

Pre/post pilot data – SixtyPLUS

Variable	Meals only (n = 10)			
	Pre	Post	Difference	P-value
MNA Score	11.77 (0.57)	13.44 (0.69)	1.68 (0.90)	0.0691
Fall Score	17.08 (1.17)	12.13 (1.49)	-4.95 (1.89)	0.0131
BMI	34.90 (2.28)	34.20 (2.74)	-0.69 (3.56)	0.8468
General Diet	3.42 (0.61)	5.89 (0.73)	2.47 (0.96)	0.0143
Specific Diet	3.96 (0.43)	5.17 (0.52)	1.21 (0.68)	0.0831

Variable	Meals + RD services (n = 10)			
	Pre	Post	Difference	P-value
MNA Score	10.29 (0.55)	11.20 (0.65)	0.91 (0.85)	0.2910
Fall Score	18.77 (1.17)	13.11 (1.40)	-5.66 (1.82)	0.0039
BMI	32.99 (2.28)	32.30 (2.60)	-0.69 (3.45)	0.8421
General Diet	3.04 (0.61)	5.50 (0.73)	2.46 (0.96)	0.0145
Specific Diet	3.82 (0.42)	5.50 (0.50)	1.68 (0.65)	0.0135

Variable	Meals + OT services (n = 10)			
	Pre	Post	Difference	P-value
MNA Score	12.21 (0.55)	12.80 (0.65)	0.59 (0.85)	0.4968
Fall Score	16.93 (1.12)	11.80 (1.33)	-5.13 (1.74)	0.0058
BMI	31.33 (2.19)	30.14 (2.60)	-1.19 (3.40)	0.7284
General Diet	3.36 (0.59)	5.60 (0.70)	2.24 (0.91)	0.0192
Specific Diet	4.29 (0.42)	4.85 (0.49)	0.56 (0.65)	0.3876

Variable	Meals + RD + OT services (n = 11)			
	Pre	Post	Difference	P-value
MNA Score	10.77 (0.57)	13.18 (0.62)	2.41 (0.84)	0.0071
Fall Score	17.92 (1.17)	11.91 (1.27)	-6.01 (1.72)	0.0014
BMI	30.55 (2.37)	29.25 (2.48)	-1.30 (3.43)	0.7077
General Diet	2.92 (0.61)	5.60 (0.66)	2.67 (0.90)	0.0056
Specific Diet	3.62 (0.43)	5.55 (0.47)	1.93 (0.64)	0.0046

Note: Higher MNA scores = better nutritional status; lower fall scores = lower concern with falling; higher general and specific diet scores = better diet. (General diet: average number of days per week eating a healthy diet; specific diet: average number of days eating fruits and vegetables *and* limiting red meat/high fat intake).