



▶ TAYLORSVILLE SENIOR CENTER

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Attendance

Meals

Under the Older Americans Act, Senior Center meals are served in group settings to help keep older adults healthy and living independently. Some of the benefits include:



- Opportunities to make friends and stay connected.
- Access to health education and wellness activities.
- Nutritious meals that are in a welcoming social setting have proven to reduce senior isolation.
- A gateway to other community services and volunteer roles

Recreation

Senior Centers offer free exercise, recreational, and educational classes for individuals aged 60 and above. These classes can include a diverse range of activities, such as yoga, tai chi, art projects, and evidence-based exercise programs, among many others.



Taylorsville-2025



Unique Individual Clients Served

667



Average Daily # of Client Attendance

89



Average Daily Lunch Meals Served

59



Average Daily Exercise & Entertainment Hours

200 Hours

Demographics-Taylorsville-2025



Average Age of Taylorsville Client

73 Years Old



Veteran Clients

- 54 clients are identified as veterans.
- This represents 8% of the client base at Taylorsville.



Average Daily Lunch Meals Served

59



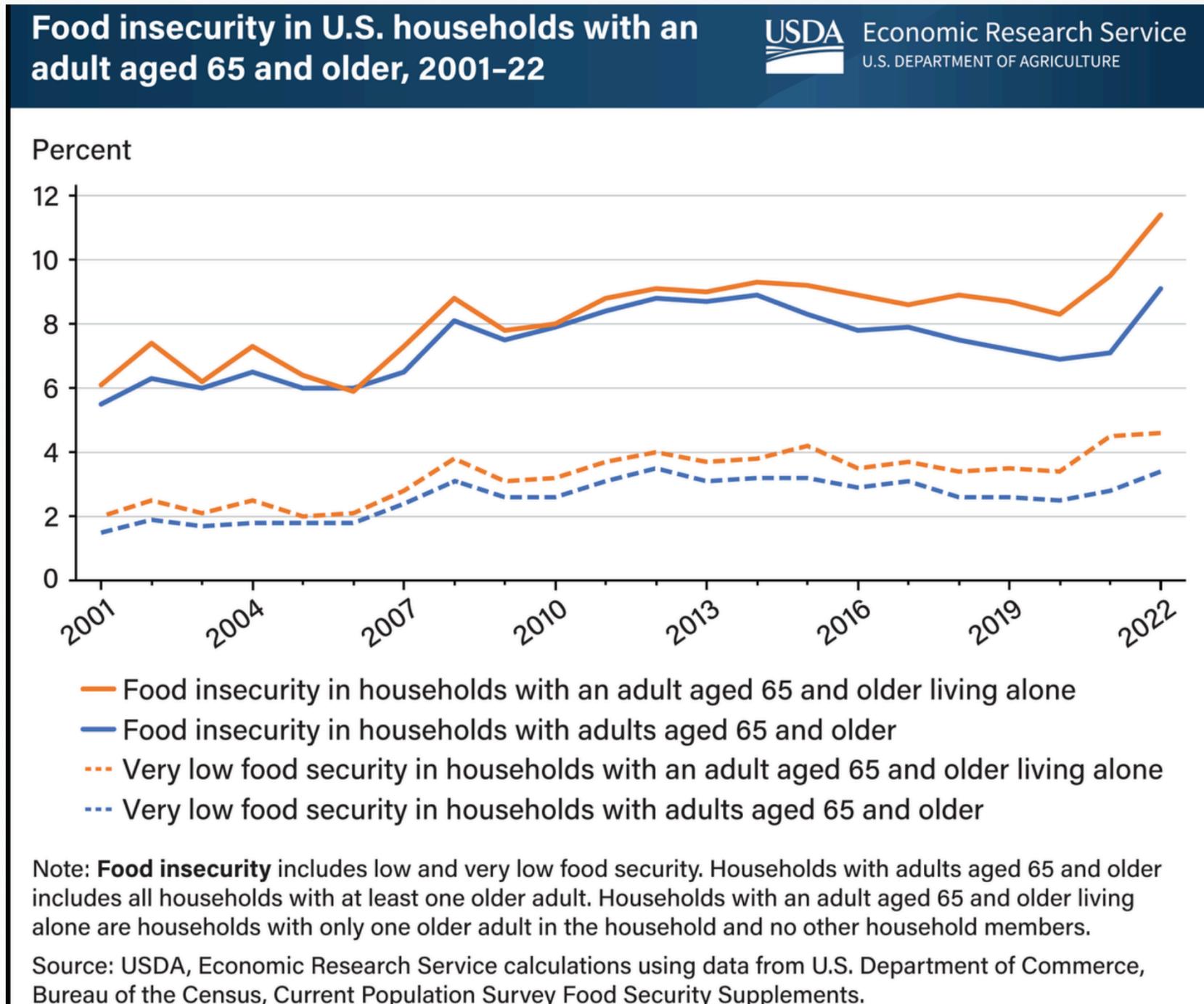
Average Nutrition Risk Score

