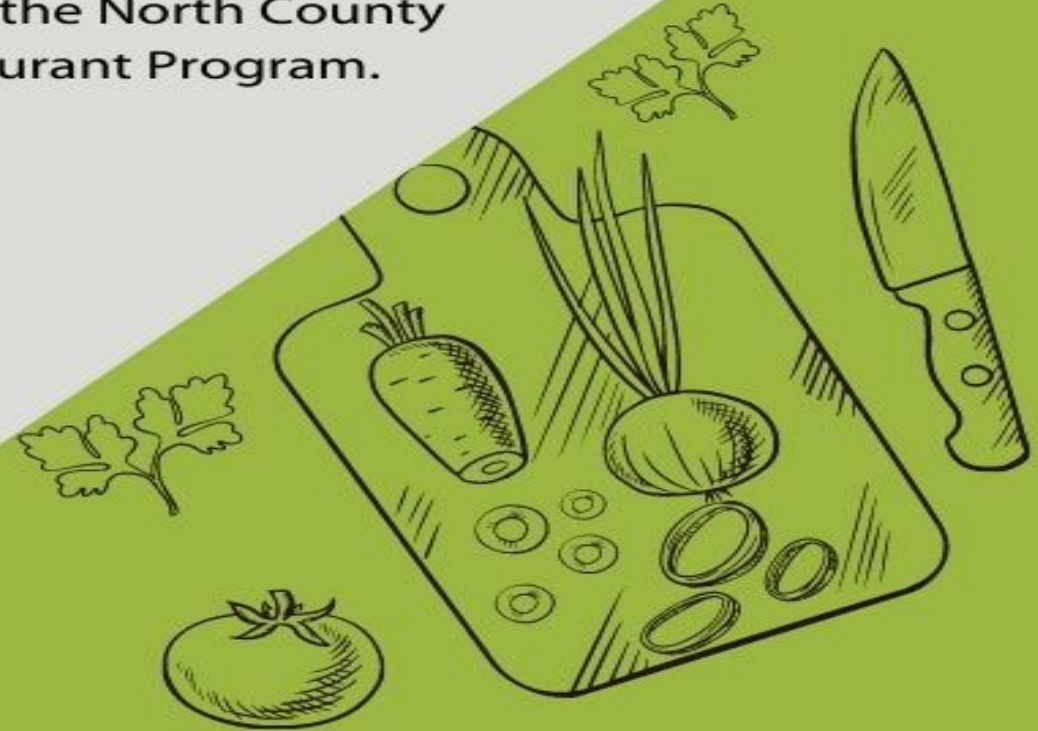
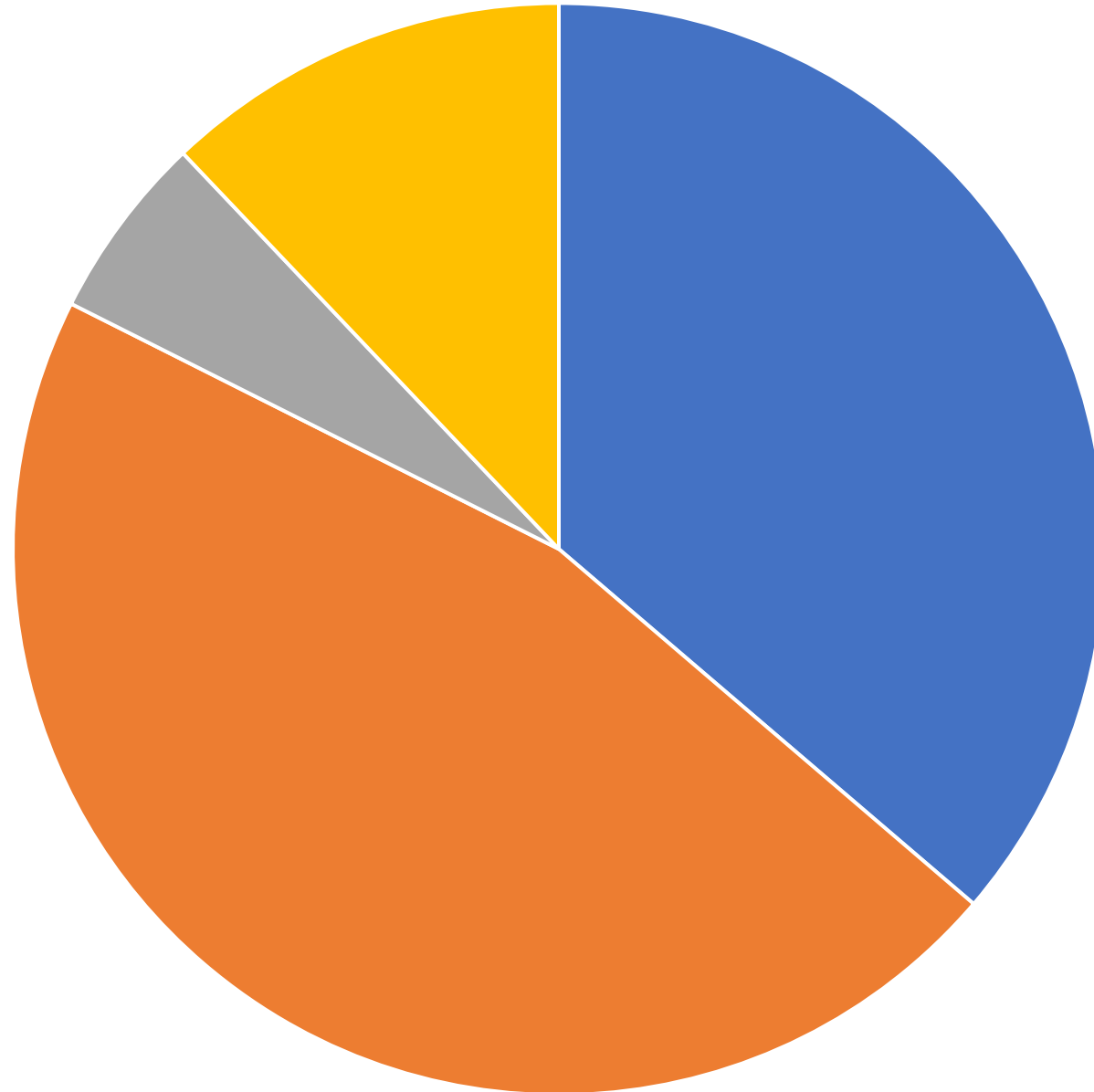


# North County Senior Food Security Statistics

\*Each of the following stats have been collected from a total of 90 surveys filled out by recipients of the North County Senior Meal Restaurant Program.



