

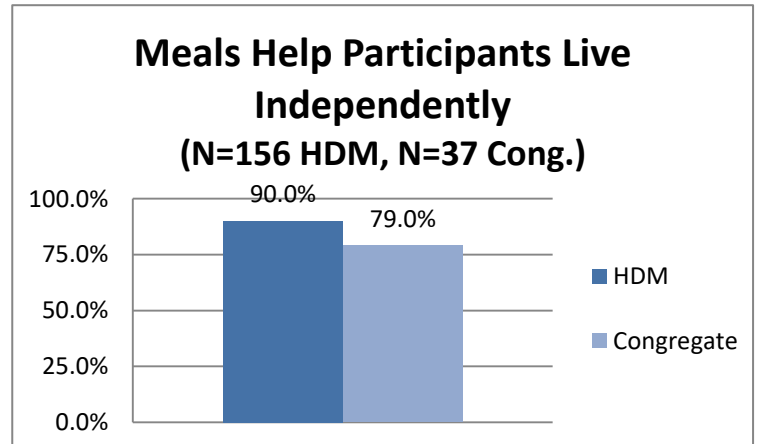
# Coastline Elderly Nutrition Program

## Fiscal Year 2021 Satisfaction & Outcomes

Six hundred surveys were sent out to seniors receiving meals from the Coastline Elderly Nutrition Program and approximately 32% of seniors responded to the 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, nearly 450,000 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 **90%** of home delivered respondents, and **79%** of congregate respondents reported the program meals help them **to live independently**.
- **62%** of homebound respondents received **5 or more meals per week**, with around **23%** receiving additional meals.
- Almost **20%** of congregate respondents attended community dining **5 days a week**.
- Of total survey respondents, **53%** were **80 years old or older**, and **17** of them attended meals at congregate sites.

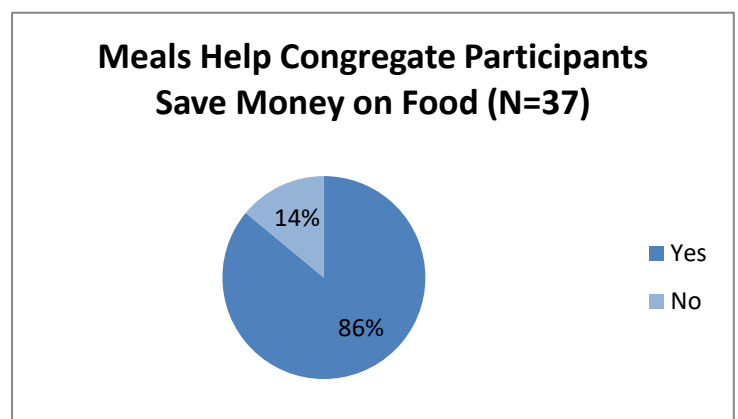
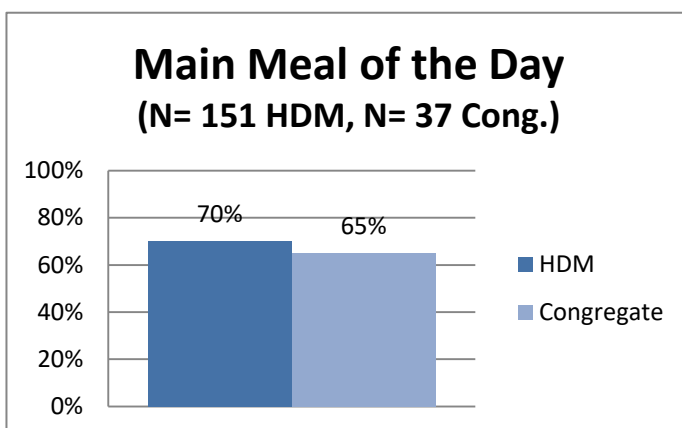


### Participants report satisfaction with meals.

- Approximately **80%** of respondents rated the program meals as **excellent or good**.
- **78%** reported satisfaction of **variety, taste, appearance, and how meals were cooked** almost all the time.
- *Nearly all respondents (95%) reported they would recommend the program to a friend.*