5

*Anything above a 6 on the Nutrtrion Risk Assessment is considered a high score, and that household is food insecure.

Reducing Senior Food Insecurity

According to the USDA, 9% of individuals aged 65 and older in the United States face food insecurity. This issue has been on the rise, largely due to inflation and the fact that most seniors have a fixed income each year.



Older Adult Malnutrition

Malnutrition among older adults in the United States is an often overlooked epidemic, with nearly 50% of older Americans estimated to be malnourished (Administration for Community Living, 2020).

Senior Center Impact

Research shows that programs like Senior Center Congregate dining improve seniors' health outcomes, such as cardiovascular health and hypertension (1), reduce hunger, and may provide the majority of their nutritional needs.

Increased Health Considerations

Older adults are the most vulnerable population to malnutrition, a complex condition characterized by a decrease in body fat and/or muscle mass due to reduced intake or absorption of nutrients (2).

Impacts of COVID-19 Isolation

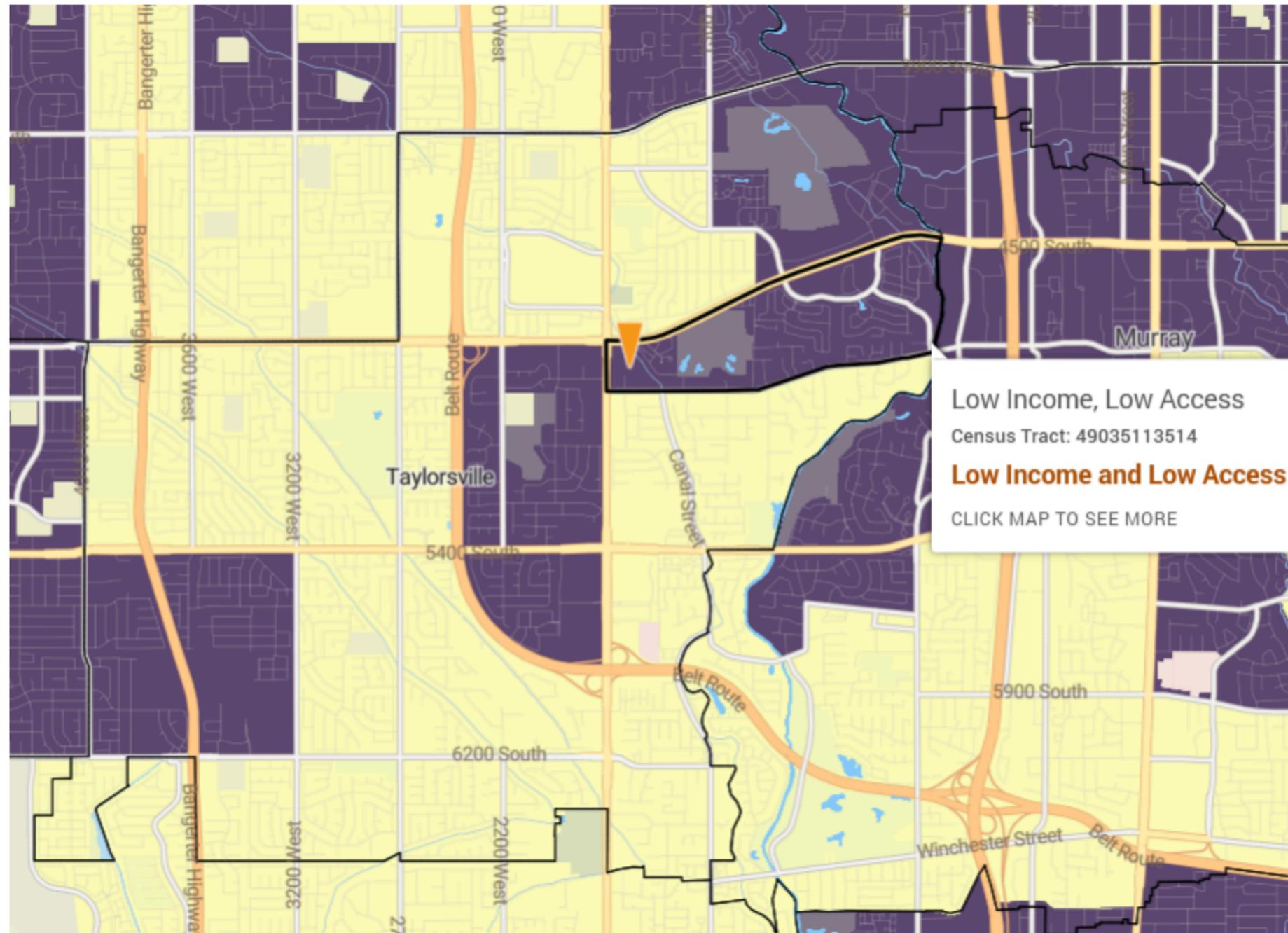
Moreover, with the ongoing impact of the COVID-19 pandemic, access to traditional nutrition services has become more difficult, and social isolation has worsened among older adults (3).