# How did you hear about the program?



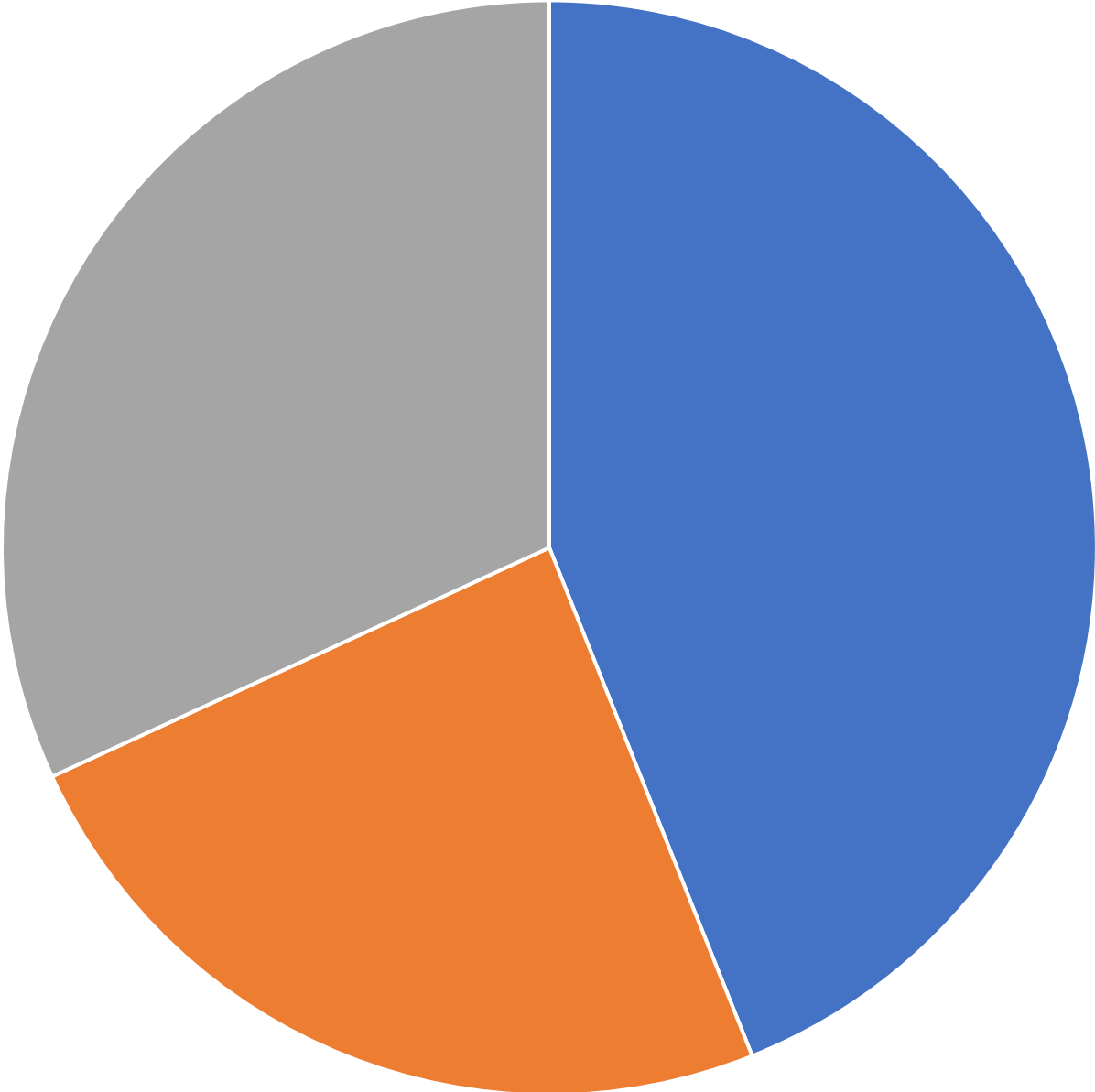
■ Friend = 36%

■ Word of mouth = 46%

■ Program flyer = 5%

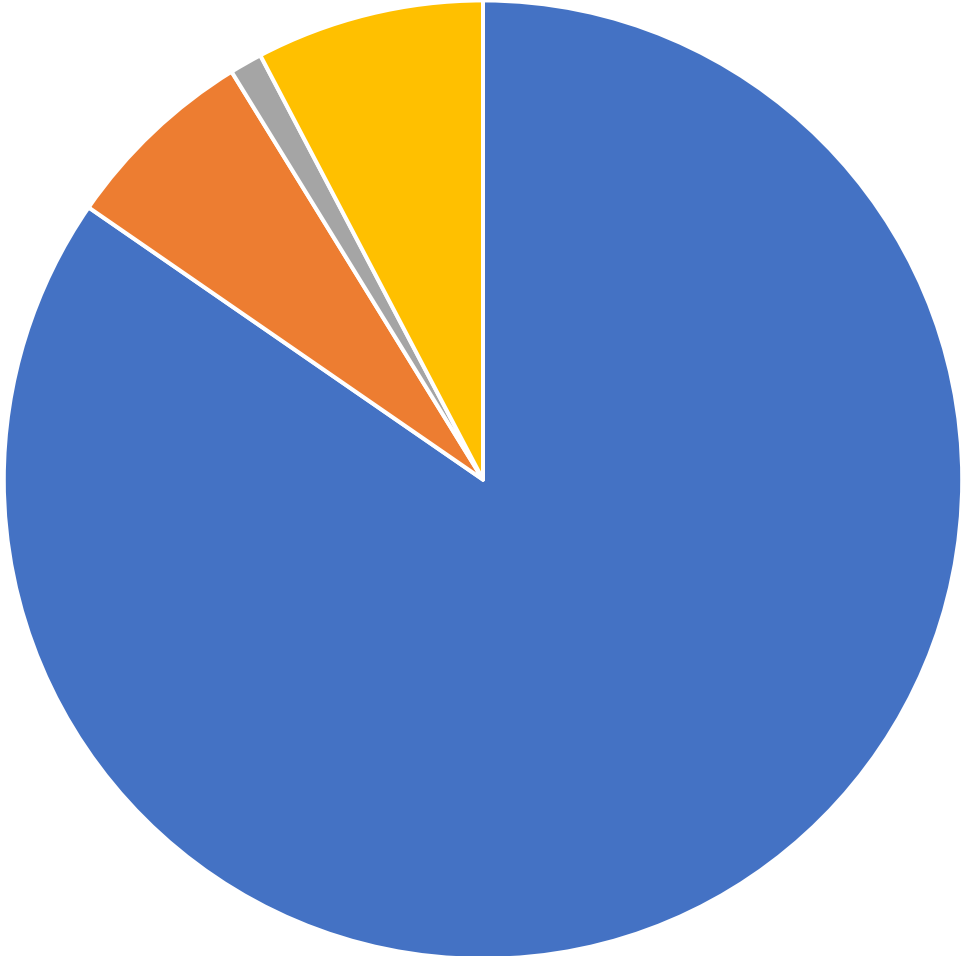
■ Social media = 12%

# Why did you sign up for the North County Senior Meals Program?



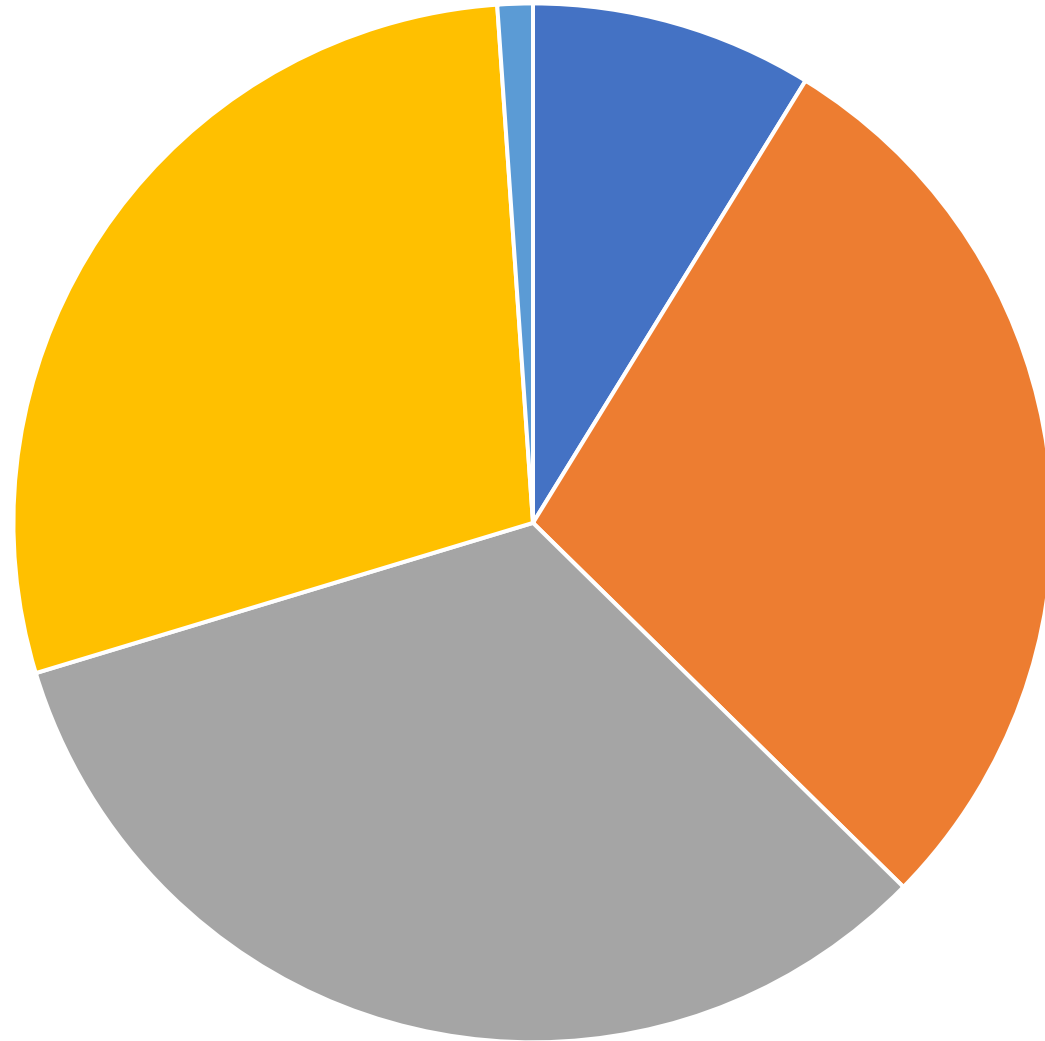
■ Financial = 44%   ■ Health = 24%   ■ Decline to state = 32%

# How do you typically receive your meals?



- Go to the café = 85%
- Picked up for me due to fuel costs = 7%
- Picked up for me because of transportation issues = 1%
- Picked up for me because of homebound medical issues = 8%

# When was the last time you ate lunch at the Coulter Café?



■ Today or yesterday = 9%

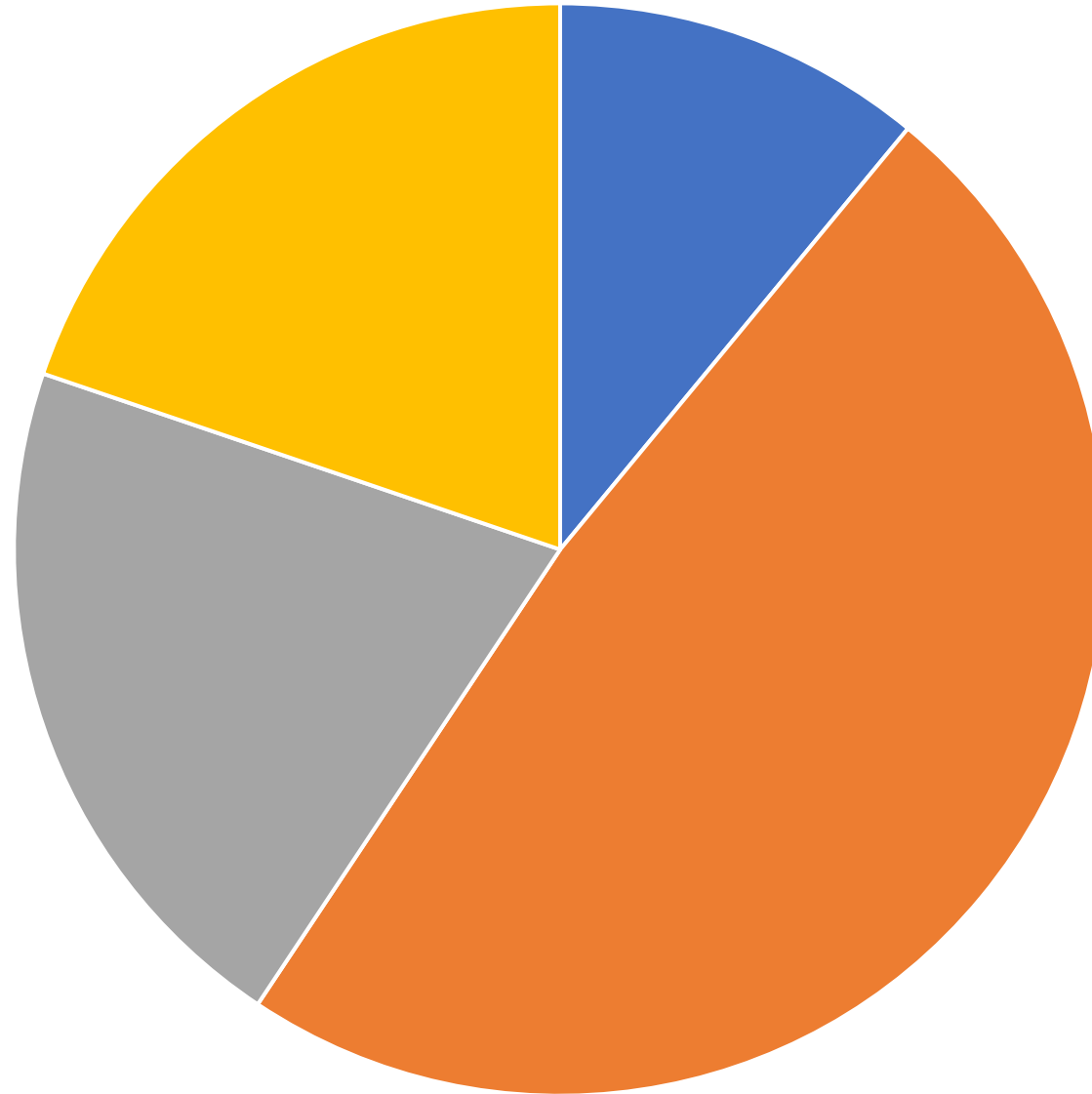
■ More than 1 day to 1 week ago = 29%

■ More than 1 week to 1 month ago = 33%

■ More than 1 month ago = 29%

■ Only ate there once = 1%

How many days a week do you receive meals?



