

FAST FACTS

Elder Involvement

88% of Title VI programs involve elders in traditional food activities. The most common type of involvement—reported by 74 percent of Title VI programs—is using traditional food recipes provided by elders. Other common ways elders are involved are:

47% Teaching others how to obtain, use or prepare traditional food items

36% Participating in elders program/senior center activities, such as a berry-picking event

22% Gathering traditional ingredients

22% Helping plan menus



“ We had a taste-testing party for elders who provided input on recipes and the food served. They all loved it! We will do that again. It is an opportunity for them to learn about a variety of ways to prepare traditional foods as well as learn the health benefits.”

“ The elders let the staff know when it is time for picking like milkweed, mushrooms, berries, wild tea or they bring in foods they foraged or harvested.”

Challenges

87% of Title VI programs face challenges in serving traditional foods in their programs, including:

Difficult to obtain the types of traditional foods we want to serve	43%
Insufficient staff time or resources	31%
Changes to natural environment (e.g., deforestation or habitat loss, climate change, plant or animal is endangered, contaminated water or soil)	26%
Elders prefer other foods	25%
Concern about nutritional value of some traditional foods	20%
Traditional foods are more expensive than other foods	18%
Not part of the caterer’s or food distributor’s menu	14%
Staff don’t know how to prepare traditional foods	14%

November 2024

Note: Data presented in this Fast Facts was gathered through the 2023 National Survey of Title VI Programs conducted by USAging in partnership with the Scripps Gerontology Center at Miami University. The survey was in the field from August to November 2023 and had an 80-percent response rate. (n=233). The full Title VI Survey Chartbook is available at www.usaging.org/titlevi.

USAging
Leaders in Aging Well at Home

www.USAgging.org
Facebook.com/theUSAgging
x.com/theUSAgging

M
MIAMI
UNIVERSITY
SCRIPPS GERONTOLOGY CENTER

This resource was supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS), as part of a financial assistance award with \$843,610 (or 73 percent) funded by ACL/HHS and \$310,035 (or 27 percent) funded by non-government source(s). The contents are those of the authors and do not necessarily represent the official views of, nor an endorsement by, ACL/HHS or the U.S. Government.