

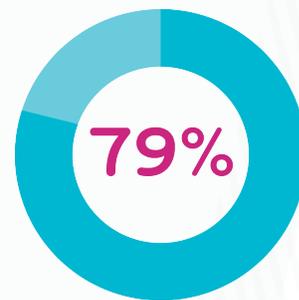
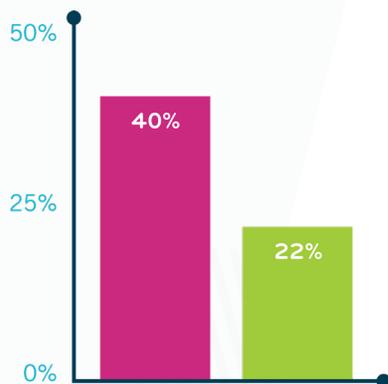
THE CASE FOR MEALS ON WHEELS:

AN EVIDENCE-BASED SOLUTION TO SENIOR HUNGER AND ISOLATION

An extensive review of **38 research studies** demonstrates the effectiveness of Meals on Wheels in **improving food security and diet quality, reducing use of costly health care services and reducing social isolation and loneliness**. These remarkable outcomes are attributed to the life-changing impact of Meals on Wheels services on the lives of the older adults we serve.

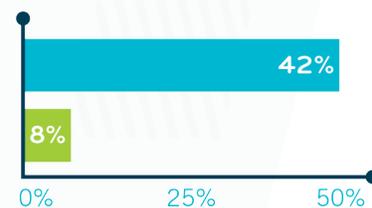
INCREASED FOOD SECURITY AND IMPROVED DIET

In a study at a Meals on Wheels program in central Florida, the percentage of senior participants experiencing low or very low food security **DECREASED BY NEARLY HALF**.



Home-delivered meal participants reported that the meals **HELP THEM EAT HEALTHIER FOODS**, in the National Survey of Older Americans Act Participants.

After 3 months of meals from two Meals on Wheels programs in central Texas, the percentage of participants who were malnourished **DROPPED FROM 42% TO 8%**.



REDUCED USE OF COSTLY HEALTH CARE SERVICES

After enrolling in a care transition program partnership in Baltimore, MD between a local Meals on Wheels program, a hospital and Meals on Wheels America, participants experienced a **SIGNIFICANT DECLINE IN HOSPITALIZATIONS** when comparing the three months before and after enrollment.



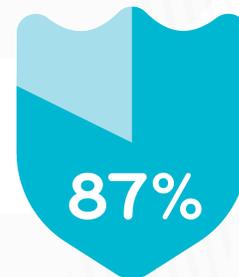
The same care transition program resulted in a significant **COST REDUCTION OF OVER \$1 MILLION.**

92% REPORTED THE MEALS HELPED THEM TO CONTINUE TO LIVE INDEPENDENTLY, in the 2022 national survey of Older Americans Act Title III home-delivered meal participants.



REDUCED SOCIAL ISOLATION AND LONELINESS

Among people living alone, those receiving daily-delivered meals were **SIGNIFICANTLY MORE LIKELY TO SHOW IMPROVEMENT IN FEELINGS OF SOCIAL ISOLATION** over 15 weeks in the Meals on Wheels America *More Than a Meal*® pilot study.



Older Americans Act home-delivered meal participants say knowing they will receive regular visits by the meals volunteer or driver has **MADE THEM FEEL SAFER AT HOME.**

Learn more about how you can support Meals on Wheels and our nation's seniors at [mealsonwheelsamerica.org/get-involved](https://www.mealsonwheelsamerica.org/get-involved)