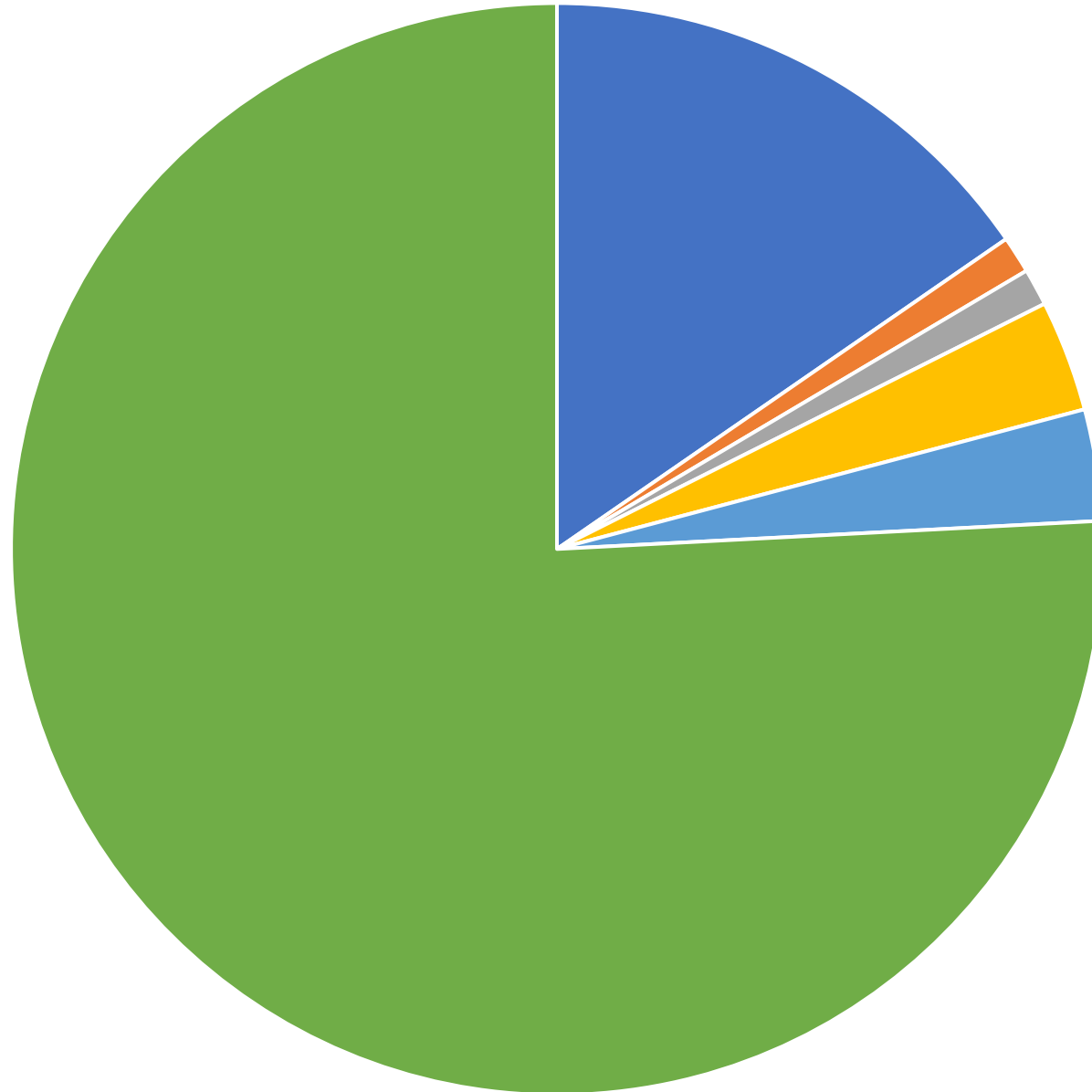
■ Less than once a week = 11%

■ Once a week = 48%

■ Twice a week = 21%

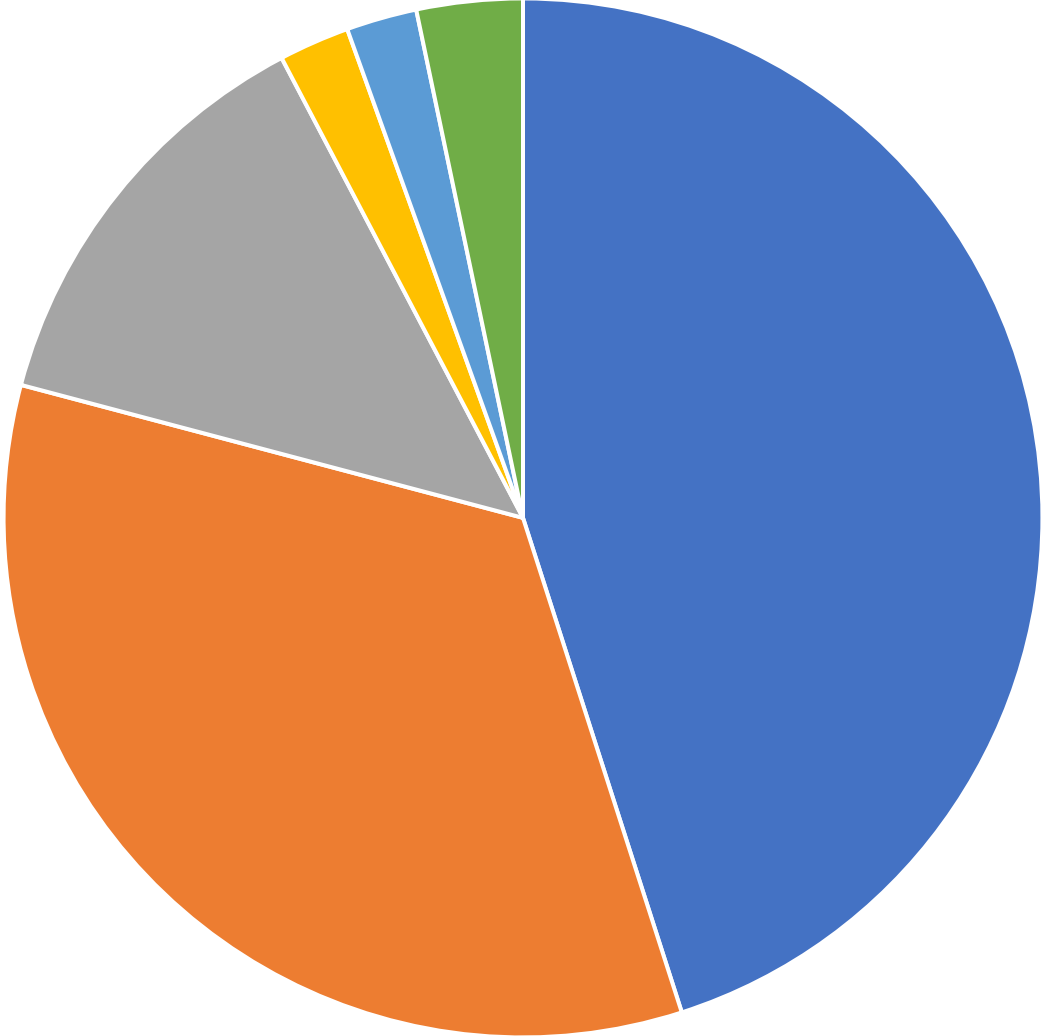
■ Three or more times a week = 20%

# When did you start receiving meals in this program?



■ November = 15% ■ December = 1% ■ January = 1% ■ March = 3% ■ May = 3% ■ I don't know = 76%

How would you rate the program overall?



