

Coastline Elderly Nutrition Program

Fiscal Year 2019 Satisfaction & Outcomes

Approximately 44% of seniors receiving meals from Coastline Elderly Nutrition Program responded to a survey, which assessed the impact and quality of their meal service. Meals are provided to seniors aged 60 and over at community dining sites or delivered to those who are homebound. This past year, more than 370,000 meals were served to seniors to improve nutrition status, reduce hunger, and promote socialization. Survey results indicated the following:

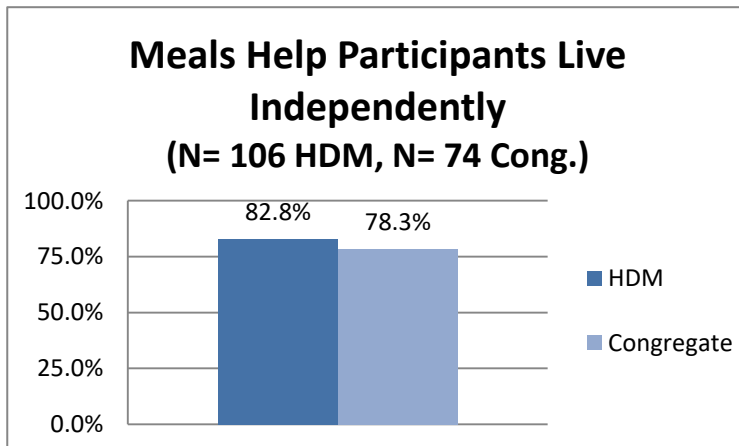
Meals help participants live independently in the community.

- About **83%** of home delivered respondents, and **78%** of congregate respondents reported the program meals help them **to live independently**.

- **88%** of homebound respondents received **5 or more meals per week**, with around **18%** receiving supper and weekend meals in addition to their lunch meal.

- Almost half (**46%**) of congregate respondents attended community dining **5 days a week**.

- Of total survey respondents, **47%** were **90 years old or older**, and **8** of them attended meals at congregate sites.

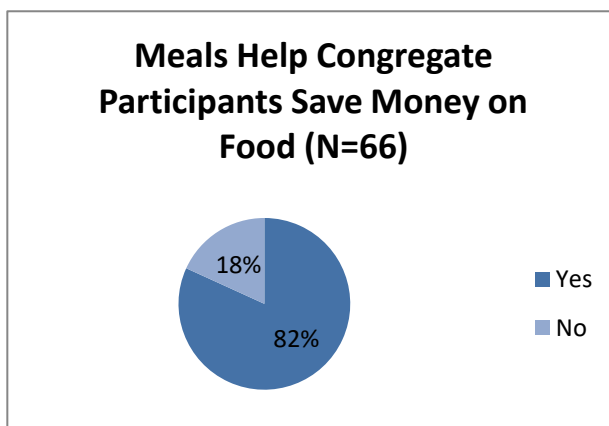
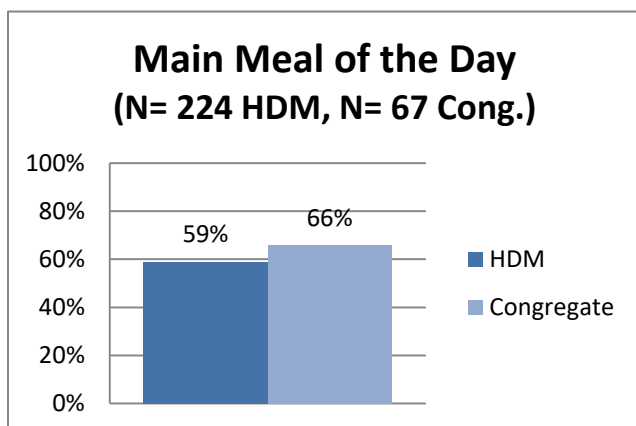


Participants report satisfaction with meals.

- Approximately **85%** of respondents rated the program meals as **excellent or good**.
- **82%** reported satisfaction of **variety, taste, appearance, and how meals were cooked** almost all the time.
- **Nearly all respondents (98%) reported they would recommend the program to a friend.**

