



DEPARTMENT OF ELDERLY SERVICES
Community Services Administration
 City of New Haven
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Key findings:
 Hunger Study of Seniors Living in New Haven
 and
 Survey of Resident Services Coordinators in Senior Housing Complexes
 Spring, 2012

In the spring of 2012, a master's candidate in public health at Southern Connecticut State University conducted a study of randomly selected older adults who participate in the Rent Rebate Program in the City of New Haven in order to learn about how they obtained their food, and about obstacles they faced. The Rent Rebate Program is a State Program to assist low-income renters. The final sample consisted of 107 persons. He also surveyed resident services coordinators at senior housing complexes in New Haven. He attempted to survey at least one person who holds such a position at every senior complex in New Haven. Fourteen of twenty were surveyed.

Hunger Study of Seniors

Affordability

- 41% said it was hard to be able to have enough in your food budget to be able to buy food you need to eat in a healthy way.
- 65% of these low income seniors were not receiving SNAP (Supplemental Nutrition Assistance Program)
- 14% do not know what SNAP is.
- 84% do not use the elderly nutrition program.

Nutrition Education

- 88% have never attended any nutrition classes for the elderly.
- 32% said they would be interested in attending elderly nutrition classes near them.

Sources of Food

- 76% make use of food pantries when needed.
- 94% do not use soup kitchens.
- 5% grow food in their backyards or garden at a land trust
- A majority like to cook, at least some of the time.
- 93% use supermarkets to get food, and 91% say supermarkets are the most important place for them to get their food.
- Other places seniors get food are pharmacies (51%), restaurants/diners (30%), corner food stores (30%).

Access to Food

- To get to the grocery store most seniors rely on family/friends (66%).
- Others use a mix of buses (43%), My Ride (33%), walking (27%), driving themselves (27%), taxi (18%) and Mary Wade weekend transport (10%).

Survey of Resident Services Coordinators

- Most seniors do not get their food delivered by grocery stores or pharmacies because they are not aware these services exist. Education of both resident services coordinators and seniors about such services would be helpful.
- 8 complexes allow residents to garden. It is unknown whether more people would grow vegetables with more education and resources.



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