



“Meals on Wheels & Case Management” Program Makes a Difference in Senior Health

According to Outcomes Study Results

Meals on Wheels Orange County, one of the largest nonprofit senior nutrition programs in California, has completed an extensive outcomes study on the impact of its Meals on Wheels and Case Management program. The program is for frail, homebound seniors and is funded in part through the Older Americans Act (Title III Home Delivered Meals).

OUTCOMES REVEAL IMPACT

The Meals on Wheels Orange County study included 1,279 frail, homebound senior citizens who receive *both* Meals on Wheels and Case Management services. The research was independently designed, monitored and analyzed by DoctorS Nonprofit Consulting in Fullerton, California, under the direction of Drs. Dallas Stout and Debbie Stout. The study revealed the following statistically significant findings about new program participants:

- **Received 141% more referrals to supportive services**
- **Gained an average of 2 pounds**
- **Demonstrated a sustained 20% increase in sense of well-being**
- **Had 34% reduction in new clients hospitalized and 62% length of stay reduction**

Ninety percent of program survey participants ranged from low income to below poverty level. Further, 80 percent of participants were age 70 or older, more than 60 percent were women, and one-third of participants were ethnic minorities.

ABOUT THE PROGRAM

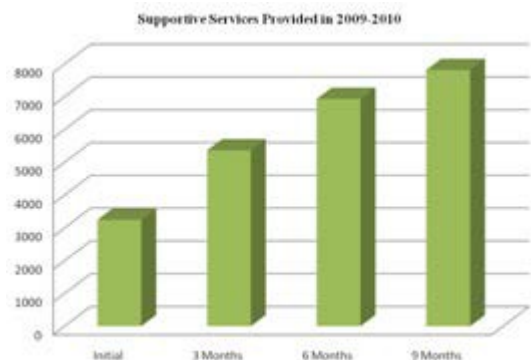
Meals on Wheels Orange County, a nonprofit social service organization, provides Meals on Wheels (also known as Home Delivered Meals) and Case Management services to more than 1,000 seniors a day in central and north Orange County, California. Program participants, who can no longer shop or cook for themselves, receive three meals a day, five days a week. The meals and case management services help participants stay in their own homes longer while maintaining their independence.

Meals on Wheels Orange County also provides Lunch Café's in 23 senior centers in 20 cities in Orange County. The nonprofit also operates two Adult Day Health Care Centers and an Adult Day Care Center.

For more information about Meals on Wheels Orange County or the survey results, contact Darla Olson, Vice President, Advancement at dolson@MealsOnWheelsOC.org or 714-220-0224.

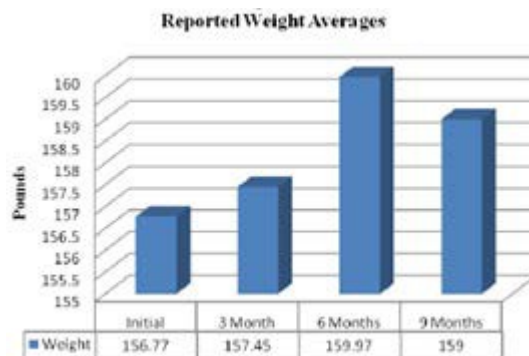
“Meals on Wheels & Case Management” Outcomes – Results at a Glance

INCREASED SUPPORTIVE SERVICES



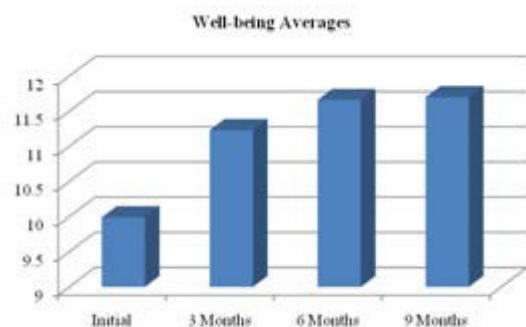
- Participants receive 141% more referrals to community resources
- Referrals provide more resources to live independently

GAINED OR MAINTAINED WEIGHT



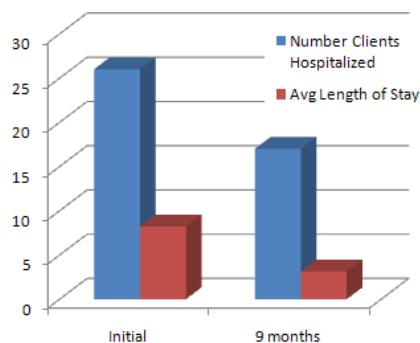
- Participants maintain or gain weight while on the program (2 pounds on average)
- This contributes to improved health for frail seniors

SUSTAINED INCREASE IN WELL-BEING



- Well-being evaluated by Case Managers on defined factors
- Participants benefit from regular and healthy nutrition, social contact with delivery drivers, and case management services

FEWER HOSPITALIZED AND REDUCED LENGTH OF STAY



- The number of new participants on Meals on Wheels and Case Management services who reported a hospital stay dropped 34%, from 26 days to 17 days
- For those who were hospitalized, the average length of stay was reduced 62%, from 8.2 days prior to the program to 3.1 days

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