Beyond the Meal: The Value of Socialization in Older Americans Act
Congregate Nutrition Programs

Survey and Interview Tool Fall 2017

Background:

The data collection and analysis for the Older Americans Act (OAA) Congregate Nutrition Program has often focused on the meal that is provided as well as nutrition education. Little evaluation if any has ever been done solely on the benefits of socialization to the health and well-being of older adults.

With a generous renewal grant from the Retirement Research Foundation, the National Association of Nutrition and Aging Services Programs (NANASP) is expanding on its successful one-year pilot project to study the value of socialization for older adults who participate in Congregate Nutrition Programs under the OAA and how this contributes to their health and well-being outcomes while potentially saving Medicaid and Medicare funds.

Your participation in this next phase of our project using this survey tool will help us collect evidence about the value of the Congregate Nutrition Program in keeping older adults living independently in their communities thanks to the benefits of socialization.
Part 1 (Provider Focused)

1. How long has your program operated?

2. How would you describe the area in which your program is located?
   a. Urban
   b. Rural
   c. Suburban
   d. Other

3. Is your program considered...
   a. Part of local government
   b. Non-profit
   c. Private for-profit

4. How long have you been in this position?

5. What is the average age of your congregate participants?

6. How important do you believe socialization is to the clients who visit your congregate meal program?
   a. Very Important
   b. Important
   c. Somewhat important
   d. Not important
7. What is the average length of time participants have been in your congregate program?
   a. 1-5 years
   b. 5-10 years
   c. 10-15 years
   d. 15 years or more

8. What type of socialization activities are offered to your participants?

9. Why do participants use your congregate meal program? (Answer all that apply)
   a. Meal Only
   b. Nutrition Education
   c. Socialization
   d. Physical Activities or Exercise
   e. All the above

10. How many of your congregate participants live alone?

11. What is the total approximate cost of your program to a participant annually?
Part 2 (Participant Focused)

1. What is your gender?
   a. Male
   b. Female

2. What is your relationship status?
   a. Married
   b. Single
   c. Widowed
   d. Divorced
   e. Other

3. What race/ethnicity best describes you?
   a. White
   b. Black, African American
   c. Hispanic or Latino
   d. American Indian
   e. Asian/Asian American
   f. Pacific Islander
   g. Other (please write in)
4. What do you like best about socializing during the congregate meal program? (Answer all that apply)
   a. I like talking with friends I already know
   b. I like meeting new friends/talking with different people each day
   c. I like just getting out of my home for a little while each day
   d. I enjoy eating lunch but do not prefer to socialize
   e. Other reason not specified above (Please explain).

5. How do you arrive at the congregate meal site?
   a. My Car
   b. Site/Agency Van
   c. Share Ride with a friend and or family member
   d. Public Transportation
   e. Walk
   f. I live on site

6. How frequently do you receive meals at the congregate meal site?
   a. Once a month
   b. A few times a month
   c. A few times a week
7. Since participating in the program, has your knowledge of good nutrition increased?
   a. Yes
   b. No

8. Since participating in the program, are you exercising more?
   a. Yes
   b. No

9. Has your health improved since you started visiting the congregate meal site?
   a. Yes
   b. No

10. Do you have more friends now than before you started visiting the site?
    a. Yes
    b. No

11. Do you believe enough time is allowed for socialization?
    a. Yes
    b. No