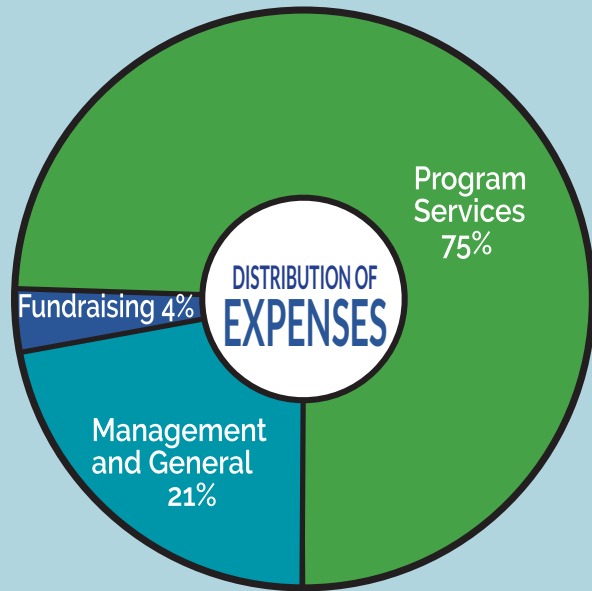
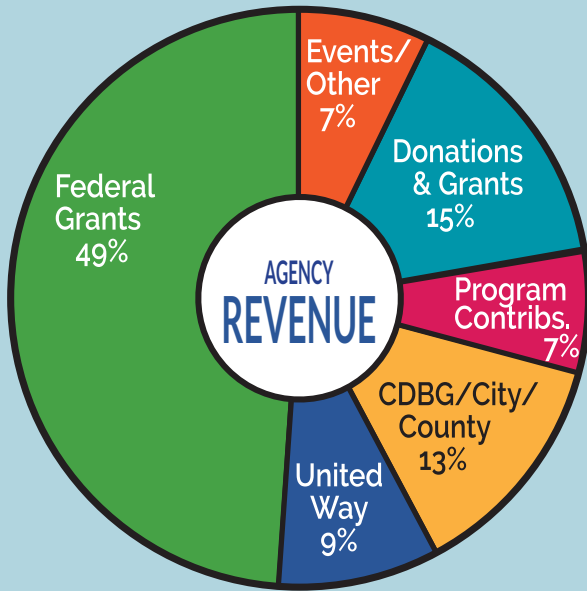


# Sixty & Better BY THE NUMBERS

## FINANCIAL REPORT 2016



1200 Volunteers donated 130,948 hours last year valued at over \$3-million

## WHO WE SERVE



### Nutrition & Socialization

- 208,996 Meals served in 2016
- 84% Eat at a Center more than once per week
- 76% Receive Tarrant Area Food Bank groceries at their Center monthly
- 89% Come to a Center to socialize
- 92% Increase their social interaction

### Participation

- 5,000 Served annually
- 3,500 Meal participants
- 440 Van passengers received over 35,000 trips
- 975 Wellness workshop participants
- 500 Screened for benefits

### Demographics

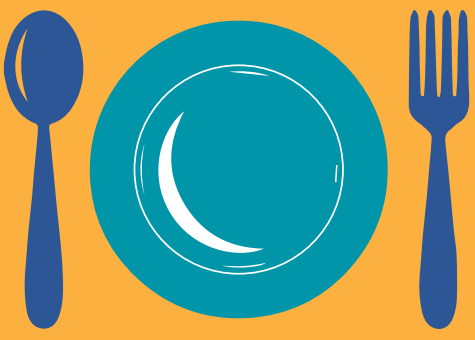
- 74% Female
- 56% Racial minorities or Hispanic/Latino
- 14% Veterans
- 14% Receive Medicaid benefits
- 82% Receive Medicare benefits

### Health & Wellness

- 65% Participated in health education
- 46% Participated in nutrition education
- 80% Participated in physical fitness
- 14% Received financial literacy training
- 92% Live in the same house as they did one year ago

Source: Evaluation surveys were collected from 961 out of 3,500 meal participants; surveys were in English, Spanish, and Vietnamese.

# THE *Challenges* FACING OLDER ADULTS




## HUNGER & POVERTY

- 51% See Center meals as their most important source of nutrition
- 52% Spend less than \$125 per month on groceries



## TARRANT COUNTY POPULATION, AGE 65+

Today: 200,000 (10% of 2-million total)  
2030: 720,000 (30% of est. 2.4 million)




## ISOLATION

- 47% Live alone
- 69% Unmarried
- 42% Only social contact is at a Center



## DEPENDENCE

- 28% Have mobility issues
- 37% Cannot drive themselves to their center



## ILLNESS

- 65% Have high blood pressure
- 45% Have high blood sugar or diabetes
- 71% Take three or more prescriptions daily

**Sixty**  
& **BETTER**  
*Where Healthy Aging Begins*