(1) Hashemi-Arend, A, et al. Rockefeller University <https://doi.org/10.3390/nu14224890>

(2) Norman et al., 2021; Hengeveld et al., 2018

(3) Lopez, A. California State University Northridge, 2024

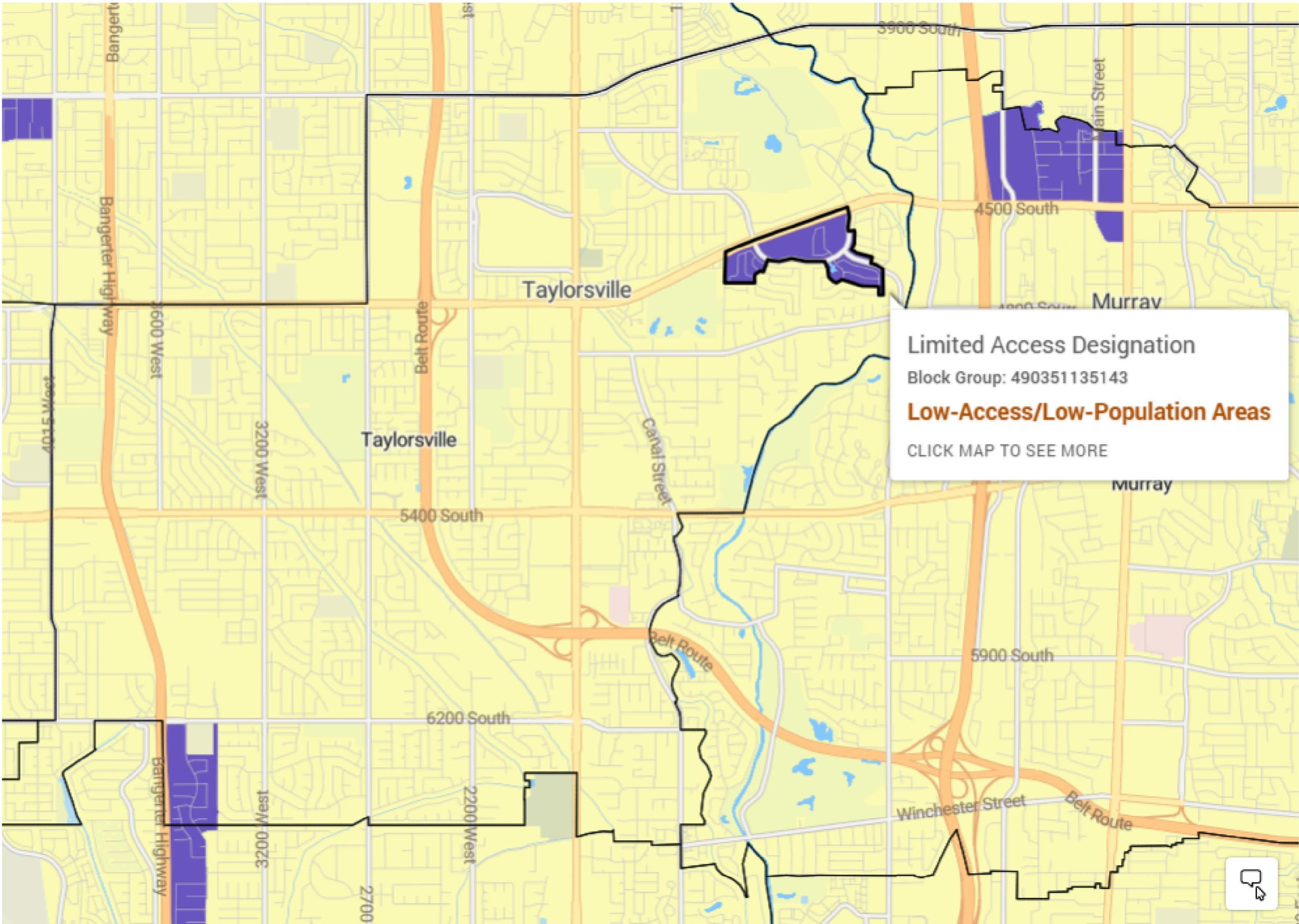
Food Deserts



The purple shaded areas represent areas of “Low Income and Low Access” which constitute food deserts, based on residents aged 65+.

- Measures accessibility along three dimensions: distance to supermarkets or large grocery stores, individual resources like family income and vehicle availability, and neighborhood characteristics including poverty rates and public transportation access.
- A census tract’s low-income status is based on a poverty rate of 20 percent or higher, or median family income that is at or below 80 percent of the State’s or metropolitan area’s median income.

*Definitions and Data From USDA

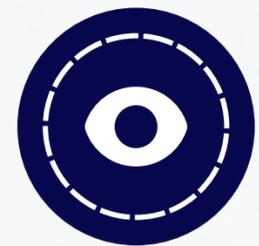


Limited Access Designation
Block Group: 490351135143
Low-Access/Low-Population Areas
CLICK MAP TO SEE MORE



