**Nutrition Among Native Elders**

*Cycle VIII Needs Assessment Survey*

### Traditional Foods

44.7% of Native Elders regularly consumed traditional foods. Among them, most did so between 1-2 times per week.

- 57.5% 1-2 times per week
- 26.1% 3-4 times per week
- 16.3% 5 or more times per week

### How Often Cut Size of or Skipped Meals

Among the 15.8% of Native Elders who reported cutting or skipping meals due to lack of money:

- 37.3% almost every month
- 36.6% some months but not every month
- 18.6% only 1 or 2 months

Approximately 37.3% did so every month, 36.6% did some months but not every month, and 18.6% did so only one or two months.

### Nutritional Health Barriers

- 33.7% took three or more different prescribed or over-the-counter drugs a day.
- 26.5% ate few fruits or vegetables or milk products.
- 24.9% ate alone most of the time.
- 22.8% had an illness or condition that made them change the kind an/or amount of food that they ate.

### Nutritional Health Status

- **Good**: 52.5%
- **Moderate Nutritional Risk**: 28.2%
- **High Nutritional Risk**: 19.4%

### Affordability

- **The food I bought just didn’t last, and I didn’t have money to get more.**
  - 66.8% Never true
  - 23.9% Sometimes true
  - 9.3% Often true

- **I couldn’t afford to eat balanced meals.**
  - 63.6% Never true
  - 25.3% Sometimes true
  - 11.1% Often true

- **15.8%** cut the size of or skipped meals because there wasn’t enough money for food.
- **15.3%** ate less than they felt they should because there wasn’t enough money for food.
- **11.4%** were hungry but didn’t eat because there wasn’t enough money for food.