



## Nutrition Services Fact Sheet (SFY 2006)

INAPIS data is reported to DEA from AAAs and this Fact Sheet represents information about consumers and services provided from July 1, 2005 through June 30, 2006. Information on this Fact Sheet comes from the INAPIS Activity Report (State Fiscal Year 2006) which can be found on the DEA website at <http://www.state.ia.us/elderaffairs/services/index.html#NAPIS>

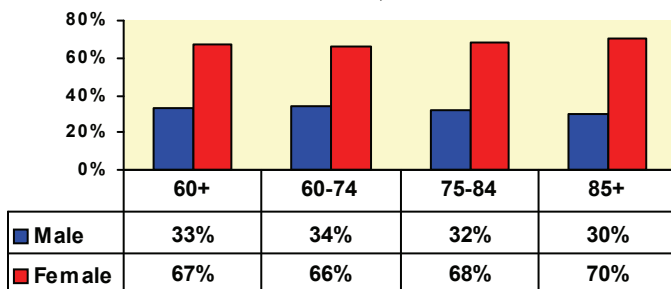
### Nutrition Services

Nutrition services provide meals in community settings and to homebound individuals, and provide nutrition education and counseling.

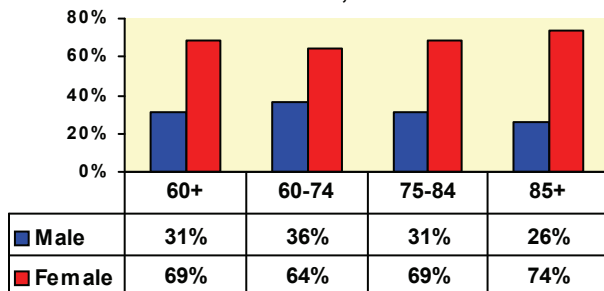
Nutrition Services	All Programs			General Aging		SLP		Family Caregiver	
	Total Clients	Aggregate Client Totals	Total Units	Total Clients	Total Units	Total Clients	Total Units	Total Clients	Total Units
Congregate Meals	77,374	0	1,844,858	77,368	1,842,745	27	2,082	0	0
HD Meals	15,822	410	1,403,562	14,837	1,313,880	2,055	87,618	0	0
Nutrition Counseling	3	0	4	3	4	0	0	0	0
Nutrition Education	2,556	30,612	57,342	2,556	57,342	0	0	0	0

### Age & Gender

% of Total Congregate Meal Consumers  
N=31,528



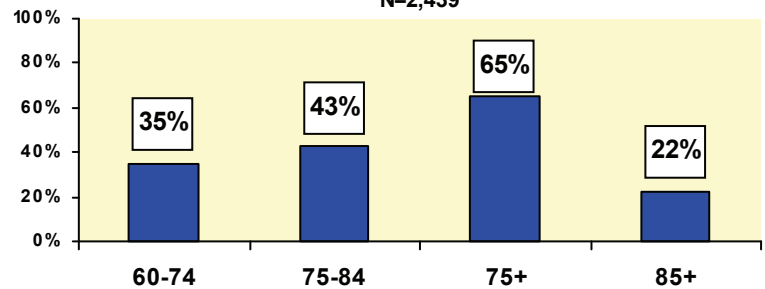
% of Total Home Delivered Meal Consumers  
N=14,431



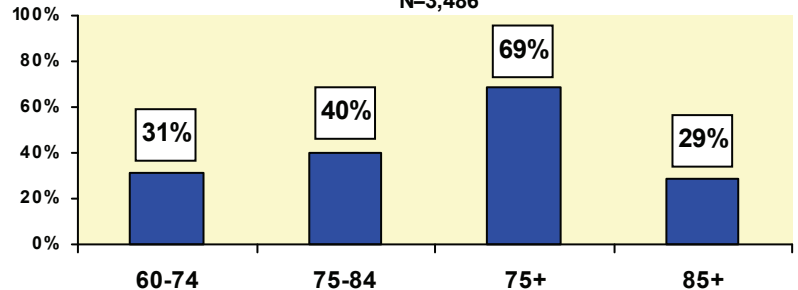
Female consumers received the highest % of both Congregate and Home Delivered Meals for all Age Groups.

### High Nutrition Risk (HNR)

Percentage of Congregate Meal Consumers at HNR  
N=2,439



Percentage of Home Delivered Meal Consumers at HNR  
N=3,486



The 75+ age group represented the highest % of HNR consumers in both Congregate and Home Delivered Meals for all Age Groups.

**Note:** The charts above represent only those consumers that reported an age and gender and high nutrition risk status.

