

# MORE THAN A MEAL

THE IMPACT OF MEAL SERVICE DELIVERY ON THE HEALTH AND WELL-BEING OF ADULTS 60 YEARS OF AGE AND OLDER

A SENIOR WHO RECEIVES OR REQUESTS MEALS ON WHEELS SERVICES IS SIGNIFICANTLY MORE VULNERABLE THAN THE AVERAGE AMERICAN SENIOR.



71% OF SENIORS NEEDING MEALS ON WHEELS SELF-REPORT FAIR OR POOR HEALTH COMPARED TO 26% OF AVERAGE SENIORS.



NEARLY TWICE AS MANY SENIORS ON MEALS ON WHEELS WAITING LISTS REPORT DEPRESSION AND ANXIETY COMPARED TO AVERAGE SENIORS.



79% OF SENIORS NEEDING MEALS ON WHEELS INDICATE THAT THEIR FEAR OF FALLING LIMITED THEIR ACTIVITIES COMPARED TO 43% OF AVERAGE SENIORS.



87% OF SENIORS NEEDING MEALS ON WHEELS ARE PHYSICALLY UNABLE TO SHOP FOR GROCERIES COMPARED TO 23% OF AVERAGE SENIORS.

A SENIOR WHO RECEIVES DAILY-DELIVERED MEALS EXPERIENCES THE GREATEST IMPROVEMENTS IN HEALTH AND QUALITY OF LIFE COMPARED TO A SENIOR WHO RECEIVES FROZEN, WEEKLY-DELIVERED MEALS OR NO MEALS AT ALL.



IMPROVEMENT IN MENTAL HEALTH (I.E., ANXIETY)



IMPROVEMENT IN SELF-RATED HEALTH



REDUCTIONS IN THE RATE OF FALLS



IMPROVEMENT IN FEELINGS OF ISOLATION AND LONELINESS



REDUCTIONS IN WORRYING ABOUT BEING ABLE TO REMAIN AT HOME

WHEN COMPARED WITH A SENIOR WHO RECEIVES JUST FROZEN MEALS ONLY ONCE A WEEK, A SENIOR WHO RECEIVES DAILY-DELIVERED MEALS IS MORE LIKELY TO:



ATTRIBUTE THE MEALS TO MAKING THEM FEEL SAFER



REPORT THAT THE MEALS HELPED THEM TO EAT HEALTHIER



NOTE THAT THE MEALS RESULTED IN LESS LONELINESS

A SENIOR WHO LIVES ALONE AND RECEIVES DAILY-DELIVERED MEALS IS LESS LIKELY TO WORRY ABOUT BEING ABLE TO REMAIN AT HOME AND TO HAVE FEELINGS OF ISOLATION AND LONELINESS.

Meals on Wheels America's 15-week study involving more than 600 seniors participants was conducted by Brown University's Center for Gerontology and Healthcare Research and funded by AARP Foundation.



For more information, visit [www.mealsonwheelsamerica.org/MTAM](http://www.mealsonwheelsamerica.org/MTAM).

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