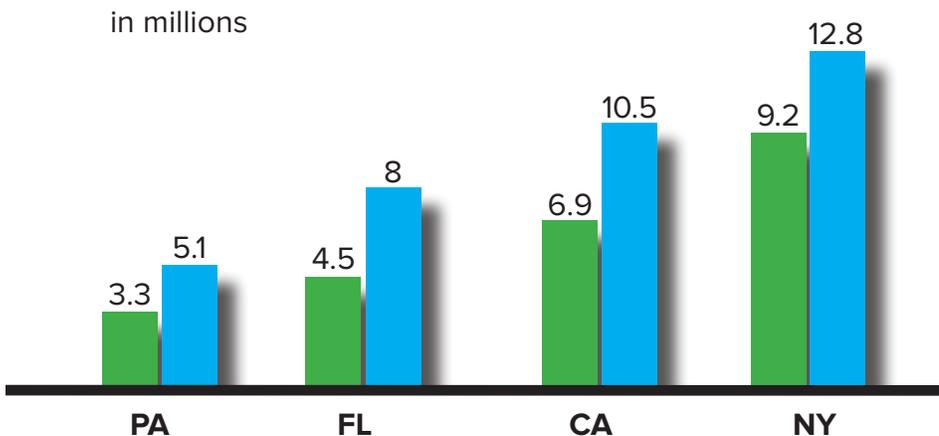




NEW YORK STATE: Leading the nation in providing nutrition for older adults

New York State is the nation’s longstanding leader in providing the highest quality meals to older adults in their homes and community locations. Highlighting the importance of nutrition in maintaining and improving health, the critical role volunteers play in preparing and delivering meals, and the important partnerships state agencies and community organizations play are key components of Governor Andrew Cuomo’s efforts to support aging in place and make New York the healthiest state in the nation.

Congregate/Home delivered meals per state



NEW YORK 2019 — by the numbers

Home Delivered Meals (HDM) delivered:
12.8 million

Congregate Meals served:
9.2 million

Total Older Adults served:
256,000

Since 1975

Total Meals served:
959 million

Home Delivered Meals (HDM) delivered:
424 million

Congregate Meals served:
535 million

Total Older Adults served:
10.2 million



NEW YORK
STATE OF
OPPORTUNITY.

Office for
the Aging

NYSOFA and its network of 59 county-based area agencies on aging and almost 1,200 community-based providers serve more than 850,000 older New Yorkers annually with a comprehensive array of services and supports that promote aging in place. Get information by phone at 1-800-342-9871 or online at www.nyconnects.ny.gov.

AGE-FRIENDLY NEW YORK STATE:

Recognizing the importance of nutrition and social contact

Poor diet and physical inactivity contribute to the leading causes of disability among Americans, and unhealthy eating and physical inactivity cause one-third of premature deaths, according to the Centers for Disease Control and Prevention's Division of Nutrition, Physical Activity, and Obesity (2010).

Some facts about the nutritional needs of older adults include:

Chronic Disease: The nutritional status of older adults has a significant role in disease causation, risk reduction, and the treatment of chronic degenerative diseases. The presence of one or more of the chronic diseases that especially affect older individuals with advancing age often requires that they follow a prescribed diet.

Medications: Side effects and interactions associated with some medications may cause malabsorption of nutrients, weight loss, anemia, dehydration, low or high blood sugar, fatigue, and depression, all of which may lead to poor nutrition and other serious health complications.

Oral Health: Poor oral health may limit the type, quantity, and consistency of food eaten, increasing nutritional risk.

Weight Loss: Being underweight often indicates an inadequate dietary intake and is associated with frailty and possible underlying illness.

Social Activities: Social interaction positively affects an individual's food intake, but its absence—social isolation—may lead to loneliness, which can negatively affect diet and thereby increase an individual's risk for malnutrition.

CONTRIBUTIONS

The New York State nutrition program is a great example of a public/private partnership. Its funding and support come from federal, state, and local funds, private fundraising, and participant contributions. It would not be nearly the program it is without the countless volunteers who prepare, serve, and deliver the meals.

Meal customers contributed almost \$13 million in voluntary contributions last year, which helped provide an additional:

- **877,192** home delivered meals and
- **648,702** congregate meals

HDM CUSTOMERS

- 42% are age 85 or older
- 72% are age 75 or older
- 65% are female
- 61% live alone
- 39% are low income
- 33% have deficiencies in 3+ Activities of Daily Living (ADL) (average is 2)
- 86% have deficiencies in 3+ Instrumental Activities of Daily Living (IADL) (average is 5)
- 46% are at high nutrition risk
- 66% have 4+ chronic conditions

Top chronic conditions include:

- Arthritis
- Diabetes
- Heart disease
- High blood pressure
- Alzheimer's disease
- High cholesterol
- Visual and hearing impairment