BEYOND THE MEAL
The Value of Socialization in Older Americans Act
Congregate Nutrition Programs

Generous funding from the Retirement Research Foundation

The National Association of Nutrition and Aging Services Programs (NANASP) received a renewal grant in July 2017 for one year of continued study of the benefits of socialization in OAA funded Congregate Nutrition programs to the health and well-being of older adults.

“\textit{I enjoy music, happy faces and education.}”

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\includegraphics[width=\textwidth]{map.png}
\caption{A map showing states and states participated.}
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\begin{figure}[h]
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\includegraphics[width=\textwidth]{chart.png}
\caption{A chart showing states and programs participated.}
\end{figure}

“I come to the program to know what’s going on in life.”

FINDINGS
From the 1,017 surveys analyzed we found the following statistically significant information:

- For those who said they had more friends now than before they started visiting the site, they were also 3.96 times more likely to say they now exercise more.
- For those who said they had more friends now than before they started visiting the site, they were also 5.5 times more likely to say they have improved health.

SITE VISITS
NANASP Executive Director Bob Blancato also made in-person visits to:

- Beverly Council on Aging, Massachusetts
- Seniors Resources of Guilford County, North Carolina
- McBride Center, Knoxville, Tennessee
- Area Agency on Aging (NACOG), Flagstaff, Arizona
- Serving Seniors, San Diego, California
- Food Bank WNY, Buffalo, New York
- Centralina Area Agency on Aging, Charlotte, North Carolina
- American Association of Retired Asians, Hanover Park, Illinois
- Brattleboro Senior Meals, Vermont

“It’s easier for me instead of cooking for myself.”

For more information visit \url{www.nanasp.org} or contact us at (202) 682-6899 or info@nanasp.org