■ Excellent = 45%

■ Very Good = 34%

■ Good = 13%

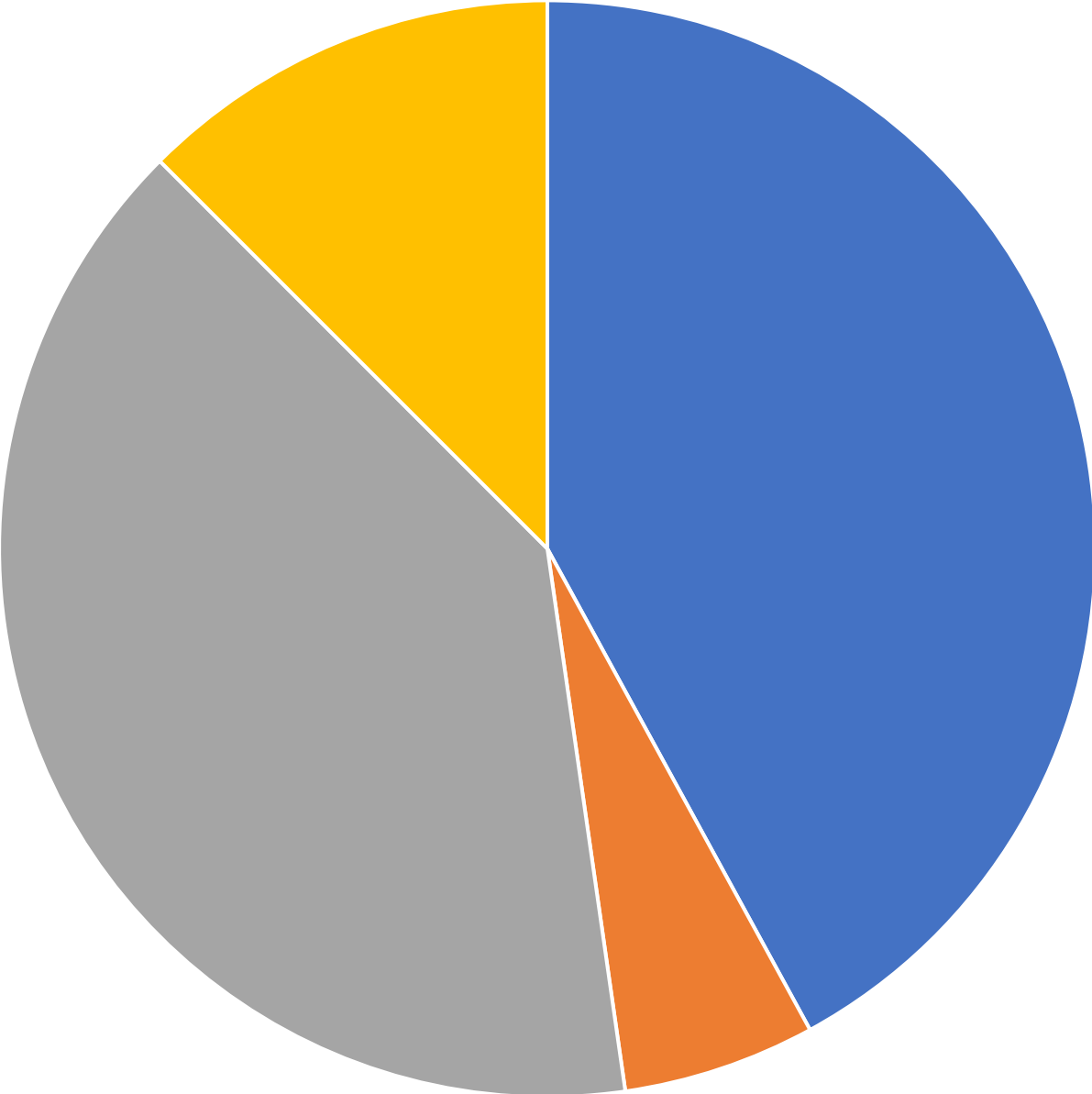
■ Fair = 2%

■ Poor = 2%

■ Don't know / Decline to state = 3%

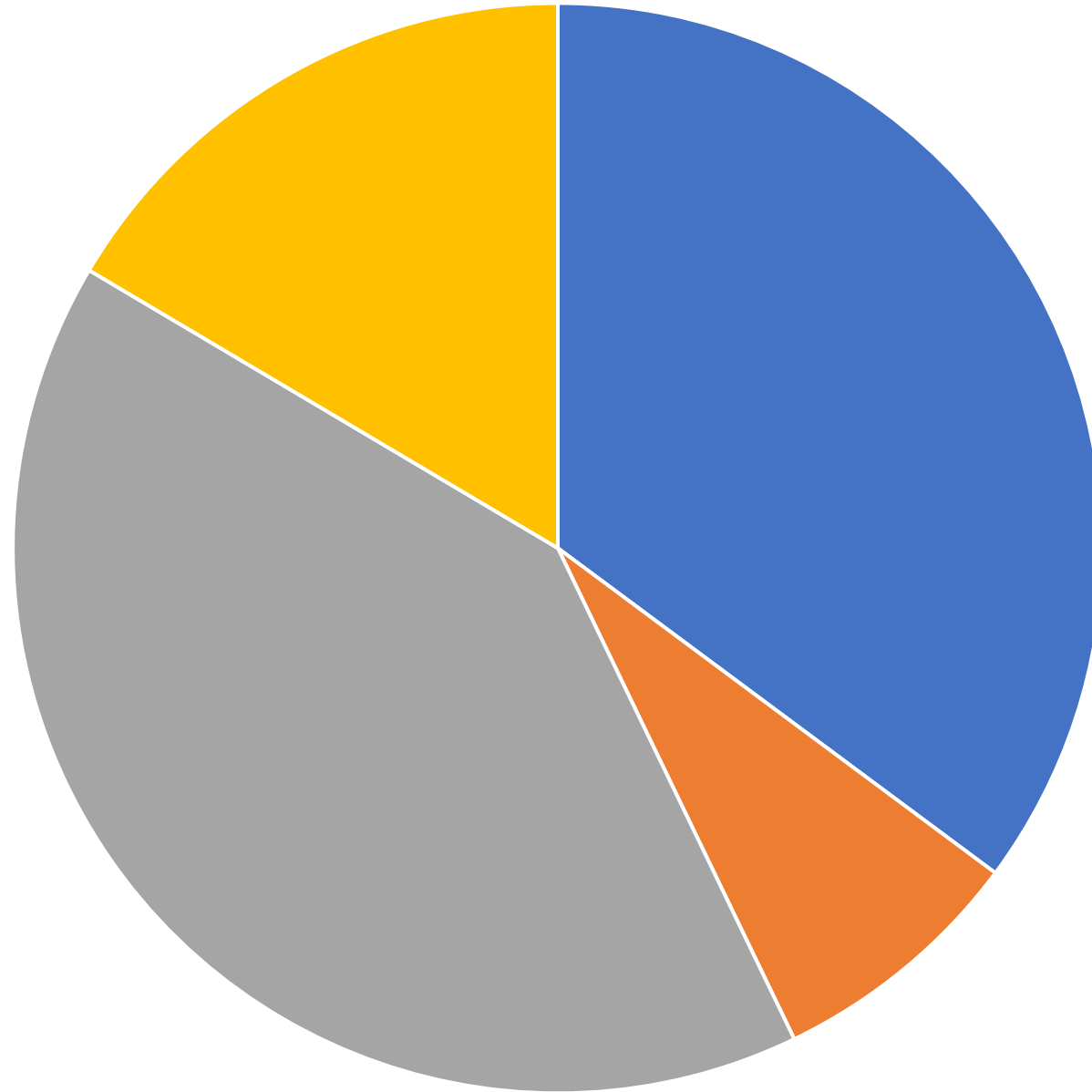


Do you eat healthier foods as a result of the meals program?



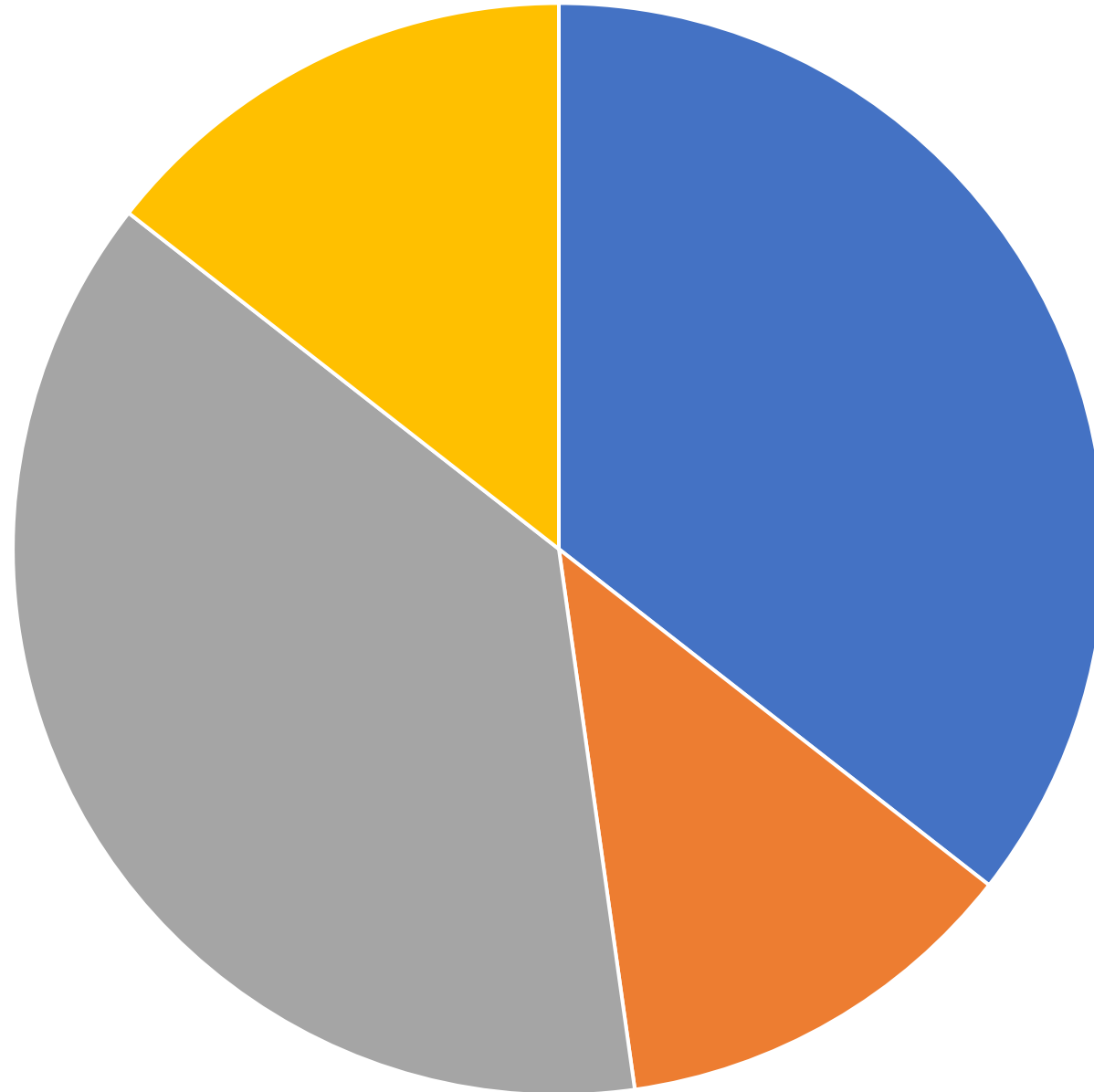
■ Yes = 42%   ■ No = 6%   ■ Same = 40%   ■ Don't know / Decline to state = 13%

# Does eating at the lunch program improve your health?



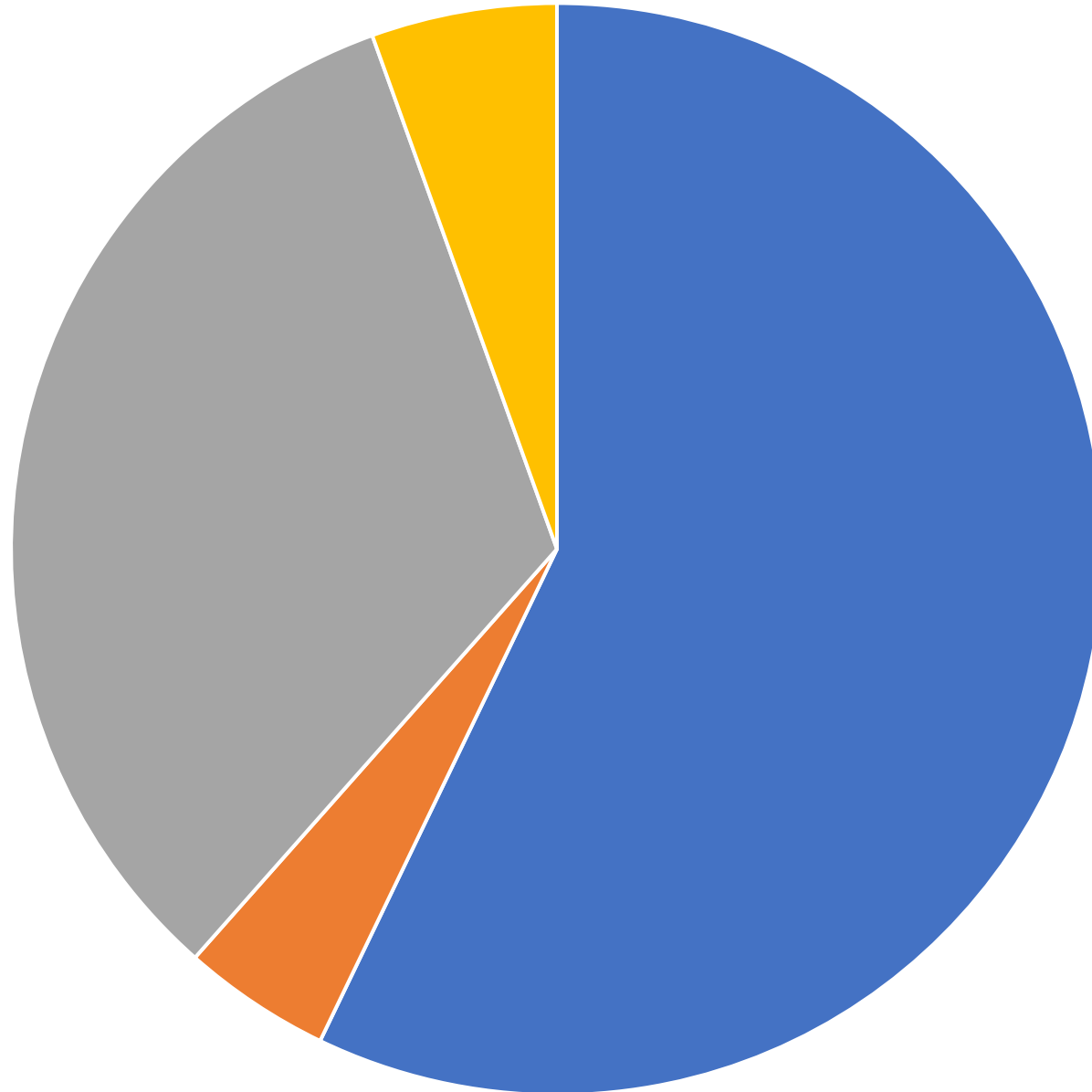
■ Yes = 35%   ■ No = 8%   ■ Same = 41%   ■ Don't know / Decline to state = 16%

Does the meal program help you to continue to live at home?