Aging & Adult Services Impact

Prioritizing meals and addressing social isolation

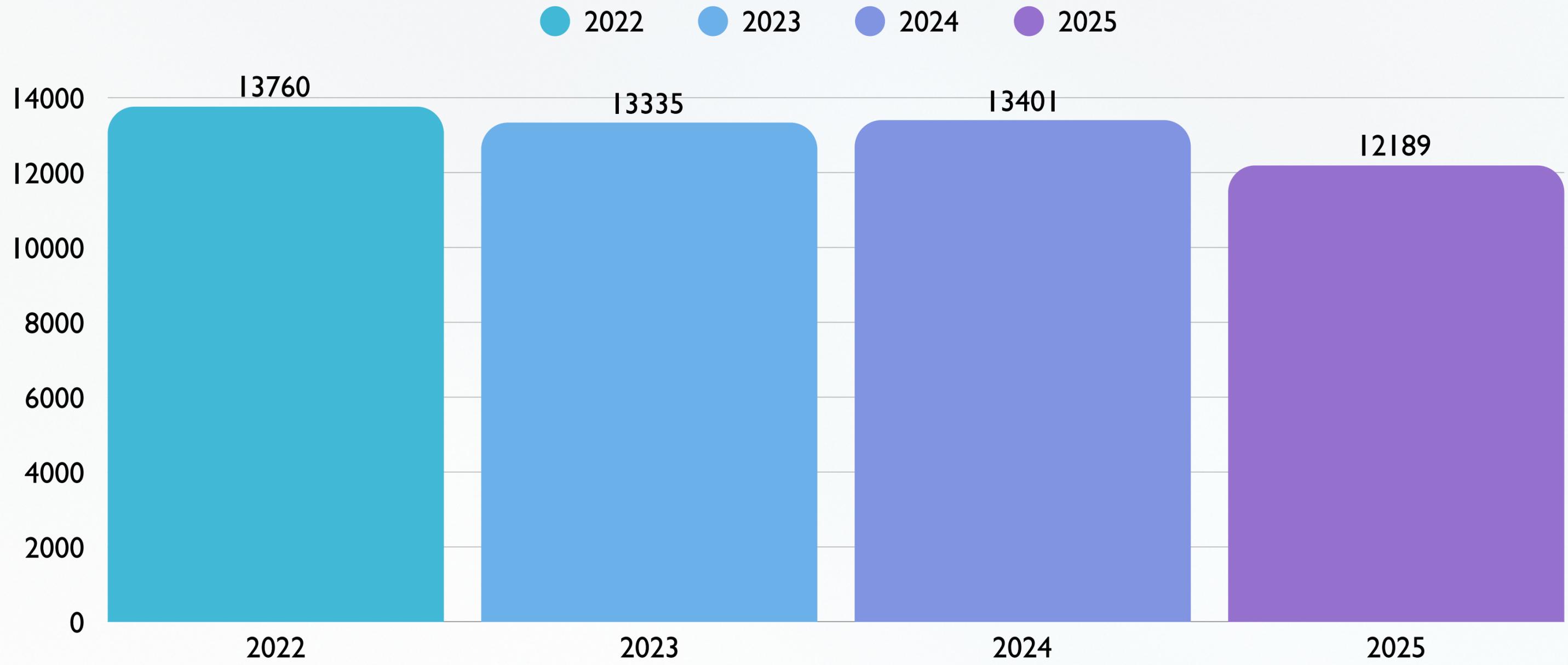


National Survey of Older American Act Participants documents that:

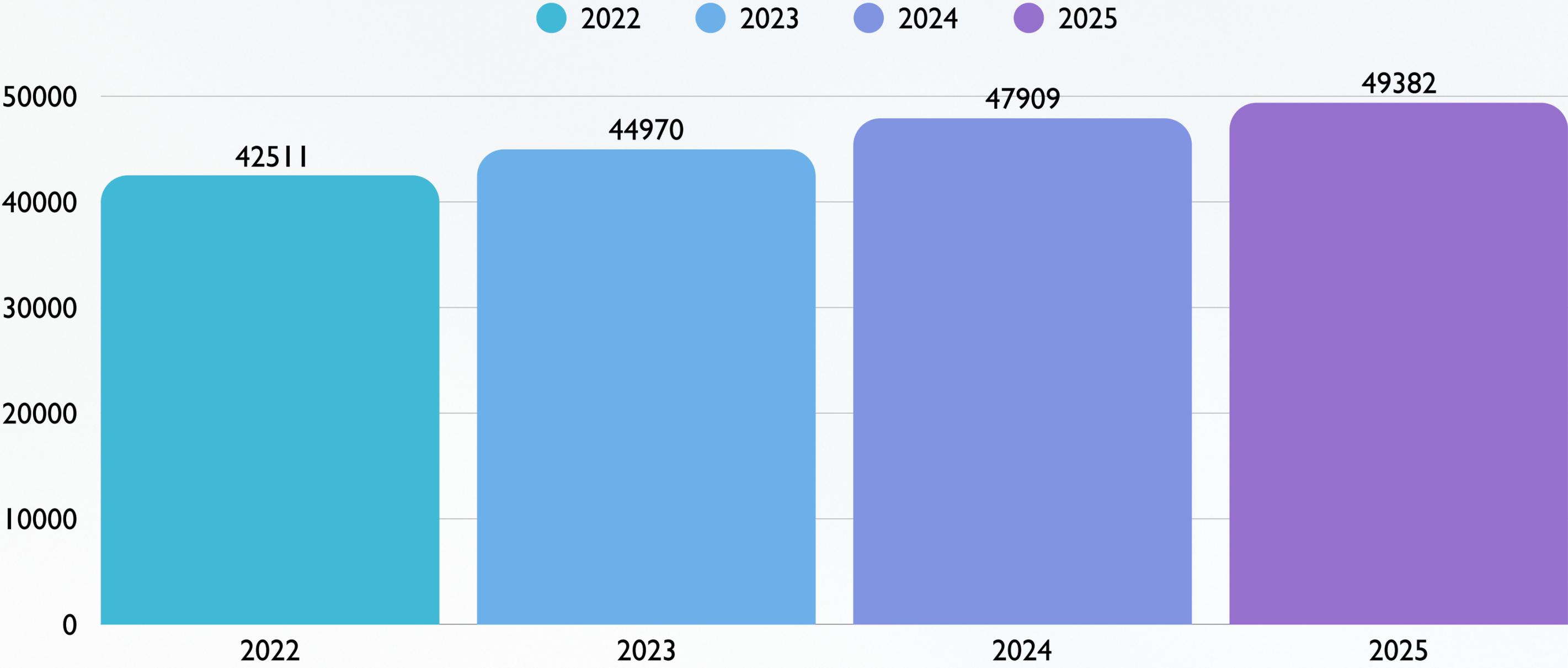
- 92% of home-delivered meals and 61% of congregate meals participants said that meals helped them to stay in their own homes.
- 62% of home-delivered meals and 53% of congregate meals (center meal) participants said that their meals supplied more than half of their food.
- 81% of home-delivered meals participants said that meals helped their health improve.
- 86% of home-delivered meals participants said that meals helped them live independently.
- 85% of congregate meals participants said that they see friends more often due to their meals.



