

Nutrition Survey

Thank you for taking part in this important survey for the Tennessee Commission on Aging and Disability. All answers will be kept confidential.

Name	e:Today's Date:
	First Last
	ler: ☐ Male ☐ Female ☐ Other Age:County of Residence:OUSING AND FOOD
1.	. Do you live alone?
	○ Yes ○ No
2.	. How many meals do you eat per day?
	○ 1 ○ 2 ○ 3 ○ 4 ○ Some days I do not eat any meals
3.	. Do you think the meals you eat are healthy?
	○ Yes ○ No ○ Unsure
II. T	RANSPORTATION
1	. Since the COVID-19 pandemic, how often have you

	Never	Rarely	Sometimes	Often
Not able to leave the house when you wanted to because of a problem with transportation	0	0	0	0
Not been able to get healthy food because of a problem with transportation	0	0	0	0

Adapted from the Transportation Security Index

2. How long would it take you to get to the nearest senior center?

		15-30 minutesMore than 45 minutes			
	Meal Site Directory: https://www.tn.gov/content/tn/aging/our-program-sites.html	s/nutrition-services/co	ongregate-meal-		
3.	Do you have someone to ask for a ride if you need on	e?			
	○ Yes ○ No				
4.	Are you aware of the transportation services your cou	unty provides?			
	○ Yes ○ No				
	Statewide Transportation Map: https://www.tn.gov/content/tn/aging/	resources/transportat	on-map.html		
PH	IYSICAL, SOCIAL, PSYCHOLOGICAL HEALTH				
1.	 1. How many minutes per day do you engage in physical activity? 0 0 5-15 0 15-30 0 30-60 0 60+ 				
2.	Please answer the following:				
		Yes	No		
I	see or talk to my family members at least once a week	0	0		
	I participate in social activities with family/friends or attend organized group activities at least once a week	1 ()	0		
	Within the past year I have suffered a major loss or				

	Never	Rarely	Sometimes	Often
I lack companionship	0	0	0	0
There is no one I can turn to	0	0	0	0



I feel alone	0	0	0	0
I have nothing in common with the people around me	0	0	0	0
There is no one I feel close to	0	0	0	0
I feel left out	0	0	0	0
No one really knows me well	0	0	0	0
I am unhappy being withdrawn	0	0	0	0

Adapted from the UCLA Loneliness Scale

IV. TCAD NUTRITION PROGRAM

1. Since the COVID-19 pandemic, how satisfied are you with...

	Very Satisfied	Satisfied	Unsatisfied	Very Unsatisfied
The number of meals you receive per week	0	0	0	0
The portion sizes of the food you receive	0	0	0	0
The quality of the food you receive	0	0	0	0

2.	Which of the following explains the MAIN reason you have not eaten meals at the senion center?
	○ Homebound
	○ Transportation challenges
	○ Social anxiety
	○ COVID safety



Other_					
May we contact y	ou if we have	any further qu	estions?		
○ Yes	○ No				
Any comments, su	iggestions, or	questions?			