**Nutrition Risk Screening & Outcomes**

**Nutritional Risk Screening**

Means the "DETERMINE Your Nutritional Risk" checklist published by the Nutrition Screening Initiative used as the tool to determine a consumers nutritional risk score.

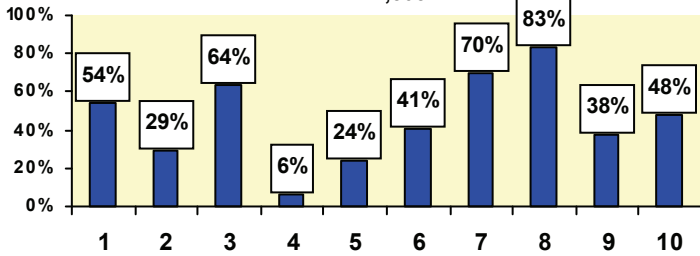
A "Yes" response indicates risk. A total score of 6 or more indicates High Nutrition Risk (HNR) .

Nutrition Screening Questions

- 1 - I have an illness or condition that made me change the kind and/ or amount of food I eat. (2 points)
- 2 - I eat fewer than 2 meals per day. (3 points)
- 3 - I eat few fruits or vegetables, or milk products. (2 points)
- 4 - I have 3 or more drinks of beer, liquor or wine almost every day. (2 points)
- 5 - I have tooth or mouth problems that make it hard for me to eat. (2 points)
- 6 - I don't always have enough money to buy the food I need. (4 points)
- 7 - I eat alone most of the time. (1 point)
- 8 - I take 3 or more different prescribed or over-the-counter drugs a day. (1 point)
- 9 - Without wanting to, I have lost or gained 10 pounds in the last 6 months. (2 points)
- 10 - I am not always physically able to shop, cook, and/or feed myself. (2 points)

**Congregate Meals**

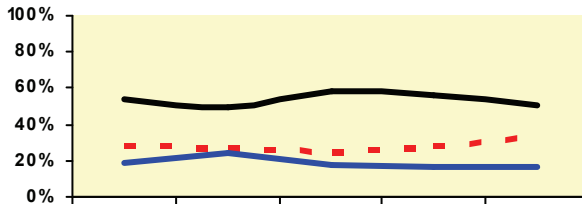
Percentage that Answered Yes to the Nutrition Screening Questions Above  
N=2,505



**83%**

Percentage of HNR Congregate Meal consumers that answered yes to: "I take 3 or more different prescribed or over-the-counter drugs a day"

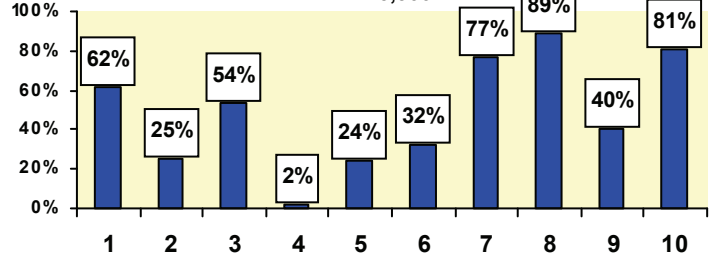
Congregate Meal Nutrition Score Outcomes  
N=330



	60+	60-74	75-84	75+	85+
— Improved	54%	50%	58%	56%	51%
- - - No Change	27%	26%	24%	27%	33%
— Higher	19%	24%	18%	17%	16%

**Home Delivered Meals**

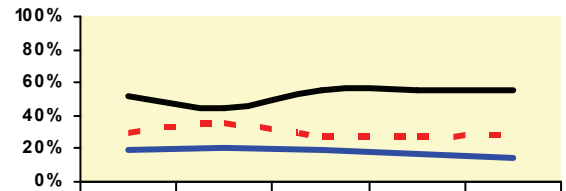
Percentage that Answered Yes to the Nutrition Screening Questions Above  
N=3,566



**89%**

Percentage of HNR Home Delivered Meal consumers that answered yes to: "I take 3 or more different prescribed or over-the-counter drugs a day"

Home Delivered Meal Nutrition Score Outcomes  
N=818



	60+	60-74	75-84	75+	85+
— Improved	52%	44%	55%	56%	56%
- - - No Change	29%	35%	26%	27%	28%
— Higher	19%	21%	19%	17%	15%

**Note:** The charts represent only those consumers that reported an age and valid nutrition assessment.

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**We're on the web!**  
[www.state.ia.us/elderaffairs](http://www.state.ia.us/elderaffairs)