■ Yes = 36%   ■ No = 12%   ■ Same = 38%   ■ Don't know / Decline to state = 14%

As a result of receiving meals, do you feel better?



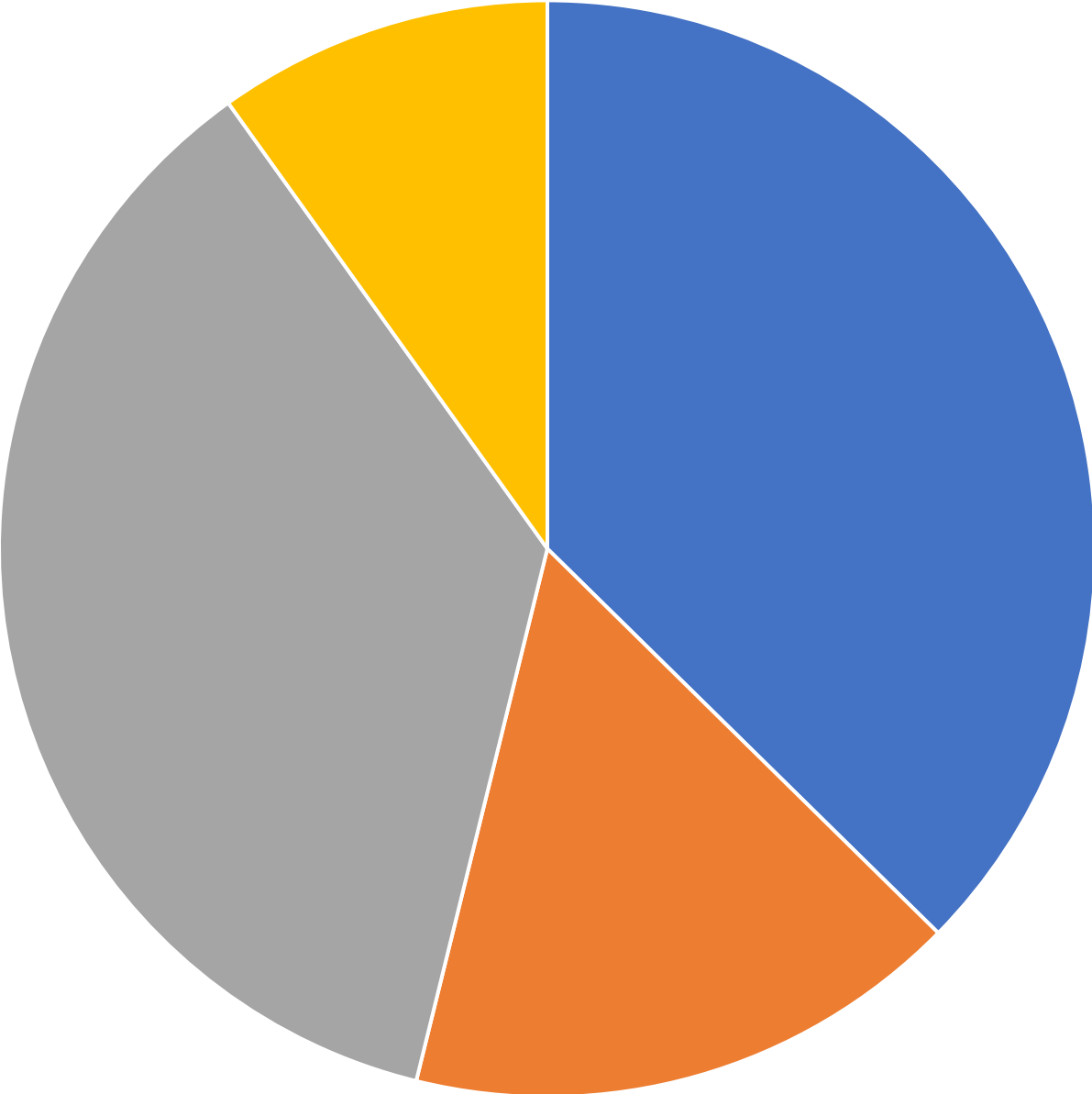
■ Yes = 57%

■ No = 4%

■ Same = 33%

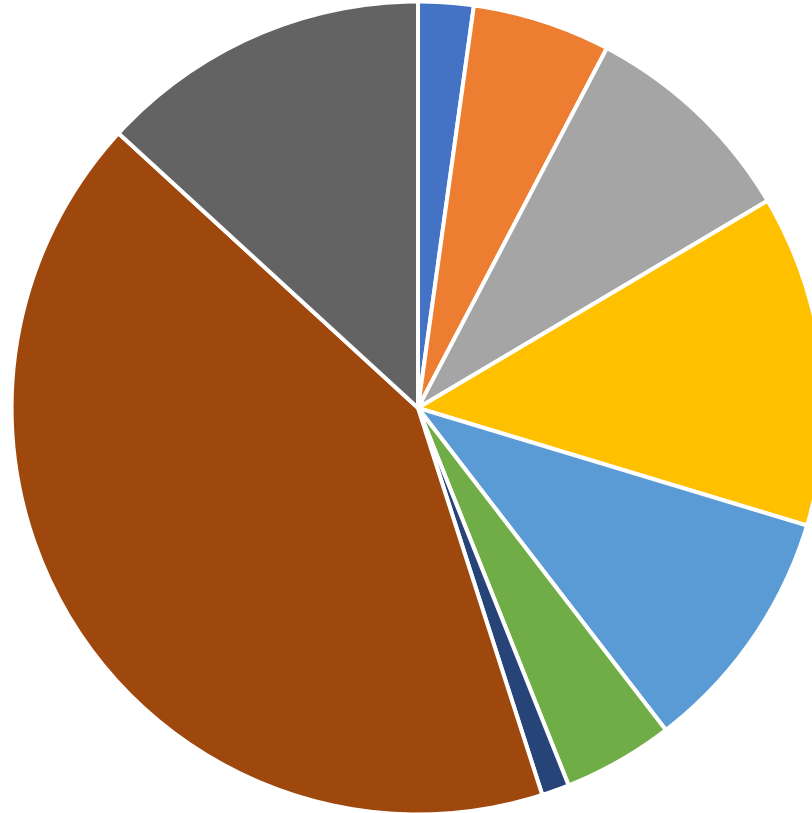
■ Don't know / Decline to state = 5%

Has knowing that you will receive regular contact with others made you feel safer at home?



■ Yes = 37%   ■ No = 16%   ■ Same = 36%   ■ Don't know / Decline to state = 10%

Other than the café staff or the person who brings you meals, how many times per week do you have personal interaction with a friend, family member or other visitor?



