



MEALS on WHEELS CALIFORNIA
CONFERENCE 2025

MONDAY, MARCH 24 - WEDNESDAY, MARCH 26

[MOWCA.ORG/CONFERENCE](https://mowca.org/conference)

THANK YOU TO OUR MEALS on WHEELS CALIFORNIA CONFERENCE 2025 SPONSORS

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A portrait of L. Carter Florence, a woman with long, wavy brown hair, smiling. She is wearing a maroon top and a dark beaded necklace. The background is a blurred stone wall.

MEALS on WHEELS CALIFORNIA
CONFERENCE 2025

Empowering Impact

Delivering the
Meals on
Wheels Service
Model

**L. CARTER
FLORENCE**

VICE PRESIDENT
PROGRAMS AT MEALS ON WHEELS AMERICA



TODAY'S AGENDA

You are the experts.

- Context setting – what we know about our collective impact
- Your local impact
- Workshop – insuring sustainability at the local, state and national levels
- Key takeaways

THE CASE FOR MEALS ON WHEELS

An Evidence-based Solution to Senior Hunger and Isolation



Reduced use of costly health care services



Reduced nursing home use and increased ability to age in place



Reduced health care costs



Increased food security



Improved diet quality



Improvement or reduced decline in nutritional status



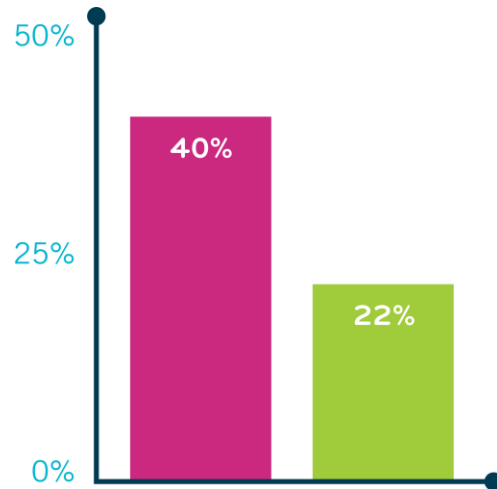
Reduced social isolation and loneliness



Reduced falls and increased home safety

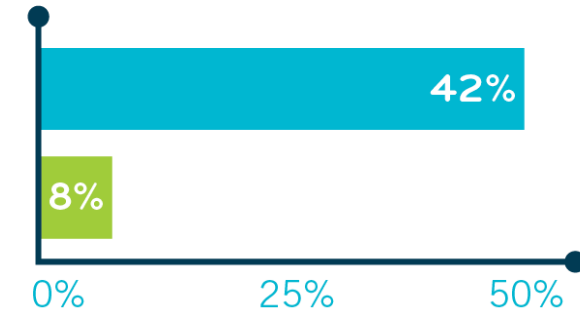
Accessible at <https://www.mealsonwheelsamerica.org/learn-more/research/the-case-for-meals-on-wheels-sept23>

INCREASED FOOD SECURITY AND IMPROVED DIET

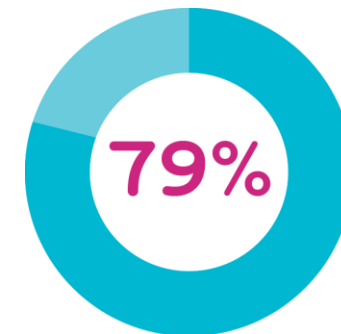


In a study at a Meals on Wheels program in central Florida, the percentage of senior participants experiencing low or very low food security **DECREASED BY NEARLY HALF**.

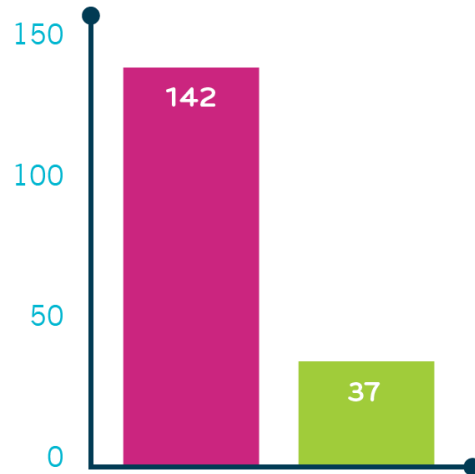
After 3 months of meals from two Meals on Wheels programs in central Texas, the percentage of participants who were malnourished **DROPPED FROM 42% TO 8%**.



Home-delivered meal participants reported that the meals **HELP THEM EAT HEALTHIER FOODS**, in the National Survey of Older Americans Act Participants.



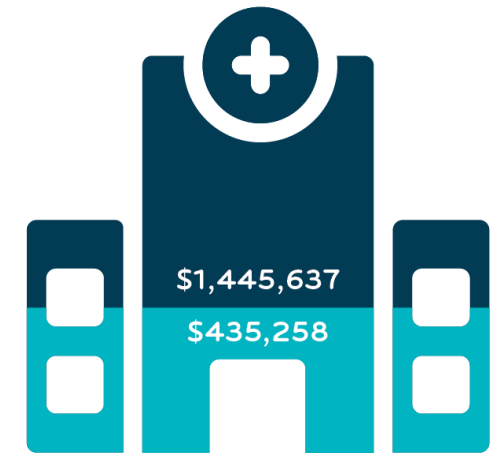
REDUCED USE OF COSTLY HEALTH CARE SERVICES



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.



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.



The same care transition program resulted in a significant **COST REDUCTION OF OVER \$1 MILLION**.

Accessible at <https://www.mealsonwheelsamerica.org/learn-more/research/the-case-for-meals-on-wheels-sept23>

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.**

“I’m talking from my heart. I love this program. It makes me feel alive, like someone cares. And I know I’m not the only lonely senior.” **MEALS ON WHEELS CLIENT RECEIVING SOCIAL CONNECTION PROGRAMMING**

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HOW DO YOU SHOWCASE YOUR IMPACT?

What is similar to these findings?
What is different?

HOW DO WE INSURE
SUSTAINABILITY AND
STRENGTHEN OUR
ABILITY TO HAVE
GREATER IMPACT?

TOP CHALLENGES

REACHING ALL SENIORS WHO NEED
MEALS IS CONSTRAINED BY FUNDING
AND CAPACITY LIMITATIONS

LET'S CROWD SOURCE

INFRASTRUCTURE

WORKSHOP: local, state and national levels

WHAT INFRASTRUCTURE INVESTMENTS ARE NEEDED?

STAY CONNECTED

- Stay updated by visiting www.mealsonwheelsamerica.org
- Contact me directly at Carter.Florence@mealsonwheelsamerica.org
- Or visit our social links below



THANK
YOU!





MEALS ON WHEELS CALIFORNIA

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