

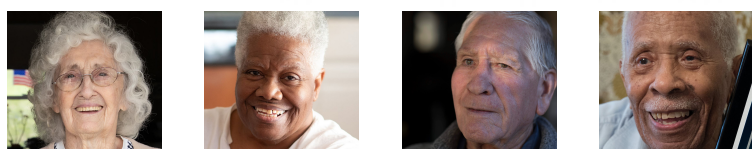
# DELIVERING SO MUCH MORE THAN JUST A MEAL



UNITED STATES 2020

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

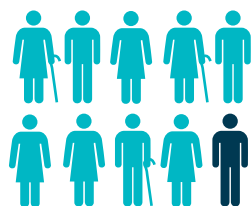
Community-based senior nutrition programs are welcomed into the homes of our nation's seniors with every meal delivery. Many Meals on Wheels programs also manage congregate nutrition sites – such as senior centers – which provide more mobile seniors the opportunity to socialize.



Millions of volunteers enable **221 MILLION MEALS** to be delivered to **2.4 MILLION SENIORS** each year

Nutrition program participants:	Home-delivered	Congregate
Are 75 or older	62%	53%
Are women	64%	65%
Live alone	58%	51%
Are veterans	15%	12%
Live in rural areas	32%	34%
Self-report fair or poor health	50%	28%
Take 3+ medications daily	87%	68%
Do not have enough money to buy food	33%	17%
Report 3+ medical conditions	90%	85%
Are Black or African American	19%	12%
Are Hispanic or Latino	7%	11%
Are Native American or Hawaiian/Pacific Islander	5%	3%

## 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**

say Meals on Wheels helps them live independently



Daily home-delivered meals help keep **8 OUT OF 10 RECIPIENTS** who have previously fallen from falling again

A typical meal meets the dietary guidelines set by the Older Americans Act Nutrition Program. Meals are often tailored to meet medical needs and cultural preferences.

**2 OUT OF 3 RECIPIENTS**

report the meals make up half or more of all food eaten that day

**8 OUT OF 10 RECIPIENTS**

say they see their friends more often because of the congregate meals



58% of home-delivered meal recipients live alone, and for many of them, **the person delivering the meal is often the only person they will see that day**

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

**9 OUT OF 10 RECIPIENTS** say Meals on Wheels received at home improves their health



MEALS ON WHEELS CAN SERVE A SENIOR FOR AN ENTIRE YEAR FOR ABOUT THE SAME COST AS JUST ONE DAY IN A HOSPITAL OR 10 DAYS IN A NURSING HOME