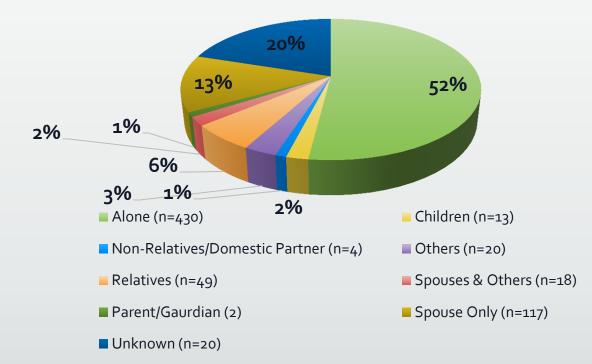


# Foodnet Meals on Wheels



## Senior Hunger & Isolation

52% of Foodnet's Clients Live Alone





The effects of loneliness on health are similar to smoking up to 15 cigarettes a day

## Meal Delivery



Foodnet serves nearly 700 daily meals to over 400 older adults and others in-need throughout Tompkins County so our neighbors can live a life without hunger and isolation.



## More than a meal



Each meal is delivered with a safety check, a friendly visit, and compassion



## Social Dining



Serving our seniors along the continuum of need \*Titus Towers, YMCA, Center Village Court



## **Comprehensive Nutrition Services**



Nutrition Assessment, Counseling, Education, & Analysis by a Registered Dietitian



#### New Choice Menu System





Meals on Wheels America's software solution of choice for home delivered meal providers.

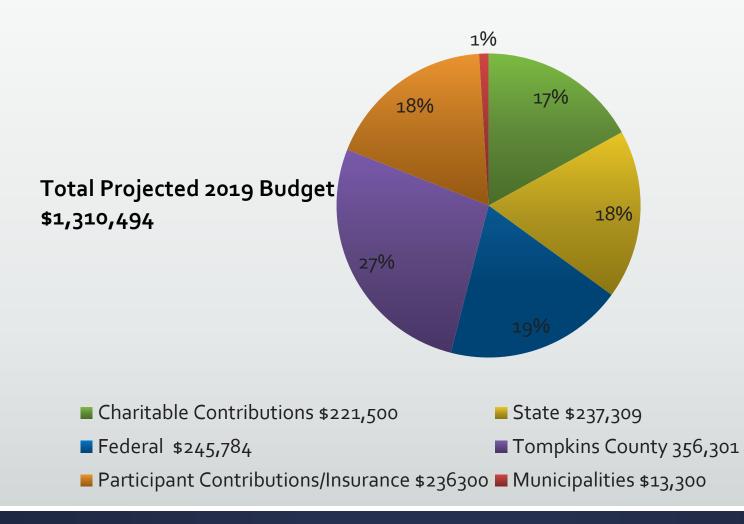


## Funding



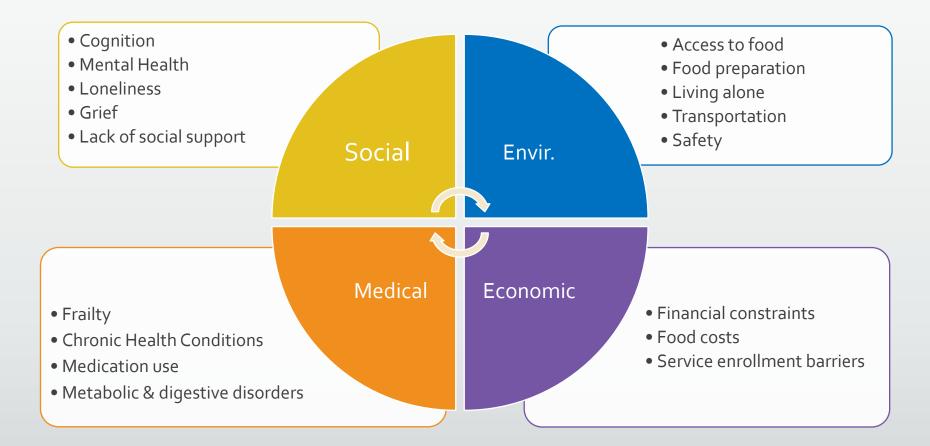


## Foodnet Projected Funding 2019





## Senior Malnutrition & Food Insecurity are Complex



Porter Starr, K.N. McDonald, S.R. & Bales, C.W. (2015). Nutritional Vulnerability in Older Adults: A Continuum of Concerns. *Current nutrition reports*, 4(2), 176-184. http://doi.org/10/1007/s13668-015-0118-16



#### Our Meals Matter (satisfaction surveys 2018)



Home Delivered Participants (n=189)

- ✓ 68% say the meals help them to continue living independently
- ✓ 60% say the meals help to manage their health
- ✓ 62% say that the meals have changed their health



 Congregate Program Participants (n=39)
✓ 72% say they eat at their meal site, because they like eating with others

- ✓ 31% say the meals help them continue to live independently
- ✓ 37% say the meals help them to change their diet



Client satisfaction survey October 2018 \* 228 responses 45% response rate

## **Community Impact**

Reduction in Hospitalization Rates (39% decline after 30 days of service)

Reduction in Emergency Department Rates (28% after 30 days of service)

Reduction in Nursing Home Use (28% decline after 30 days of service)



The cost of 1 year of meals for 1 person is relatively the same cost as 1 day in a hospital or 10 days in a nursing home

The Impact of Home-Delivered Meals on Overall Health and Associated Use of Healthcare Services (2016). Brown University's Center for Gerontology and Health Research, and Healthcare Research and funded by the Gary Mary West Foundation