



Lunch Café's Make a Difference in Health and Quality of Life

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 Senior Lunch program. Meals on Wheels Orange County serves a hot, nutritious lunch at 23 centers in Orange County that have a combined average daily attendance of 1,450 older adults. This program is largely funded through the Older Americans Act (Title III Congregate Meals).

OUTCOMES REVEAL IMPACT

The Meals on Wheels Orange County study included 1,200 senior citizens who participate in the Lunch Cafés and other activities at their local senior center. The research was independently designed, monitored and analyzed by DoctorS Nonprofit Consulting in Southern California, under the direction of Drs. Dallas and Debbie Stout. Survey results revealed the following:

- **68% of seniors reported the lunches have improved their quality of life**
- **59% said their physical health has improved because of the program**
- **81% reported they would be at home if they didn't come to the lunch program**
- **95% have more friends as a result of the program, including 48% who have *significantly* more friends**
- **52% feel more connected to their community and city since attending the program**

The data for this study was self-reported by the seniors. Sixty five percent were female, 68% percent were over the age of 70 and more than a third were ethnic minorities.

Given 33% of those surveyed reported eating just one well balanced meal a day at home, the senior lunch program clearly improves nutritional intake. Further, the program also overwhelmingly meets its goal of providing socialization for participants, given that 81% indicated they would be at home if they had not come to the program. Respondents who reported they were happy most days showed significantly higher levels of physical health, number of friends and quality of life. The more they attended the lunch program, the more they reported being happy.

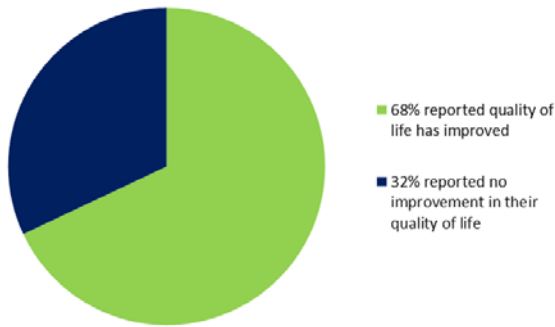
ABOUT THE PROGRAM

In addition to the Lunch Café's, Meals on Wheels Orange County also provides Meals on Wheels and case management services to 1,000 homebound older adults who are no longer able to get out and shop or cook for themselves. The nonprofit also operates two Adult Day Health Care Centers and an Adult Day Care Center.

For more information about Community Meals on Wheels Orange County or the survey results, contact Darla Olson, Vice President, Advancement at dolson@MealsOnWheelsOC.org or 714-229-3362.

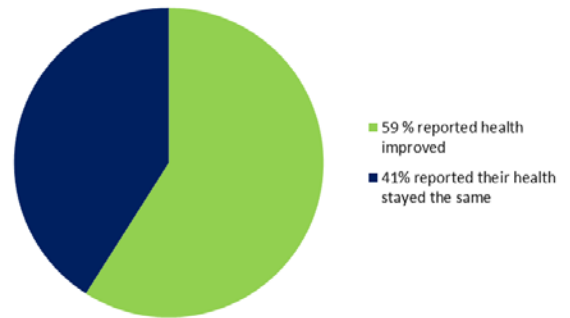
Lunch Café Outcomes – Results at a Glance

QUALITY OF LIFE IMPROVED



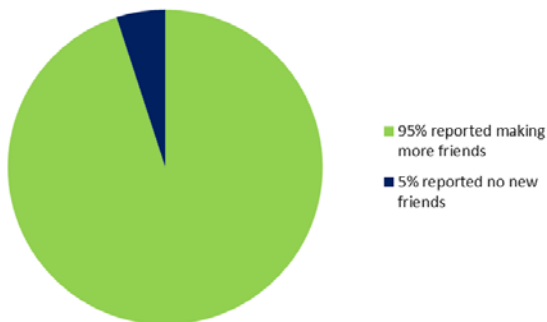
- Of the 68% of clients who reported their life has improved, 56% reported it improve significantly and 44% it improved somewhat

HEALTH IMPROVED



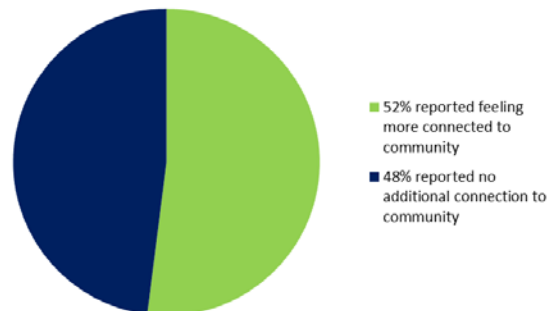
- For the 59% of clients who reported health improvements, 51% indicated their health improved significantly and 49% indicated it improved somewhat

MADE MORE FRIENDS



- For the 95% of clients who reported making new friends, 51% indicated they made *significantly* more friends and 49% shared they made some new friends.

MORE CONNECTED TO COMMUNITY



- The majority of the participants who participate in the lunch program reported feeling *more connected* to their city and community.

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