■ None = 2%

■ Twice = 9%

■ Four times = 10%

■ Six times = 1%

■ Don't know / Decline to state = 13%

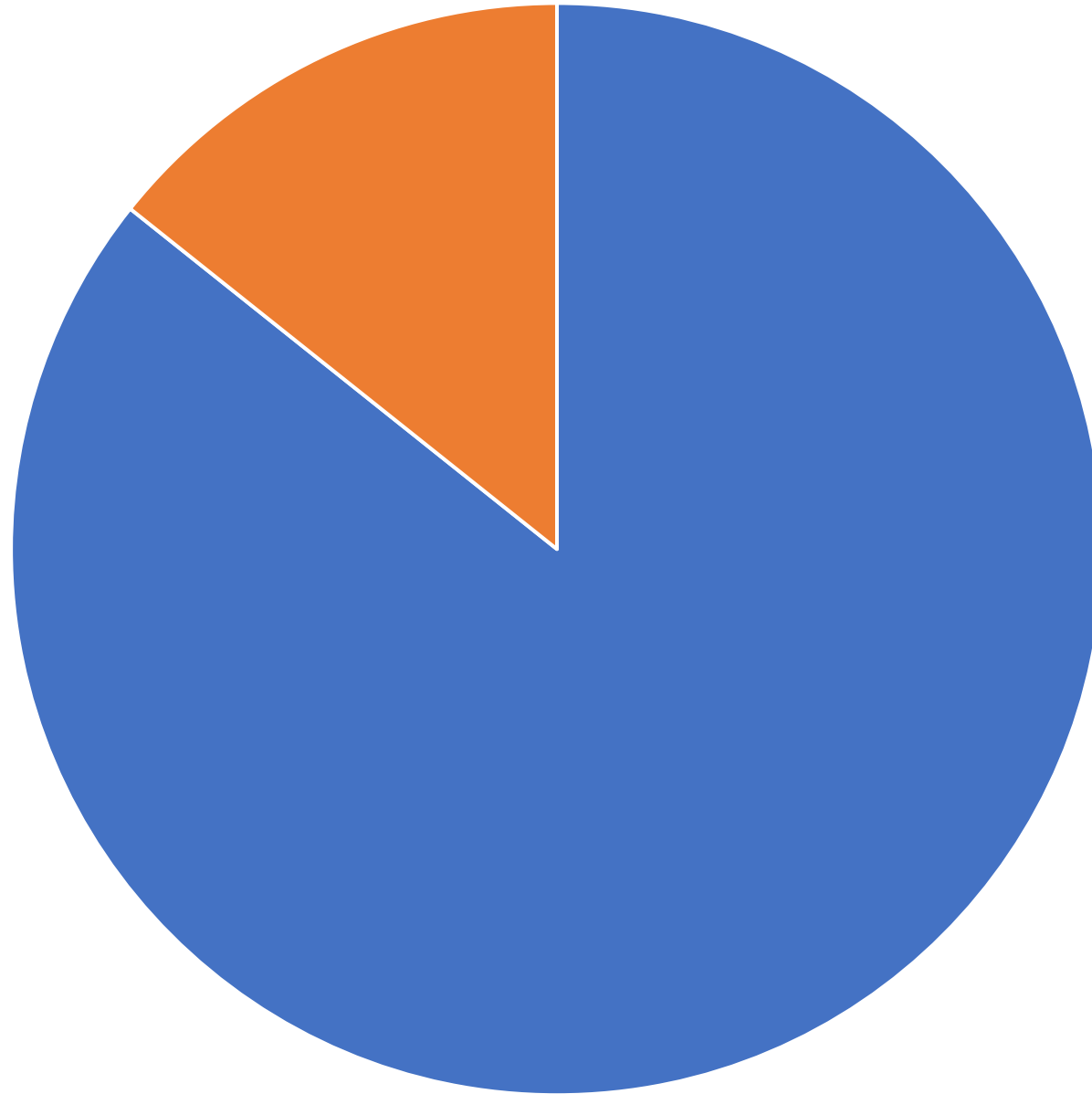
■ Once = 5%

■ Three times = 13%

■ Five times = 4%

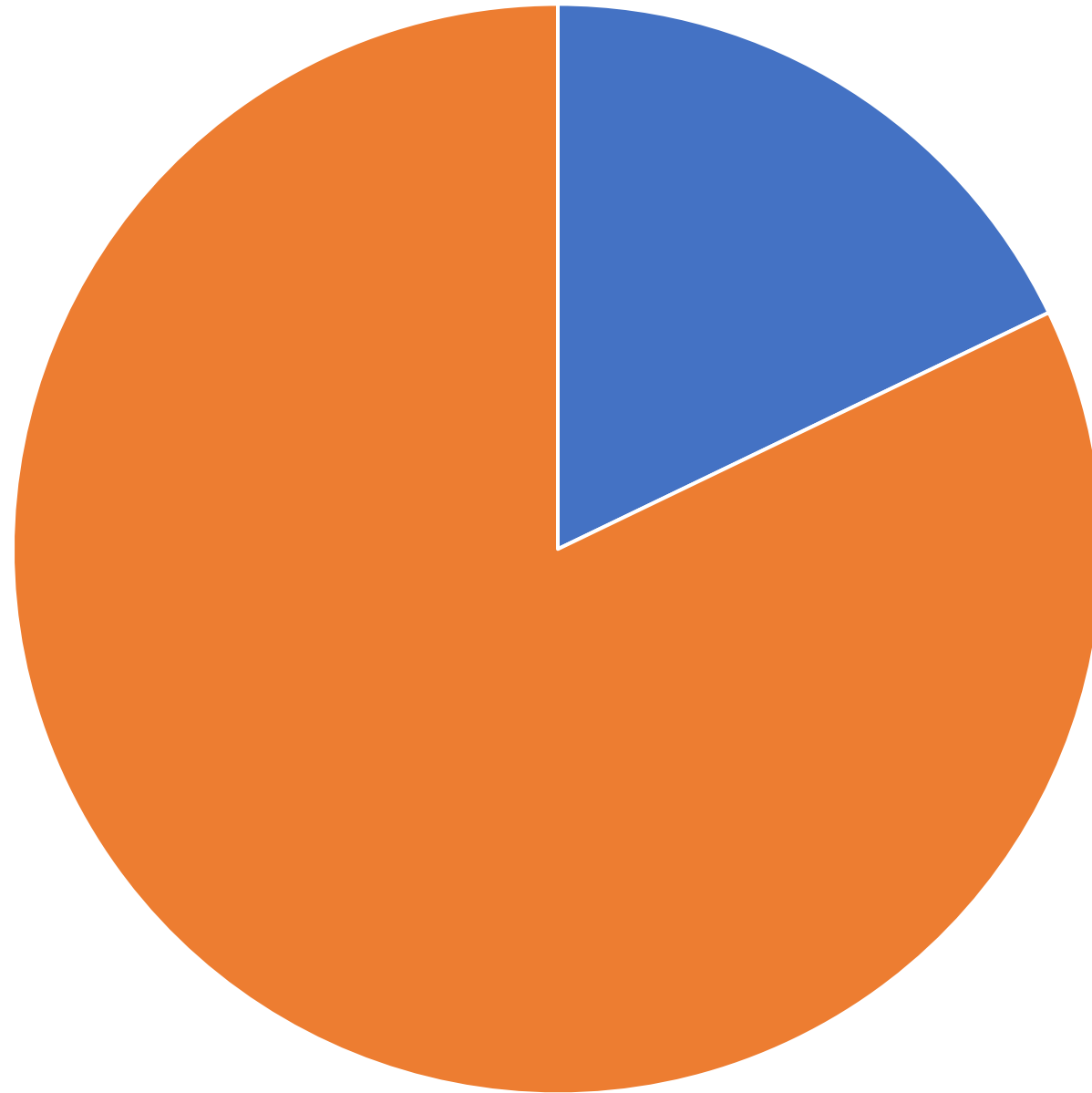
■ Everyday = 42%

Do you have enough of the foods you want to eat?



■ Yes = 86% ■ No = 14%

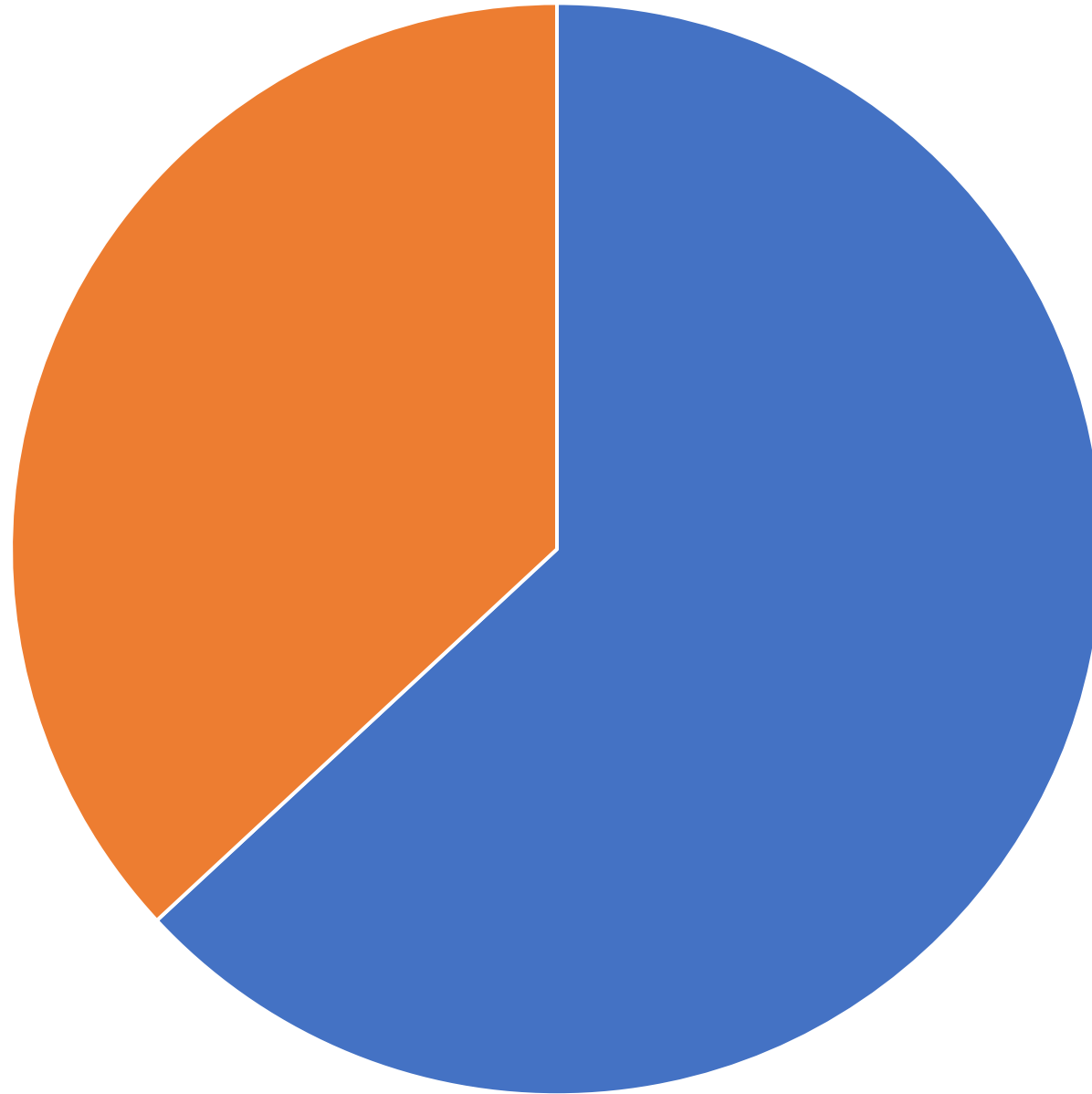
Do you worry that your food will run out before you can buy more?