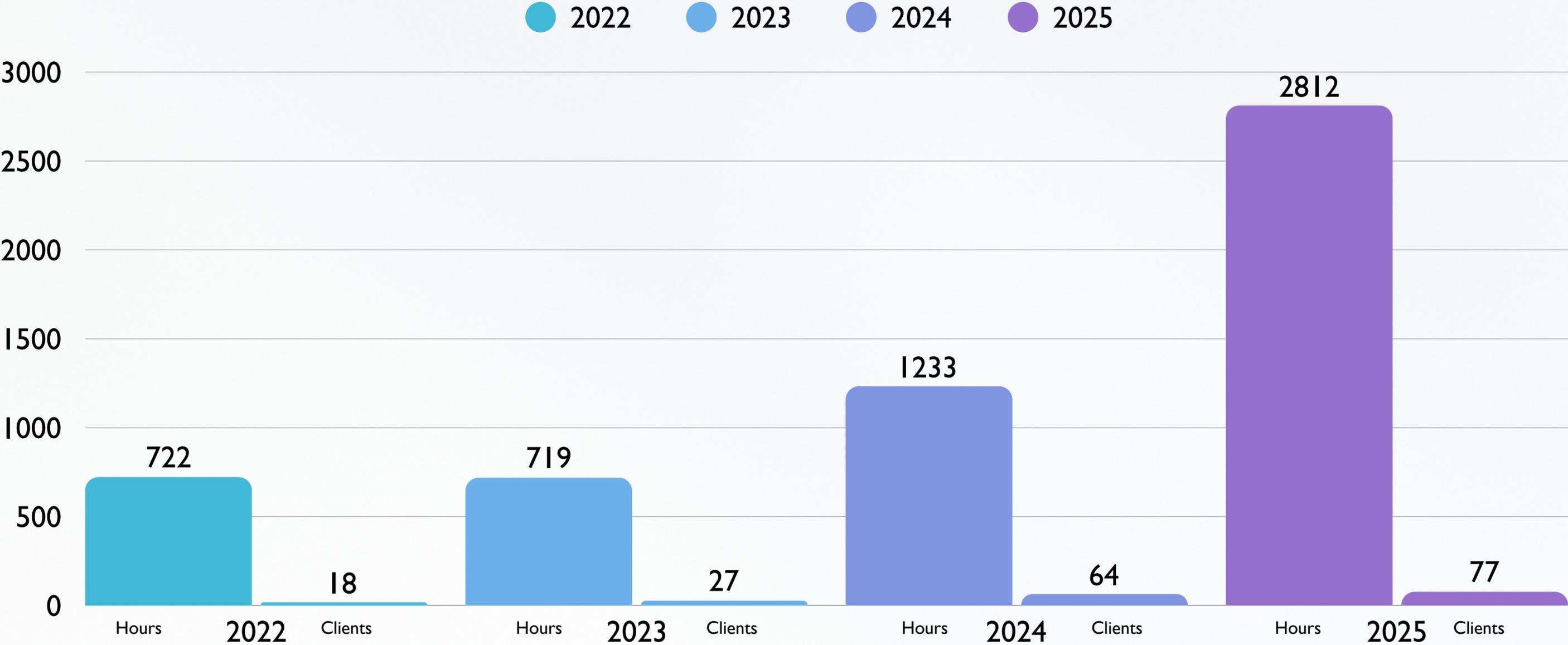
Meal Overview



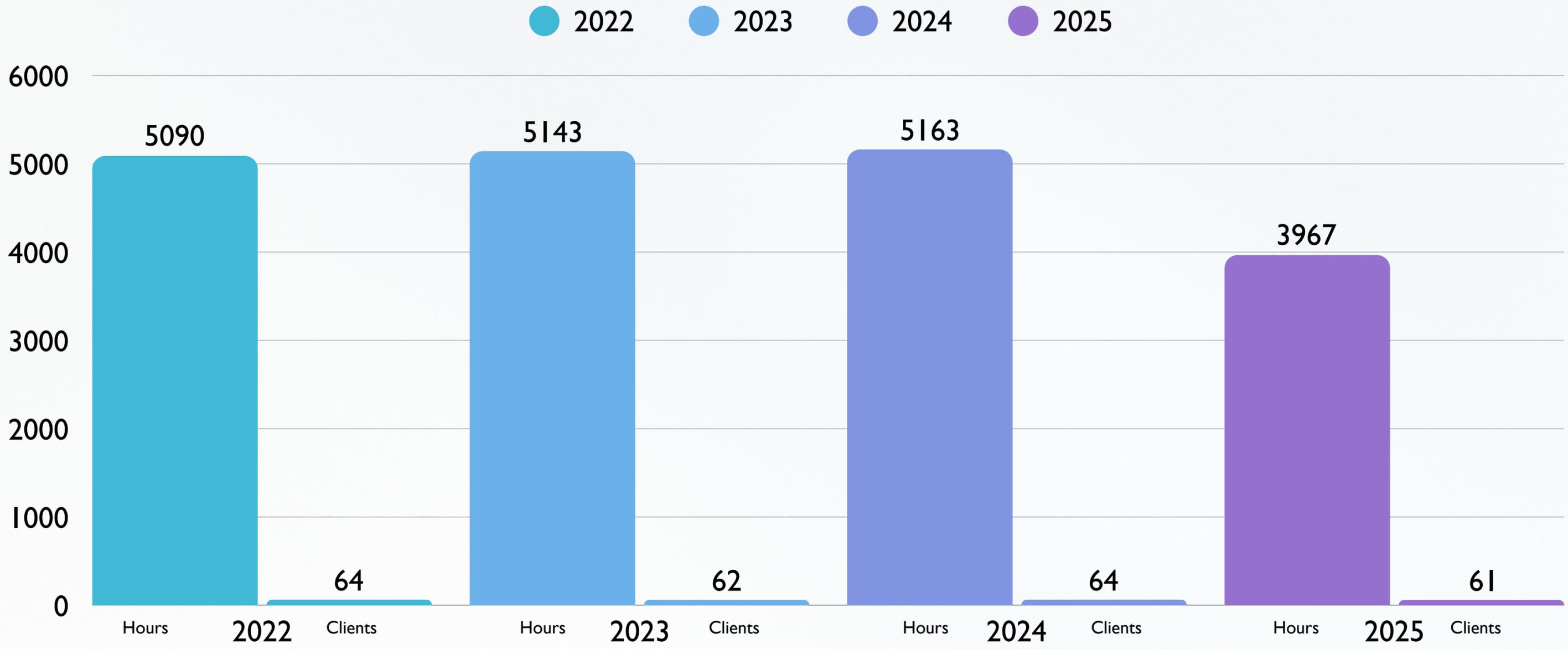
Recreation & Exercise Hours Overview



Health Promotion



Senior Center Transportation



Estimated percent change in the number of people 65 or older between the periods of 2014-2018 and 2019-2023. ⓘ

Source: [Census](#)

