



## FACT SHEETS SOURCES AND METHODS 2018: DELIVERING SO MUCH MORE THAN JUST A MEAL

MEALS ON WHEELS IS THE ONLY FEDERALLY SUPPORTED PROGRAM DESIGNED SPECIFICALLY TO MEET THE NUTRITIONAL AND SOCIAL NEEDS OF SENIORS

Client profile demographics come from Mathematica's 2017 Evaluation of the Effect of the Older Americans Act (OAA) Title III-C Nutrition Services Program on Participants' Food Security, Socialization, and Diet Quality. Full report available at: <https://www.acl.gov/programs/program-evaluations-and-reports>

"225 million meals" and "2.4 million seniors" figures come from the Administration for Community Living's (ACL) State Program Reports' (SPR) 2016 data for the 50 states, DC and territories, with home-delivered meals and congregate meals data aggregated. (<https://agid.acl.gov/customtables/>)

FREQUENT IN-HOME VISITS PROVIDE UNIQUE OPPORTUNITIES TO MEET NUTRITIONAL NEEDS, COMBAT SOCIAL ISOLATION, ADDRESS SAFETY HAZARDS AND PROVIDE HOLISTIC CARE

"9 out of 10 recipients say Meals on Wheels helps them feel more secure" figure comes from ACL'S National Survey of OAA Participants' 2016 data, with home-delivered meals and congregate meals showing near comparable results. (<https://agid.acl.gov/customtables/>)

"8 out of 10 recipients who have previously fallen from falling again" figure comes from the *More Than a Meal* Pilot Research Study. Full report available at: <http://www.mealsonwheelsamerica.org/mtam>

MEALS ON WHEELS PROVIDES A COST-EFFECTIVE SOLUTION THAT SERVES US ALL

“9 out of 10 recipients say the service improves their health” figure comes from ACL’s National Survey of OAA Participants’ 2016 data, with home-delivered meals and congregate meals showing near comparable results. (<https://agid.acl.gov/customtables/>)

“1 year = 1 day = 10 days” figure comes from:

Meals on Wheels average annual cost of meals comes from ACL’s SPR’s 2016 data for 50 states, DC and territories, with home-delivered meals and congregate meals data aggregated. (<https://agid.acl.gov/customtables/>)

Average individual cost of a meal = total expenditures for home-delivered and congregate meals / total home-delivered and congregate meals served.

Annual cost of meals = average individual cost of a meal \* 250 operating days in a year

Hospital stay cost comes from the Kaiser Family Foundation reflecting national average for Hospital Adjusted Expenses per Inpatient Day. (<https://www.kff.org/health-costs/state-indicator/expenses-per-inpatient-day/?currentTimeframe=0&sortModel=%7B%22colId%22:%22Location%22,%22sort%22:%22asc%22%7D>)

Nursing home stay cost comes from 2016 Genworth Long Term Care Costs Across the United States tool. (<http://newsroom.genworth.com/2016-05-10-Genworth-2016-Annual-Cost-of-Care-Study-Costs-Continue-to-Rise-Particularly-for-Services-in-Home>)