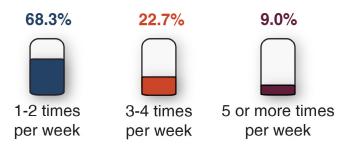


Culture and Nutrition Native Urban Elders 55 Years and Older

Native Urban Elder Needs Assessment Survey (NUENAS 1.0)

Traditional Foods



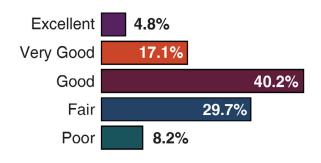
Among **34.9%** of Urban Elders who consumed traditional foods regularly, most did so between 1-2 times per week.

Affordability



ate less than they felt they should during the last 12 months, because there wasn't enough money for food.

Self-Reported Nutritional Quality of Diet



Nutritional Programs



Elders were most likely to say that they took part in nutrition programs 1-2 days in the past month (68.4%), followed by 3-5 days (14.0%).

Cultural Participation



Urban Elders were most likely to participate in smudging (49.7%), powwows (49.5%), and consuming cultural/traditional foods (29.9%).

Nutritional Health Barriers



34.8%

took three or more different prescribed or over-the-counter drugs a day.



31.4%

ate few fruits or vegetables or milk products.



28.0%

had an illness or condition that made them change the kind an/or amount of food that they ate.



27.3% ate alone most of the time.

Nutritional Health Status

