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.**

- **Before:** 40%
- **After:** 22%

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%.**

- **Before:** 42%
- **After:** 8%
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

---

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.

---

Get the full report and data sources at www.mealsonwheelsamerica.org/research. © September 2023 Meals on Wheels America