Year

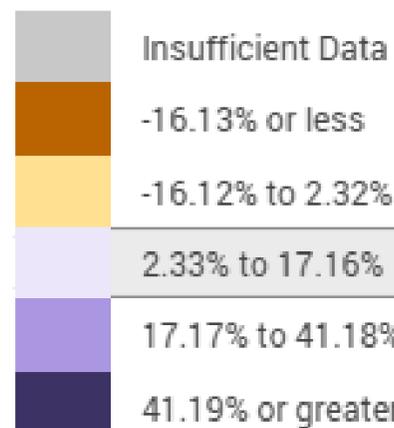
Variable

2019-2023

Percent change

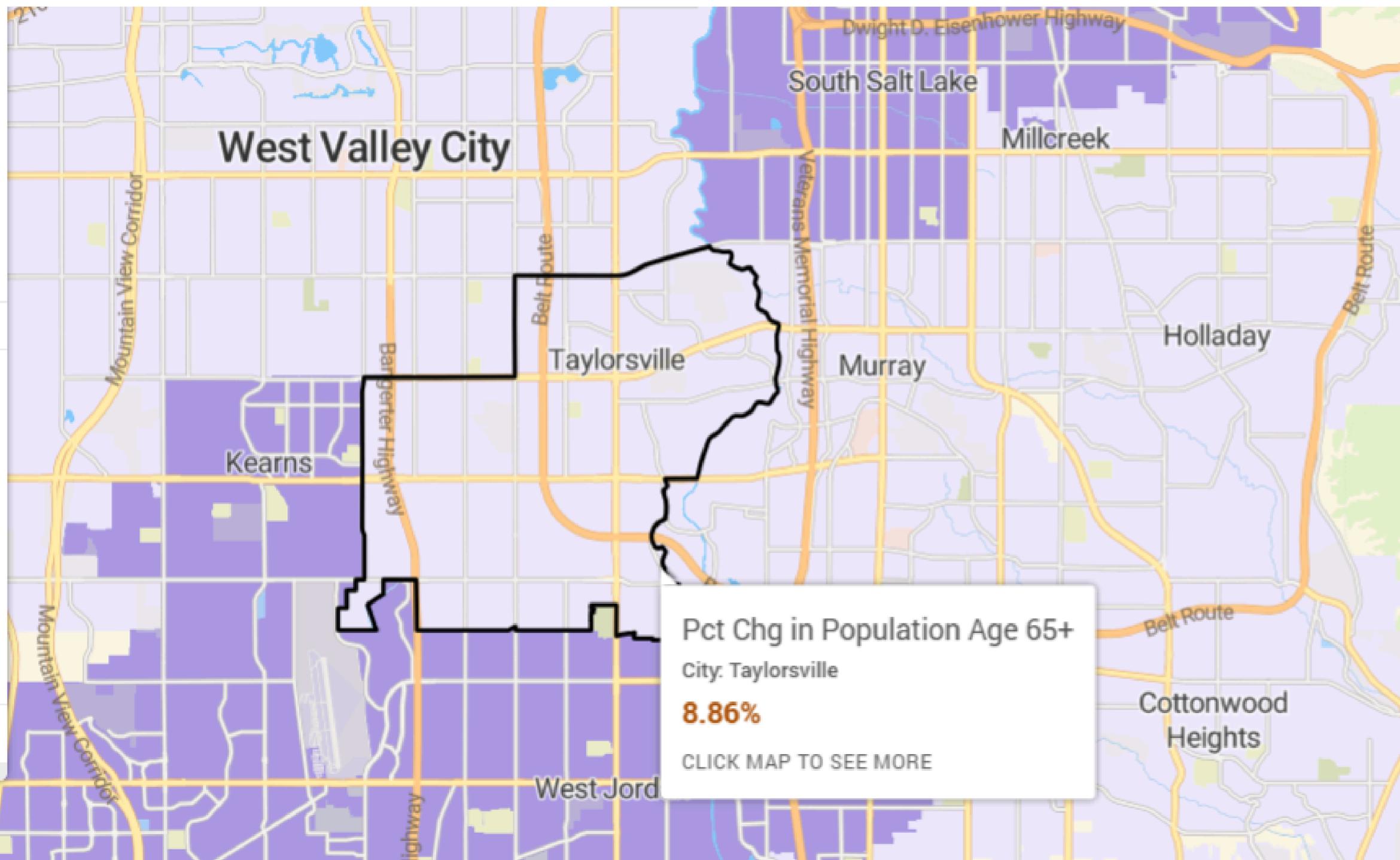
COLORS

RANGES



US Data Map Extent

Shaded By City, 2020



Pct Chg in Population Age 65+
City: Taylorsville
8.86%
CLICK MAP TO SEE MORE