■ Yes = 18% ■ No = 82%

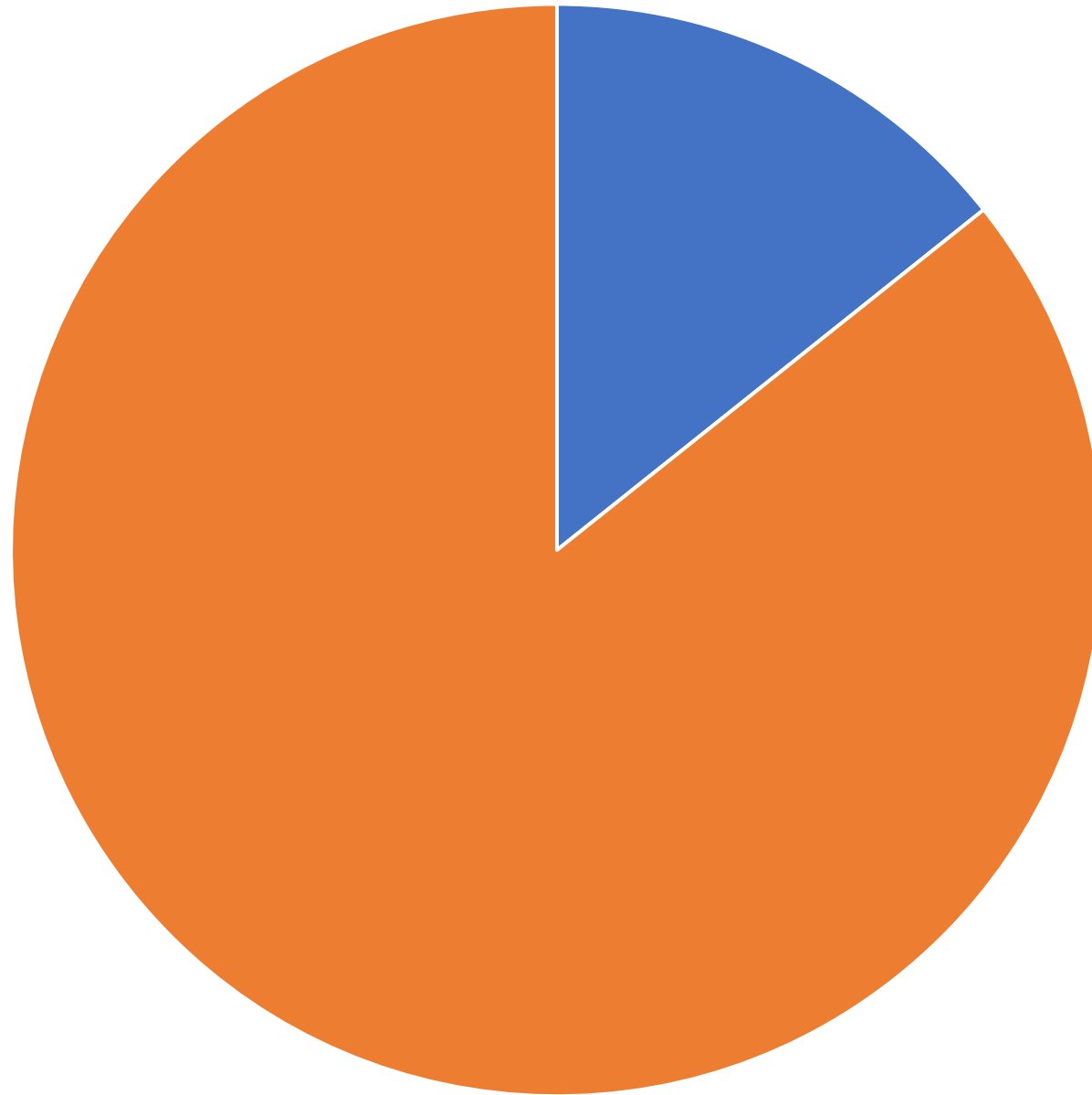


Do you believe you eat balanced meals (fresh fruit, vegetables, proteins)?



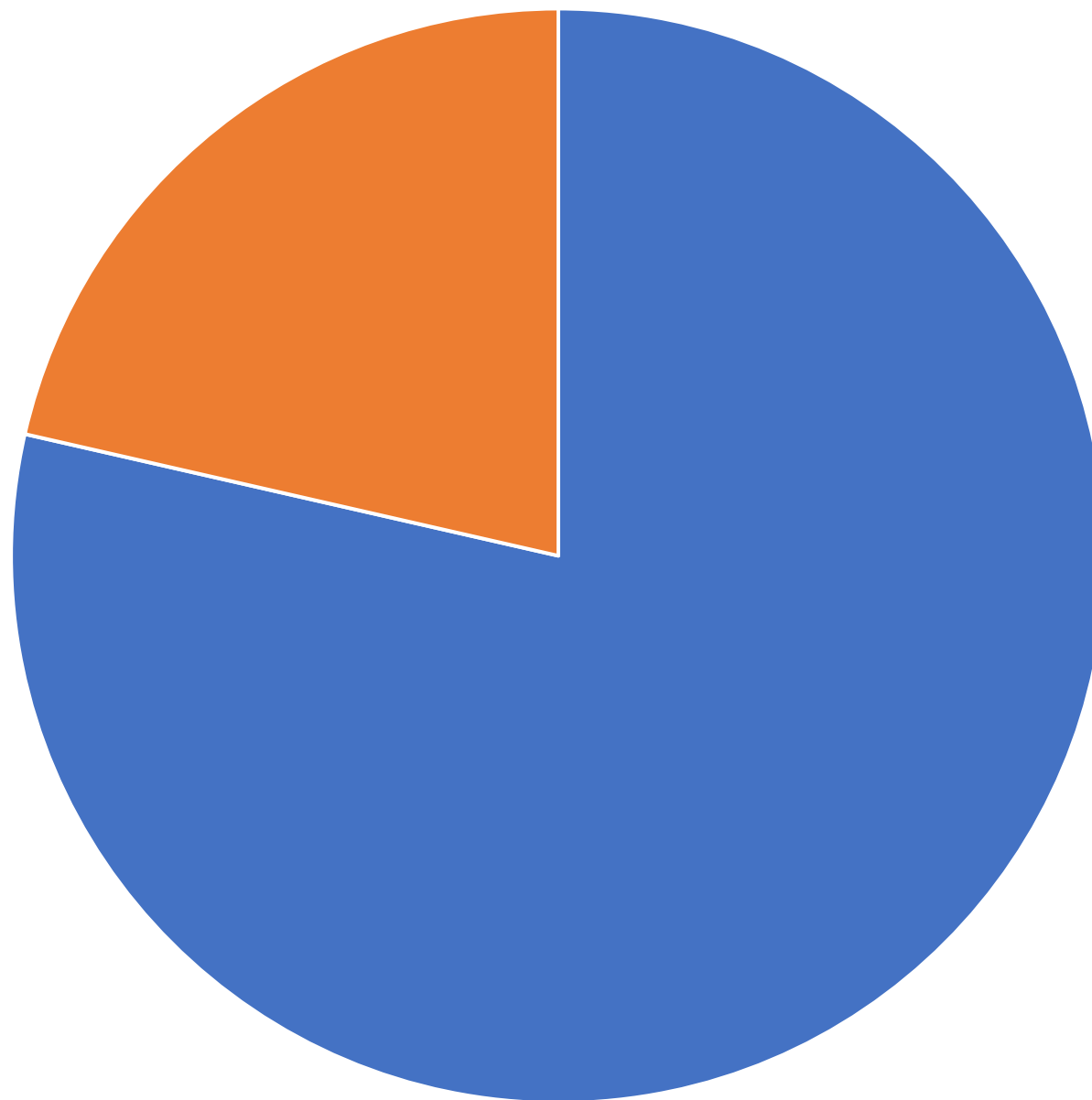
■ Yes = 63% ■ No = 37%

Do you consume at least one alcoholic beverage per day?



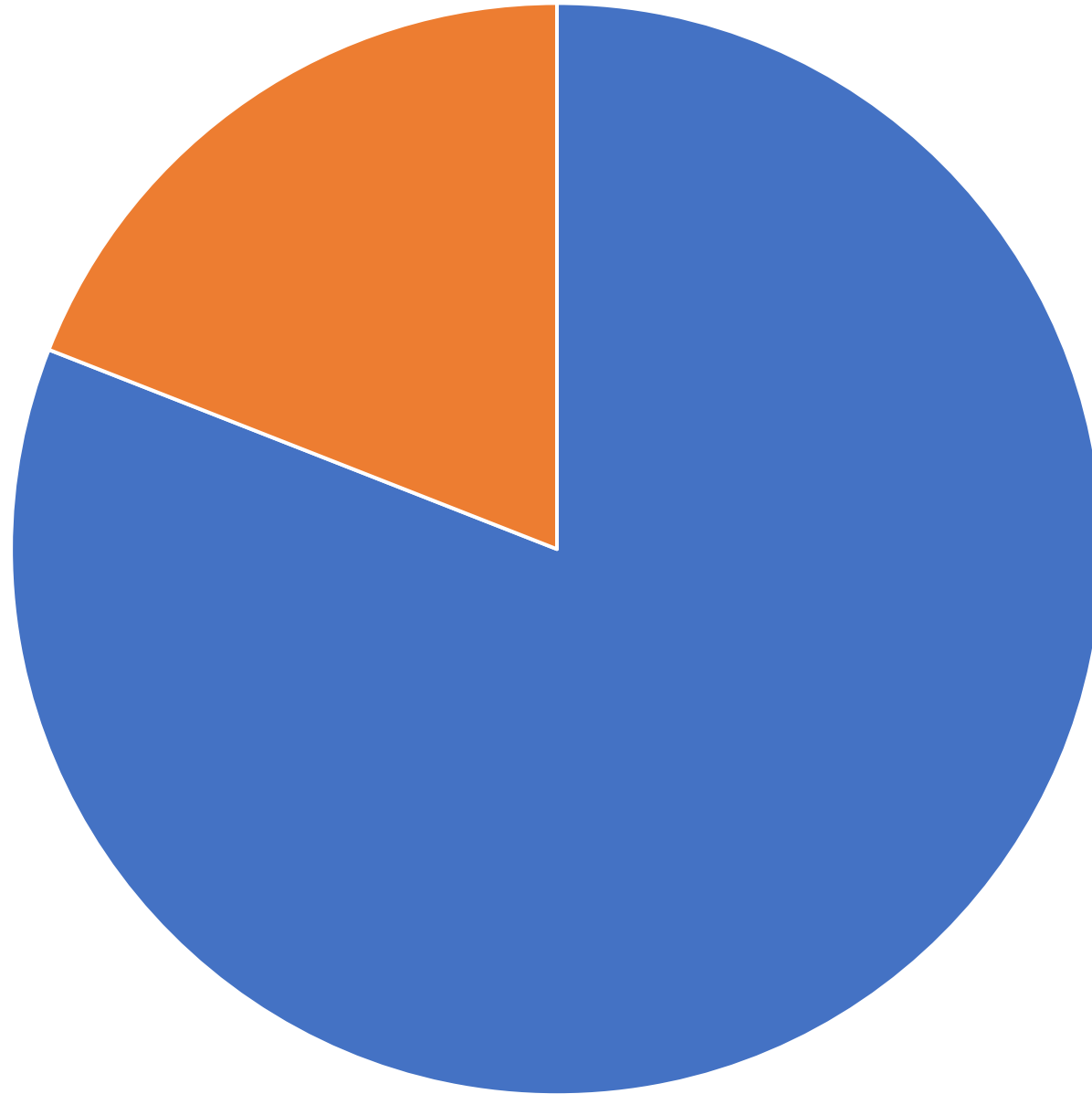
■ Yes = 28% ■ No = 72%

Do you have access to fresh fruit, vegetables, meats, dairy, etc. ?



