North County Senior Food Security Statistics

*Each of the following stats have been collected from a total of 70 surveys filled out by recipients of the North County Senior Meal Restaurant Program.

How did you hear about the program?

- **Word of Mouth:** 33 People - 47.1%
- **Friend:** 20 People - 28.6%
- **Social Media:** 10 People - 14.3%
- **Program Flyer:** 7 People - 10.0%
Why did you sign up for the North County Senior Meals Pilot Program?

- **Financial:** 36 People - 51.4%
- **Health:** 14 People - 20.0%
- **Decline to State:** 20 People - 28.6%
Meals are provided 3 days a week. How many days each week do you receive a meal?

- Once a Week: 49 People - 70.0%
- Twice a Week: 14 People - 20.0%
- Thrice a Week: 7 People - 10.0%
What month did you start receiving meals in this program?

- November: 13 People - 18.6%
- December: 5 People - 7.1%
- January: 6 People - 8.6%
- February: 11 People - 15.7%
- March: 9 People - 12.9%
- April: 2 People - 2.9%
- May: 0 People - 0.0%
- I don't know: 24 People - 34.3%
How would you rate the program overall?

- Excellent: 35 People - 50.0%
- Very Good: 16 People - 22.9%
- Good: 7 People - 10.0%
- Fair: 6 People - 8.6%
- Poor: 3 People - 4.3%
- Don't Know: 1 People - 1.4%
- Decline to State: 2 People - 2.9%
Do you eat healthier foods as a result of the meals program?

Yes: 32 People - 45.7%
No: 29 People - 41.4%
Don't Know: 7 People - 10.0%
Same: 0 People - 0.0%
Decline to State: 2 People - 2.9%
Does eating at the lunch program improve your health?

- Yes: 26 People - 37.1%
- No: 38 People - 54.3%
- Don't Know: 5 People - 7.1%
- Same: 0 People - 0.0%
- Decline to State: 1 People - 1.4%
Does the meal program help you to continue to live at home?

- Yes: 27 People - 39.1%
- No: 38 People - 55.1%
- Decline to State: 3 People - 4.3%
- Don't Know: 1 People - 1.4%
- Same: 0 People - 0.0%
As a result of receiving meals, do you feel better?

- Yes: 34 People - 48.6%
- No: 30 People - 42.9%
- Decline to State: 3 People - 4.3%
- Don't Know: 3 People - 4.3%
- Same: 0 People - 0.0%
Has knowing that you will receive regular contact with others made you feel safer at home?

Yes: 28 People - 40.0%
No: 32 People - 45.7%
Don't Know: 7 People - 10.0%
Decline to State: 3 People - 4.3%
Same: 0 People - 0.0%
Other than the Coulter Café Staff or the person who brings your meals, how many times a week do you have personal contact with a friend, family, or other visitor?
What impact, if any, would you experience if we had more days available to participate in the restaurant meal program?

- Don't Know: 27 People - 38.6%
- None: 10 People - 14.3%
- Better Overall Health: 10 People - 14.3%
- Transportation Issues: 9 People - 12.9%
- Better Quality of Food: 9 People - 12.9%
- Other: 5 People - 7.1%