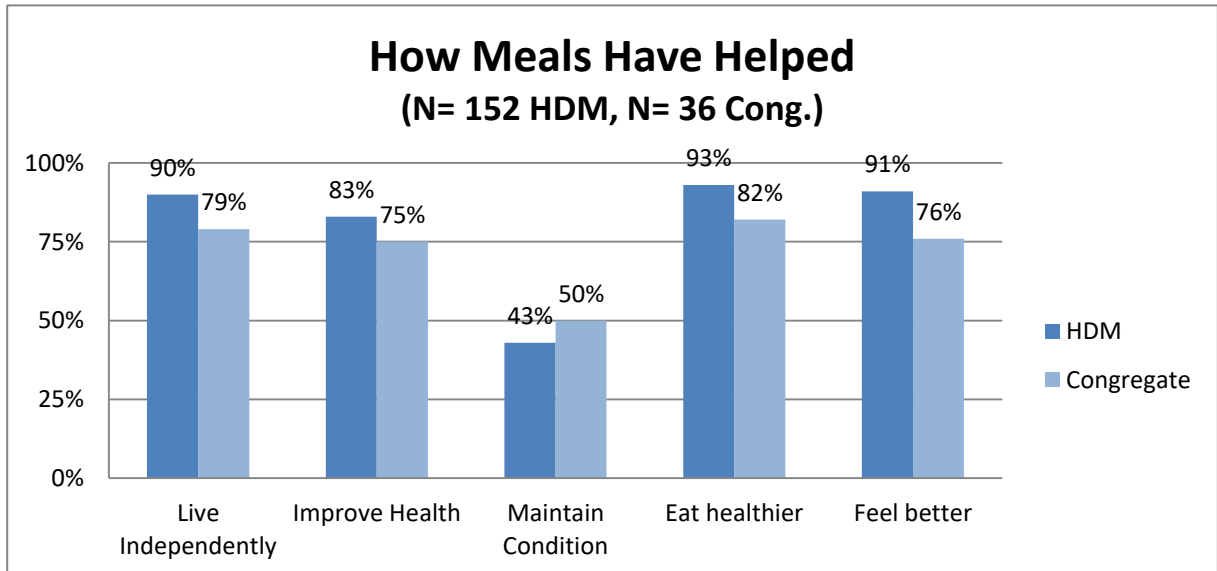
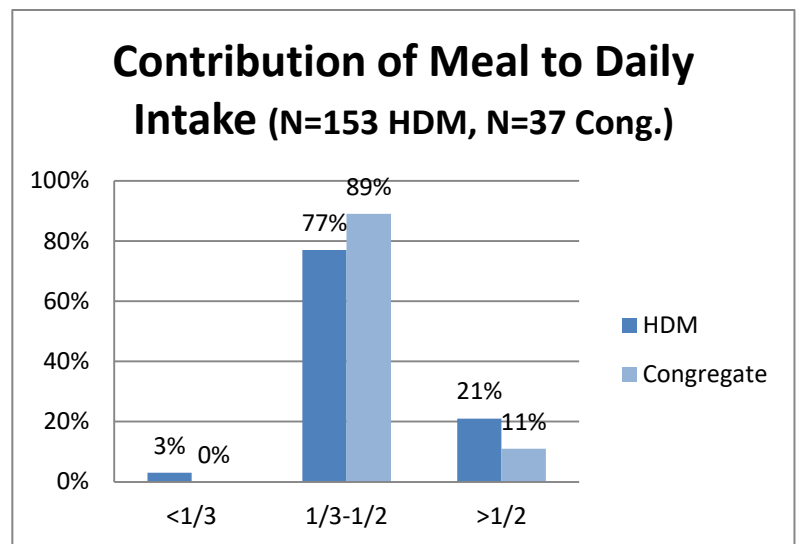
### The program helps with food security.

- Roughly, **70%** of survey respondents reported their program meal is the main meal of the day, and **86%** of congregate respondents said that the meal helps them to **save money on food**.



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

- **77%** of HDM respondents said the meals contributed **between 1/3 and 1/2** of their daily intake, with **21%** reporting meals contributed to **more than 1/2 of their total daily intake.**
- **83%** of homebound respondents felt that the program improved their health.
- **91%** total respondents report the meals help them feel better.
- **93%** reported the program meals help them eat healthier.



## The program provides a safety check and reduces isolation.

- **More than 1/3 (36%)** of home delivered meals respondents **live alone with no one to check on them but their drivers.**
- **77%** 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.
- **94%** of congregate respondents reported attending community dining helps them to socialize.

