

## TENNESSEE NUTRITION PROGRAMS

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# Nutrition

*A Critical Service*



*Tennessee Commission on Aging and Disability*

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**Nutrition Services**

# Program Highlights in Tennessee for Nutrition Services

The nutrition programs for aging and adult consumers with disabilities are funded under Title III-C of the Older Americans Act and state-funded home and community-based services through the Tennessee Commission on Aging and Disability. Nutrition Services provide at least one hot or appropriate nutritionally-balanced congregate or home-delivered meal a minimum of five days per week.

Nutrition services improve health and prevent costly interventions for Tennessee consumers. These services enable older consumers and adults with disabilities to maintain their health status or delay its decline. Additionally, nutrition services allow consumers to remain in their homes while continuing to be a part of their respective communities.

Meals served through nutrition services are nutritionally balanced and must meet the Dietary Guidelines for Americans.

Other nutrition services include nutrition screening, assessment, education and counseling, and nutrition education. Linkages to health promotion and disease prevention

programs, as well as physical activity programs, are also provided to consumers.

Tennessee's Area Agencies on Aging and Disability are responsible for overseeing the congregate and home-delivered meals programs. Meals are primarily served to consumers who are age 60 or older, their spouses, and adults with disabilities. Consumers who participate in nutrition services are asked to make a voluntary contribution toward the cost of the program.

Congregate nutrition service centers are located throughout the state of Tennessee in a variety of facilities, including senior centers, public housing facilities, faith-based facilities, public schools, and other community settings where consumers can obtain social and rehabilitative services.

Home-delivered nutrition services are served, typically, to older consumers or adults with disabilities who live alone and have multiple chronic health conditions or health disabilities.

## Data

- State data for FY 2003 indicate that 1,132,326 congregate meals were served to 16,083 older adults and adults with disabilities for a total expenditure of \$6.4 million.
- State data for FY 2003 indicate that 2,234,068 home-delivered meals were served in the home to 15,400 older adults and adults with disabilities for a total expenditure of \$10.7 million.
- State totals for FY 2003 congregate and home-delivered nutrition services indicate that a total of 3,366,394 nourishing meals are currently served to 31,483 consumers once a day, five or more days per week, in all 95 counties at 217 congregate nutrition centers and through 563 delivery routes.

