



Senior Lunch Program Makes a Difference in Health and Quality of Life

Community SeniorServ (CSS), one of the largest nonprofit senior nutrition programs in California and in the US, has completed an extensive outcomes study on the impact of its Senior Lunch program. CSS serves a hot, nutritious lunch at 27 centers in Orange County that have a combined average daily attendance of 1,450 older adults. This program is largely funded through the Older Americans Act (Title III Congregate Meals).

OUTCOMES REVEAL IMPACT

The SeniorServ study included 275 senior citizens who participate in the lunch program and other activities at their local senior center. The research was independently designed, monitored and analyzed by DoctorS Nonprofit Consulting in Southern California, under the direction of Drs. Dallas and Debbie Stout. Survey results revealed the following:

- **98% said their physical health has improved because of the program including 30% who reported it improved somewhat or significantly**
- **89% reported they would be at home if they didn't come to the lunch program**
- **89% have more friends as a result of the program, including 28% who have *significantly* more friends**

The data for this study was self-reported by the seniors. Seventy one percent were female, 80% percent were over the age of 70 and more than a third were ethnic minorities.

Given 22% of those surveyed reported eating just one well balanced meal a day at home, the senior lunch program clearly improves nutritional intake. Further, the program also overwhelmingly meets its goal of providing socialization for participants, given that 89% indicated they would be at home if they had not come to the program. Those that attended the lunch program more often reported higher levels of quality of life, friends, and physical health. Finally, respondents who have attended the lunch program the longest reported higher levels of well-being, life satisfaction, less boredom, and depression.

ABOUT THE PROGRAM

In addition to the Senior Lunch Program, Community SeniorServ also provides Meals on Wheels and case management services to 1,000 homebound older adults who are no longer able to get out and shop or cook for themselves. The nonprofit also operates two Adult Day Health Care Centers and an Adult Day Care Center.

For more information about Community SeniorServ or the survey results, contact Phil Beukema, Vice President Development & Communications, at pbeukema@communityseniorserv.com or 714-220-0224.