YEAR 3: BEYOND THE MEAL

CASE STUDY: The Value of Socialization in Older Americans Act Congregate Nutrition Programs in Oregon

The National Association of Nutrition and Aging Services Programs (NANASP) received a renewal grant from the Retirement Research Foundation in May 2018 to continue its study of the benefits of socialization in OAA funded Congregate Nutrition programs to the health and well-being of older adults. The information below was collected in the Winter of 2019.

“Coming to MOW gives me sense of purpose and a chance to volunteer.”

CONGREGATE SITE
Elsie Stuhr Center
5550 SW Hall Blvd, Beaverton, Oregon

134 COMPLETED PARTICIPANT SURVEYS

“My hot meal for the day.”

SURVEY FINDINGS:

- 49% of respondents were female
- 89% say they have more friends now than before they started visiting the site
- 63% of respondents white, 11% African American, and 8% Asian/Asian American
- 35% of respondents said what they like best about socializing is talking to friends they already know, meeting new friends and getting out of their homes each day
- 89% of respondents said they believe the site allows enough time for socialization
- 68% of respondents said their health has improved since starting to visit the site
- 41% of respondents were single
- 31% of respondents arrive to the congregate site by car
- 51% of participants say they visit the congregate site almost every day

From left to right: Representative Suzanne Bonamici (D-OR) told participants of her new role as Chair of the Subcommittee which will renew the Older Americans Act, Helen, a congregate meal participant and Bob Blancato, the Executive Director of NANASP

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

Thank you to the team at Meals on Wheels Portland including Renata Wilson, Mike Buck and Jay Gilbertson.

Eat more veggies here. Food is good and correct size.”