senior Diners scored at **high risk for becoming malnourished.**
- ◆ **69% of Home-Delivered Meal and 64% of Senior Dining participants said the meal provides half or more of their total daily intake!** Many stated it is their **only meal of the day & they split it between lunch and dinner.**
- ◆ **7 out of 10 Senior Diners attend to eat a balanced diet.**

*“... If it weren't for the program I am sure I **would be malnourished.** It's **hard to get to a grocery store.** I **barely have enough money for my bills** and I know I **would not eat properly if it wasn't for you..”***

People Rely on our Meals for Food Security

- **Almost half (46%) of the Home-Delivered Meal and 26% of Senior Dining participants said they would NOT have at least one, hot, freshly prepared meal per day without our meals.**
- **About 1 in 3 (30%) Home-Delivered Meal and ~1 in 5 (18%) of Senior Dining participants said there would be days they don't get enough to eat without our meals.**
- Many requested meals be available **7-days a week** and some requested **two meals per day.**

“Expand it to include weekends and holiday meals, we are hungry on those days too.

As we get older we become more **housebound and family and friends become either too busy or non-existent and we can become abandoned;** especially recipients of very **low fixed income and resources.”**

“More Than a Meal”



Socialization, Safety & Security Check

Adults who are lonely or **socially isolated self-report worse physical health, are at higher risk for dementia, have more physician visits, and have a higher mortality rate.** (Veazie S. et al. 2019). **57% of HDM and 44% of Senior Diners live alone. 91% of HDM participants** have 1 or more IADLs, (Instrumental Activities of Daily Living (such as cooking & grocery shopping) and **75% have 1 or more ADLs** (Activity of Daily Living) such as bathing, dressing, eating).

- ◆ **6 out of 10 said the HDM driver gives them a person to talk to.**
- ◆ **1 in 3 (35%) HDM participants, say the HDM Driver is the only person they see during the day!**
- ◆ **Almost half (49%) of HDM participants said the daily meal delivery provides safety and security check.**

“My family feels safer. Makes me feel better, both mentally and physically.”

“Program lends a feeling of security to a 93 year old home bound person.”

A recent analysis found that **162,000 deaths every year** are attributable **to low social support; that is more than the # of deaths due to lung cancer!** (Gardiner et al. 2018)



Improved Health Outcomes

Health Happens at Home! **Almost half** of participants feel the meal **maintains or improves their health and/or chronic condition** (43% Senior Diners, 47% HDM). **85% of HDM and 77% of Senior Diners state they eat healthier** because of the meals. **Almost 9 out of 10 HDM and 8 out of 10 Senior Diners,** feel the meal improves **their quality of life.**

- **My wife and I are on three leaders of oxygen, so we can't have open flames in the house. That means no cooking, except the microwave.**
- **Doctor took me off Metformin a diabetic pill - my diabetes scores have dropped my heart is good and I feel much better since I am eating these meals.**
- **I do believe these meals are helping me get my health back. I would not be eating this healthy. Most days don't have the energy to cook.**
- **Due to wife's surgery, unable to drive and husband being blind it was very convenient to have the meals delivered during recovery. The meals were very nutritious and tasty.**

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“Without this program, my dad would likely not be living independently and as healthy or engaged.”