

## Results of Survey of Health Benefits of Patagonia Senior Lunch March 19, 2019

This survey came about when one of our granting funders, The Legacy Foundation, brought members of their management and board of directors to one of our government-subsidized Senior Lunches in Patagonia, Arizona. BalancePoint Institute had begun redesigning the lunches a year and an half earlier to meet government requirements and to make them as health-giving as possible, according to our research. We mentioned to Becky Smith of Legacy, sitting at our table, that a lunch member recently told me he had lost 20 pounds after coming to Senior Lunch. He had then pointed out to me someone else who had lost 30 pounds. Intrigued by this, Becky asked whether anyone experienced health benefits other than weight loss. I didn't know, and when we asked then-President of the Senior Center, Ramon Quiroga, he nonchalantly replied, "Yes me. I went off insulin." We hadn't thought to ask. So the next week we quickly put together a little informal survey, and the results are as follows:

29 of 30 respondents said they felt healthier after coming to Senior Lunch. (And the one who answered "no" showed a weight loss of 10 pounds. . .go figure!)

Of the 30, 7 reported weight loss and a few reported maintaining weight, which seemed to also be a desired result;

6 reported reduction blood pressure with 1 reducing medication and 3 going off medication;

7 reported reduction in cholesterol with 1 reducing meds and 3 going off;

6 reported reduction in A1C with 1 reducing meds and 2 going off;

7 reported reduction in arthritis;

and 5 voluntarily added in the Comments line the appreciation of social opportunities.

It is remarkable to achieve such health-improving results from a program of only one meal a day.