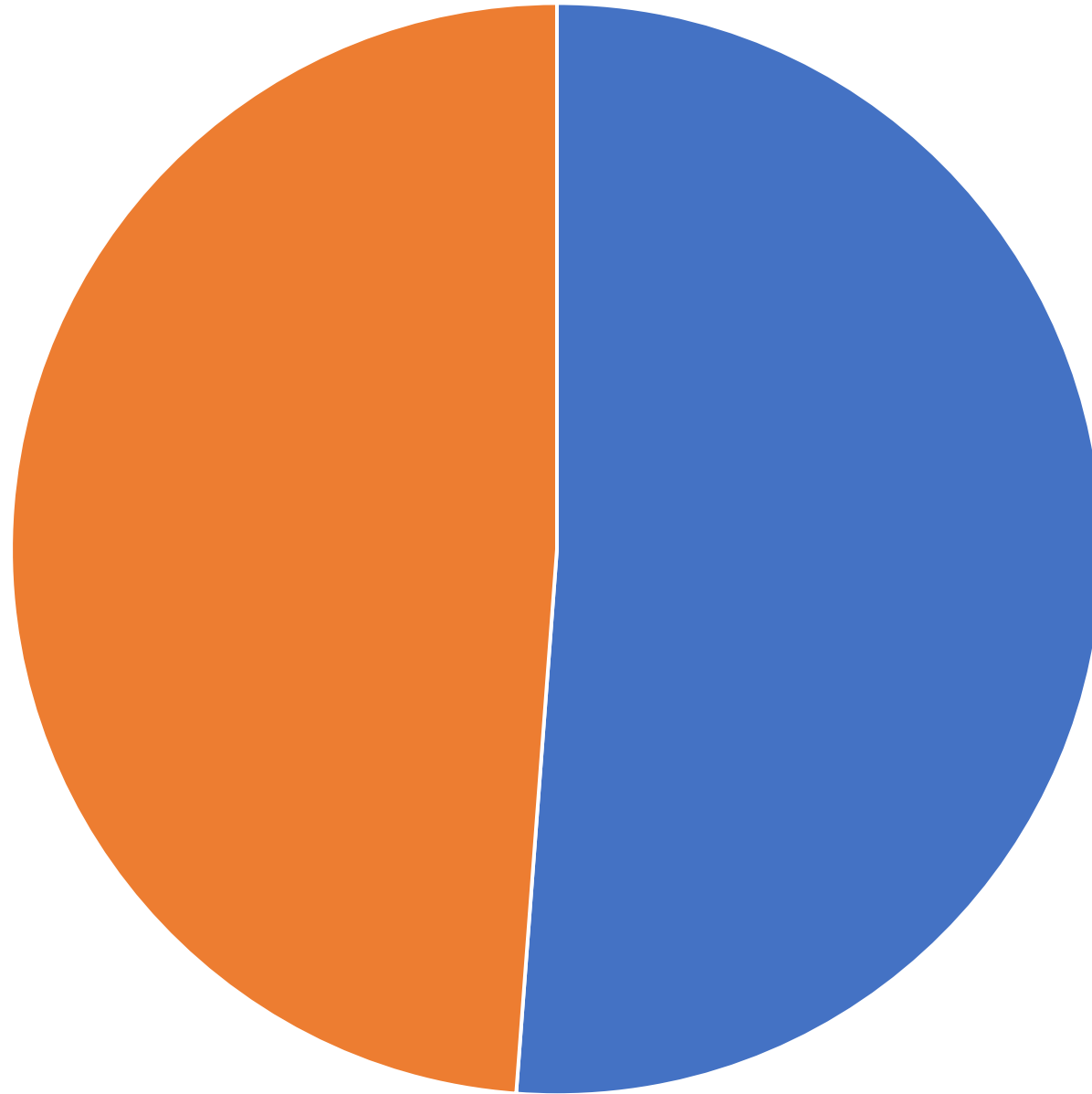
■ Yes = 79% ■ No = 21%

Do you have enough money to purchase food?



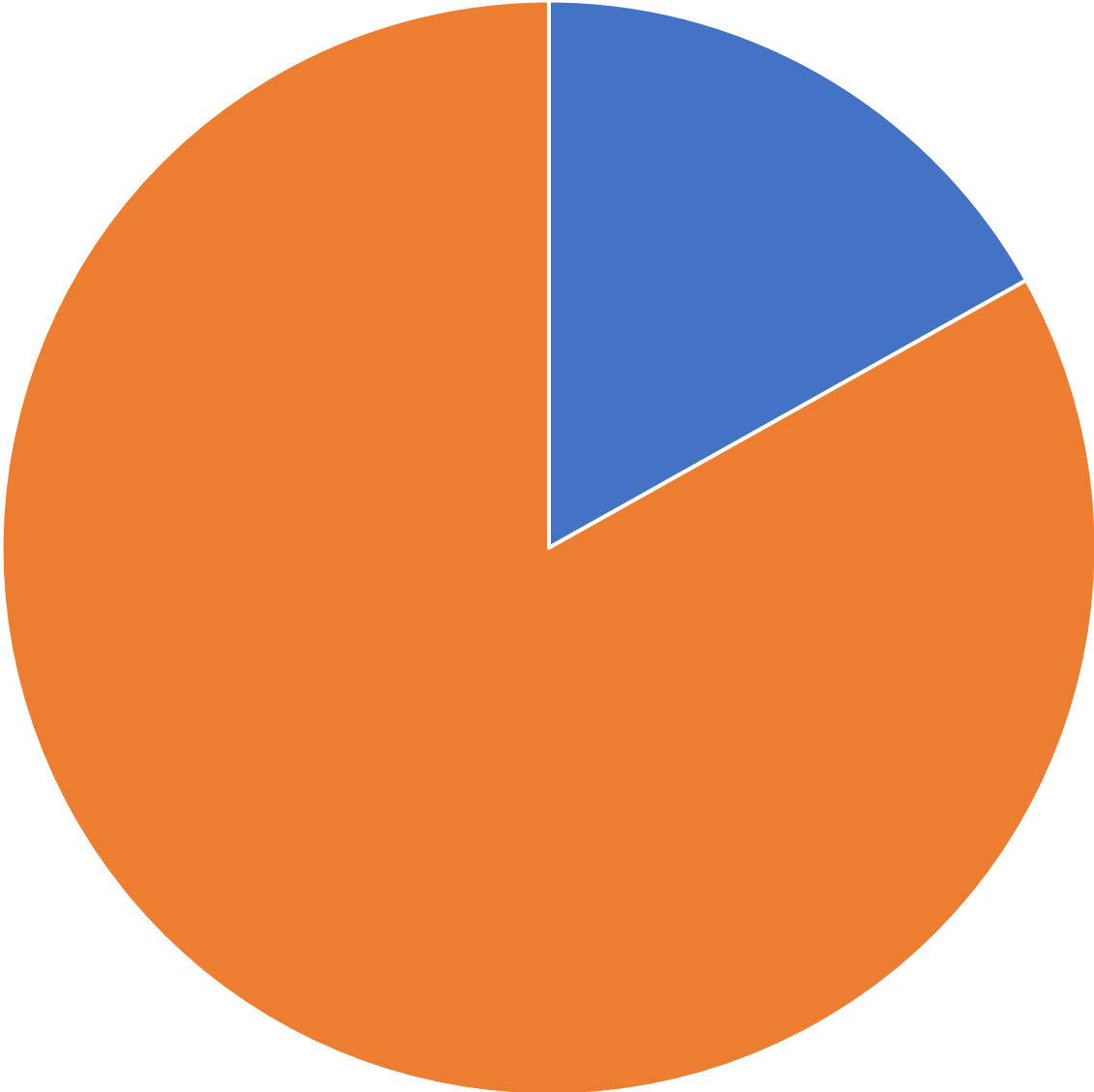
■ Yes = 81% ■ No = 19%

Do you eat alone most of the time?



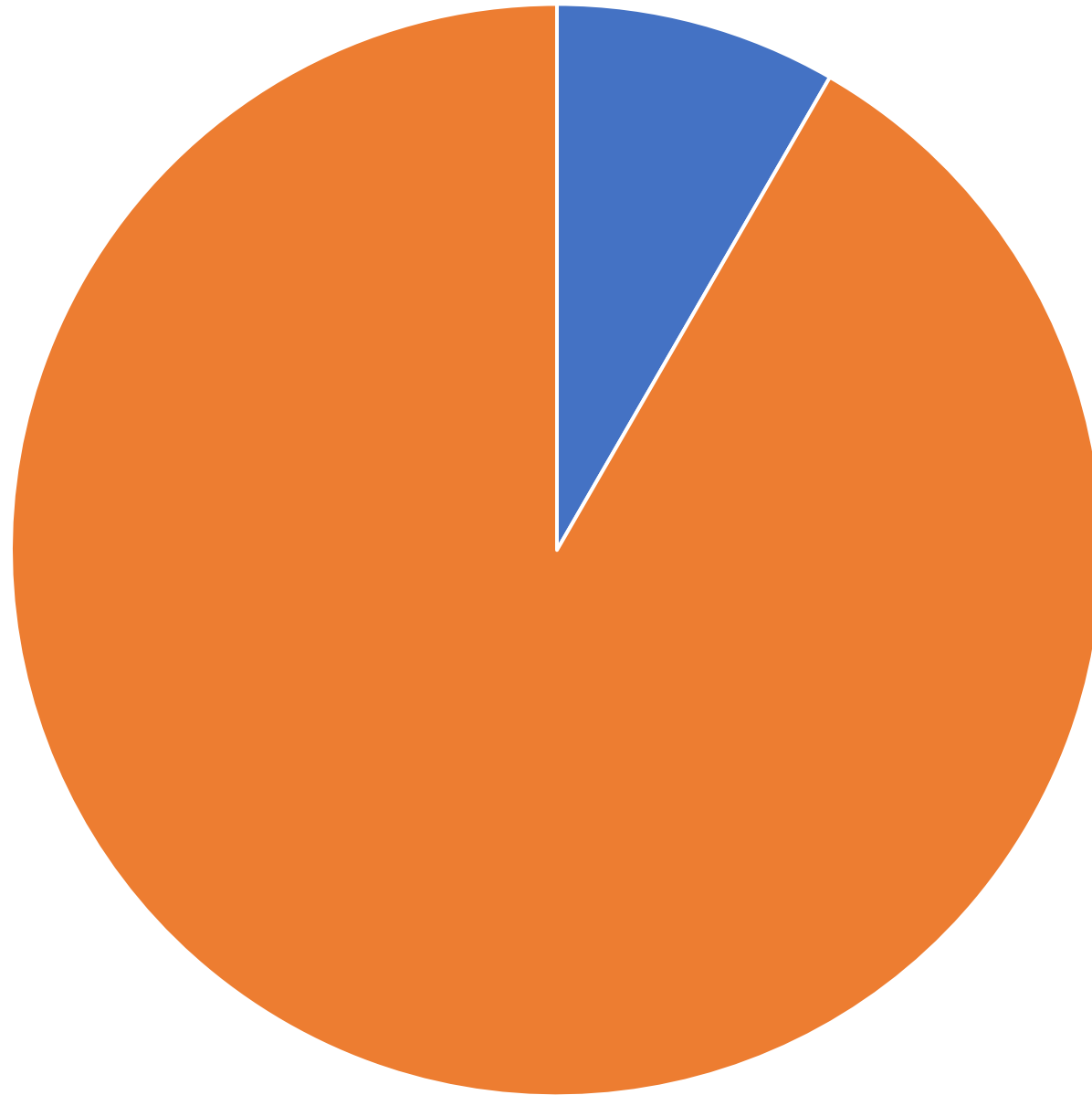
■ Yes = 51% ■ No = 49%

Do you ever cut the size of your meal or skip meals because there is not enough money for food?



■ Yes = 17% ■ No = 83%

Have you lost weight because there wasn't enough money for food?



■ Yes = 8% ■ No = 92%

**Out of 219 surveys mailed directly to participants of the meal program, 90 were filled out and returned. The stats found here were pulled from the 90 surveys returned.**



# Questions or comments

