

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN ALABAMA

## ALABAMA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	1,090,909 (22%)
Seniors threatened by hunger	210,545 (19%)
Seniors living alone	280,269 (26%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	120,581 (11%)
Seniors that are non-white racial and/or an ethnic minority	23%
Seniors experiencing falls with injury	12%
Seniors with self-rated health as "fair to poor"	32%
Seniors with a disability	37%

## INADEQUATE NUTRITION AND/OR LIMITED SOCIAL CONTACT HAS DIRECT HEALTH CONSEQUENCES THAT AFFECT THE HEALTHCARE SYSTEM AND ECONOMY

Preventable hospitalizations	62%	Hospital readmissions	14%
Total Medicare spending (in billions)	\$9.72		

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN ALABAMA ARE DELIVERING NUTRITIOUS MEALS, FRIENDLY VISITS AND SAFETY CHECKS TO THE MOST AT-RISK SENIORS

	Congregate Meals	Home-Delivered Meals	Total
Seniors served each year	22,331	18,166	40,497
Meals served each year	2,006,234	4,466,785	6,473,019

### OAA CLIENT PROFILE

Live alone	35%	Live in poverty	28%
Live in a rural area	48%	Minority	35%
Women	67%		

## FUNDING FOR THESE PROGRAMS VARY BASED ON THE NEEDS AND RESOURCES OF THE COMMUNITY, AND ARE MADE UP OF FEDERAL, STATE, LOCAL AND PRIVATE DOLLARS

	Congregate Meals	Home-Delivered Meals	Total
OAA Expenditures	\$6,198,050	\$4,749,127	\$10,947,177 (30%)
Total Expenditures	\$15,217,921	\$21,782,710	\$37,000,631

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN ALABAMA CAN REMAIN HEALTHIER AT HOME, AVOIDING MORE COSTLY HEALTHCARE FACILITIES

Cost of serving a senior Meals on Wheels for an entire year	Cost of 1 day in a hospital	Cost of 10 days in a nursing home
\$1,429	\$1,480	\$2,060

## MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

