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.

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.

REDUCTIONS IN THE RATE OF FALLS

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

IMPROVEMENT IN SELF-RATED HEALTH

REDUCTIONS IN WORRYING ABOUT BEING ABLE TO REMAIN AT HOME

IMPROVEMENT IN FEELINGS OF ISOLATION AND LONELINESS

REDUCTIONS IN FEWING OF ISOLATION AND LONELINESS

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.

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.