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.”

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.

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)

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