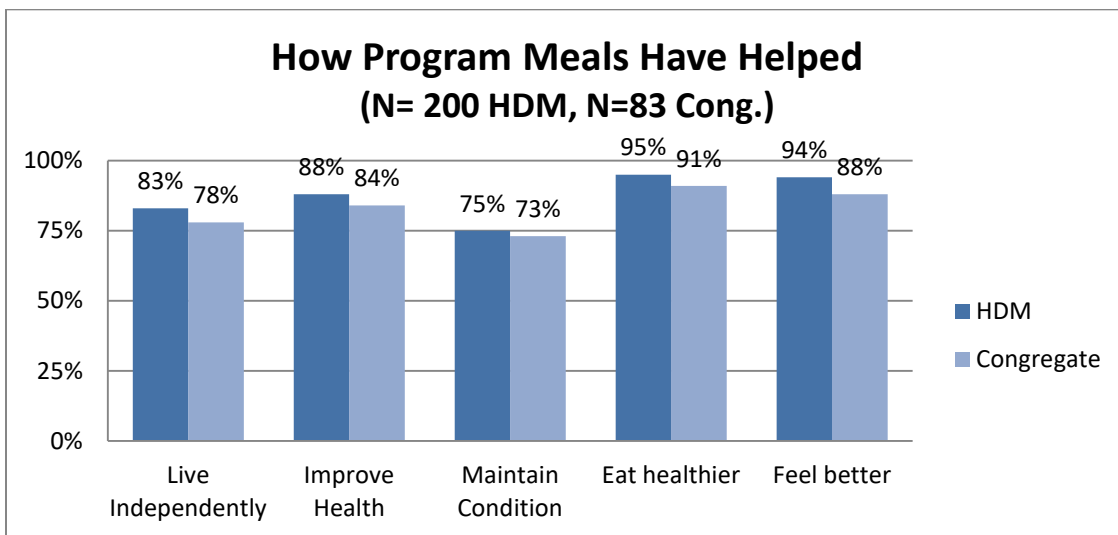
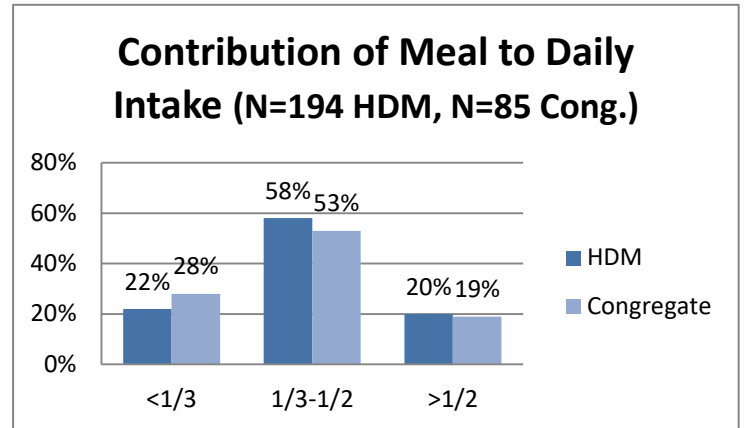
The program helps with food security.

- Roughly, **60%** of survey respondents reported their program meal is the main meal of the day, and **82%** of congregate respondents said that the meal helps them to **save money on food**.



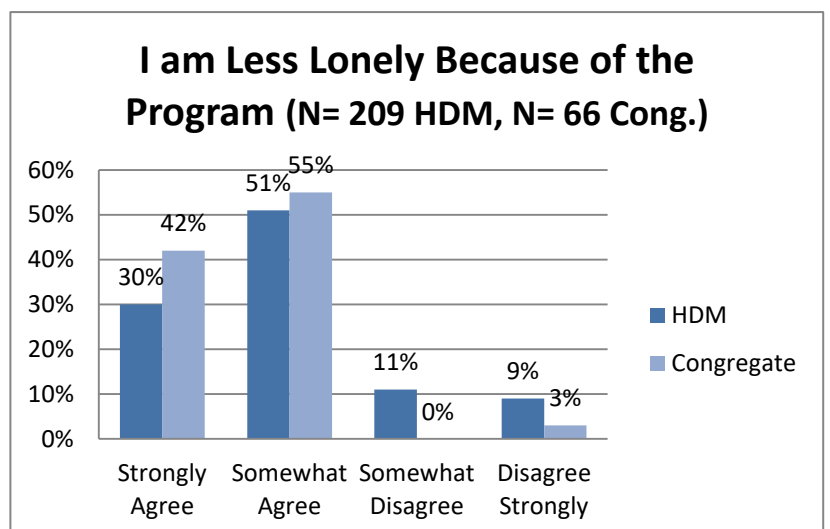
The program provides significant nutrition, health, and wellness benefits.

- While meals are only required to contain 1/3 of the Dietary Reference Intake (DRI) for older adults*, **76%** of respondents said the meals contributed to **more than 1/3** of their daily intake, with **20%** reporting meals contributed to **more than 1/2 of their total daily intake**.
- 88%** of homebound respondents felt that the program improved their health.
- 92%** total respondents report the meals help them feel better.



The program provides a safety check and reduces isolation.

- More than 1/3 (39%)** of home delivered meals respondents **live alone with no one to check on them but their drivers**.
- 81%** of home delivered meals respondents **feel less lonely** because of their driver, while **97%** of congregate respondents reported they **feel less lonely** because they attend a meal site.
- 95%** of congregate respondents reported attending community dining helps them to socialize.



*Statewide nutrition analyses demonstrated that meals provide on average approximately 40% of estimated daily needs for calories, 100% of protein, 800 mg of sodium, and 100% of the DRI for 16 other nutrients including fiber, vitamins and minerals.