



## FACT SHEETS SOURCES & METHODS 2020: DELIVERING SO MUCH MORE THAN JUST A MEAL

**THE OLDER AMERICANS ACT NUTRITION PROGRAM IS THE ONLY FEDERALLY SUPPORTED PROGRAM DESIGNED SPECIFICALLY TO MEET THE NUTRITIONAL AND SOCIAL NEEDS OF SENIORS**

- A. **“Nutrition program participants”** table data come from the 2018 Administration for Community Living (ACL) National Older Americans Act (OAA) Participants Survey (NPS). Figures are from the responses of a nationally representative sample of clients receiving Congregate and Home-delivered meals funded through Title III of the OAA. Figures are from NPS data files (weighted data): Congregate Meals and Home Delivered Meals, available at <https://agid.acl.gov/DataFiles/NPS/> (see below for variables) or from the ACL AGing, Independence, and Disability Program Data Portal (AGID) NPS Custom Tables, available at <https://agid.acl.gov/CustomTables/NPS/Year/> (see below for Custom Tables filters and data elements). **Please note:** In order to understand the data in the NPS data files, you must have a data analysis software.
- i. **Are 75 or older:** NPS data files. Variable AGE\_C (AGE CATEGORY), calculated by Meals on Wheels America by adding valid percent “age 75-84 years” and valid percent “85+ years”.
  - ii. **Are women:** NPS data files. Variable GENDER, valid percent “female.”
  - iii. **Live alone:** NPS data files. Variable LIVEALONE DO YOU LIVE ALONE? SSS CONSTRUCTED, valid percent “yes.”
  - iv. **Are veterans:** AGID NPS custom tables. Table filters – Year: 2018; Elements: Home-Delivered Meals / Congregate Meals Demographics > Has Served Active Duty in U.S. Armed Forces, Reserves or National Guard? (DEVET)
  - v. **Live in rural areas:** NPS data files. Variable DELOC WHERE IS YOUR HOME LOCATED? valid percent “A Rural Area.”
  - vi. **Self-report fair or poor health:** AGID NPS custom tables. Table filters – Year: 2018; Elements: Home-Delivered Meals > Health questions > How is Health of Recipient (PFHLTH) / Elements: Congregate Meals > Health-Related Quality of Life > How is Health of Recipient (PFHLTH)
  - vii. **Take 3+ medications daily:** AGID NPS custom tables. Table filters – Year: 2018; Elements: Home-Delivered Meals / Congregate Meals > Health care utilization > How Many Different Drugs/Day (HLMDRUGS)
  - viii. **Do not have enough money to buy food:** AGID NPS custom tables. Table filters – Year: 2018; Elements: Home-Delivered Meals / Elements: Congregate Meals > Questions on buying food > Does Recipient Have Enough Money/Food Stamps to Buy Food? (HMENUF/CMENUF)
  - ix. **Report 3+ medical conditions:** AGID NPS custom tables. Table filters – Year: 2018; Elements: Home-Delivered Meals / Congregate Meals > Health questions > Total Number Medical Conditions Reported (NUM\_COND)
  - x. **Are Black or African American:** NPS data files. Variable DERAC02 WHAT IS YOUR RACE? BLACK OR AFRICAN-AMERICAN, valid percent “Yes.”
  - xi. **Are Hispanic or Latino:** NPS data files. Variable DEHISP ARE YOU HISPANIC OR LATINO? valid percent “Yes.”

xii. **Are Native American or Hawaiian/Pacific Islander:** NPS data files. Variables DERAC04 WHAT IS YOUR RACE? AMERICAN INDIAN OR ALASKAN NATIVE valid percent “Yes” plus DERAC05 WHAT IS YOUR RACE? NATIVE HAWAIIAN OR OTHER PACIFIC ISLANDER valid percent “Yes.”

- B. **“Millions of volunteers enable [#] million meals to be served...”** comes from the 2018 Administration for Community Living (ACL) State Program Reports (SPR). Figure calculated by Meals on Wheels America by combining unit counts for “Congregate Meals” plus “Home-Delivered Meals” in the United States, including territories. Data available in the AGID Custom Tables: <https://agid.acl.gov/CustomTables/SPR/Year/> (Table filters – Year: 2018; Elements: Units > Counts > Congregate Meals + Home-Delivered Meals; Stratifiers: All Age Groups; Geography: All U.S. Totals > 50 States + DC & Territories)
- C. **“...to [#] million seniors each year”** comes from the Administration for Community Living (ACL) 2018 State Program Reports (SPR). Figure calculated by Meals on Wheels America by combining total counts for “Congregate Meals” plus “Home-Delivered Meals” clients living in the United States, including territories. Data available in the AGID Custom Tables: <https://agid.acl.gov/CustomTables/SPR/Year/> (Table filters – Year: 2018; Elements: Clients > Persons Served, by Service > Congregate Meals + Home-Delivered Meals; Stratifiers: All Age Groups; Geography: All U.S. Totals > 50 States + DC & Territories)

