



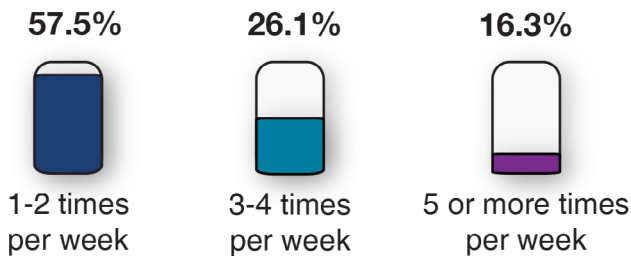
National Resource Center
on Native American Aging
NRCNAA

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.



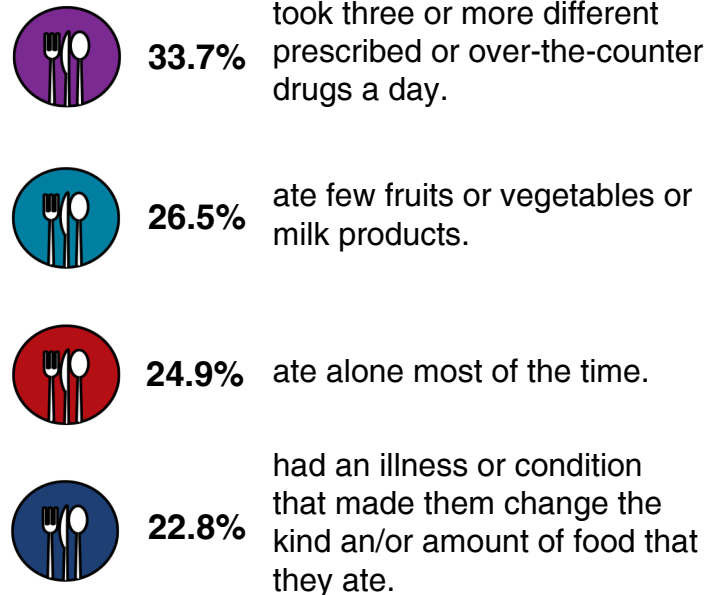
How Often Cut Size of or Skipped Meals

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

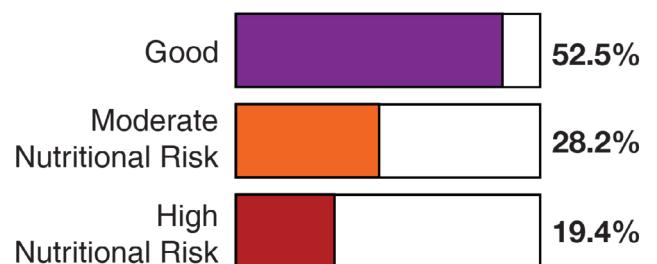


Approximately **37.3%** did so every month, **36.6%** did some months but not every month, and **18.6%** did so only one or two months.

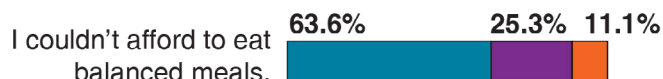
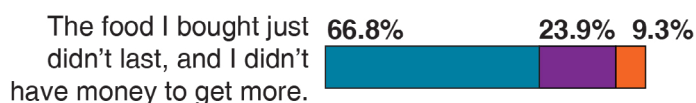
Nutritional Health Barriers



Nutritional Health Status



Affordability



■ Never true
 ■ Sometimes true
 ■ 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.