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

- D. **“[#] out of [#] say Meals on Wheels helps them live independently”** comes from the 2018 Administration for Community Living (ACL) National Older Americans Act (OAA) Participants Survey. Figures are from the responses of a nationally representative sample of clients receiving Home-delivered meals funded through Title III of the OAA. Calculated by Meals on Wheels America by adding valid percentages for “About One Half” and “More Than One Half.” Data available in the ACL AGID Custom Tables: <https://agid.acl.gov/CustomTables/NPS/Year/> (Tables filters – Year: 2018; Elements: Home-delivered Meals > Results of participating in home-delivered meals > Do Meals on Wheels Help To Stay in Own Home? (HMSTAYHM)) (no stratifier)
- E. **“Daily home-delivered meals help keep [#] out of [#] recipients who have previously fallen from falling again”** comes from the *More Than a Meal® Pilot Research Study: Results from a pilot randomized control trial of home-delivered meal programs*, a report for Meals on Wheels America prepared by K. Thomas and D. Dosa and funded by the AARP Foundation (March 2015). Research was conducted by Brown University School of Public Health in winter of 2013 through spring of 2014 at eight Meals on Wheels study sites across the United States that had average waitlist times of six or more months. Data reflect the percentage of older individuals previously on waitlists who were receiving daily delivered meals who had fallen in the three months before receiving meals who did not fall again during the three months of receiving meals during the study period (79%) (Table 8: Reported Fall during the Study Period Among Individuals Reporting a Fall at Baseline, By Group). Full report available at: [www.mealsonwheelsamerica.org/learn-more/research/more-than-a-meal/pilot-research-study](http://www.mealsonwheelsamerica.org/learn-more/research/more-than-a-meal/pilot-research-study)
- F. **“[#] out of [#] recipients report the meals make up half or more of all food eaten that day”** comes from the 2018 Administration for Community Living (ACL) National Older Americans Act (OAA) Participants Survey. Figures are based on the responses of a nationally representative sample of clients receiving Home-delivered meals funded through Title III of the OAA. Calculated by adding percent “About One Half” and “More Than One Half” (65.5%). (53.8% of Congregate meals clients said the meal made up half or more of all food eaten that day.) Data available in the ACL AGID Custom Tables: <https://agid.acl.gov/CustomTables/NPS/Year/>

(Tables filters – Year: 2018; Elements: Home-delivered meals > Amount and types of food usually eaten > Portion Of Food These Meals Represent (HMPORTN) (no stratifier)

- G. “[#] out of [#] recipients say they see their friends more often because of congregate meals” comes from the 2018 Administration for Community Living (ACL) National Older Americans Act (OAA) Participants Survey. Figures are from the responses of a nationally representative sample of clients receiving Congregate meals funded through Title III of the OAA. Data available in the ACL AGID Custom Tables: <https://agid.acl.gov/CustomTables/NPS/Year/> (Tables filters – Year: 2018; Elements: Congregate Meals > Results of participating in home-delivered meals > Recipient sees friends more often due to meals (CMFRNDS))
- H. “[%] of seniors receiving home-delivered meals live alone...” comes from the 2018 Administration for Community Living (ACL) National Older Americans Act (OAA) Participants Survey (NPS). Figures are from the NPS data files: Home Delivered Meals {Note A, iii}.

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

- I. “[#] out of [#] senior recipients say Meals on Wheels received at home improves their health” comes from the 2018 Administration for Community Living (ACL) National Older Americans Act (OAA) Participants Survey. Figures are from the responses of a nationally representative sample of clients receiving Home-delivered meals funded through Title III of the OAA. Data available in the ACL AGID Custom Tables: <https://agid.acl.gov/CustomTables/NPS/Year/> (Tables filters – Year: 2018; Elements: Home Delivered Meals > Results of participating in home-delivered meals > Do Home Delivered Meals Help Recipient Improve Health? (HMFLBTR))
- J. “Meals on Wheels can serve a senior for an entire year...” comes from regional average meal costs for Congregate and Home-delivered meals from *Older Americans Act Nutrition Programs Evaluation: Meal Cost Analysis*, a report prepared for the Administration for Community Living (ACL) Administration on Aging by Mathematica Policy Research (September 2015). Meal cost estimates adjusted for inflation by Meals on Wheels America and account for value of both purchased and donated resources of a meal, including donated volunteer labor and non-labor resources, and are not necessarily reflective of the true paid cost, which can vary widely across the United States and DC. Full *Meal Cost Analysis* report available at: [www.mathematica.org/our-publications-and-findings/publications/older-americans-act-nutrition-programs-evaluation-meal-cost-analysis](http://www.mathematica.org/our-publications-and-findings/publications/older-americans-act-nutrition-programs-evaluation-meal-cost-analysis)
- i. United States average costs were adjusted for inflation using the Consumer Price Index for All Urban Consumers (CPI-U), which represents changes in all goods and services purchased for urban household consumption. Home-delivered and Congregate meal averages from report were converted from January 2015 dollars to January 2019 dollars (US\$) using the U.S. Bureau of Labor Statistics CPI Inflation Calculator: [www.bls.gov/data/inflation\\_calculator.htm](http://www.bls.gov/data/inflation_calculator.htm)
  - ii. “1 day in a hospital” comparison comes from American Hospital Association (AHA) 1999 – 2018 Annual Survey data, a special data request by the Kaiser Family Foundation (KFF) (2019). Estimate is in U.S dollars (US\$) and reflects state average for hospital adjusted expenses per inpatient day in the United States, excluding territories, in 2018. Data available at the KFF State Health Facts website: [www.kff.org/health-costs/state-indicator/expenses-per-inpatient-day/](http://www.kff.org/health-costs/state-indicator/expenses-per-inpatient-day/) (Table filters: Timeframe – 2018; Locations: United States)
  - iii. “10 days in a nursing home” comparison comes from the *Genworth Cost of Care Survey 2019 Median Cost Data Tables* report. Estimate is in U.S dollars (US\$) and reflects the daily cost of nursing home care for a semi-private room in the United States, excluding territories, in 2019. Full *Cost of Care* national and state median rate table available: <https://pro.genworth.com/riiproweb/productinfo/pdf/282102.pdf> (See Daily Median Costs for Nursing Home Facility – Semi-Private Room)