

DELIVERING SO MUCH MORE THAN JUST A MEAL IN ALASKA

ALASKA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	121,606 (16%)
Seniors threatened by hunger	17,146 (14%)
Seniors living alone	25,085 (22%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	5,636 (5%)
Seniors that are non-white racial and/or an ethnic minority	24%
Seniors experiencing falls with injury	16%
Seniors with self-rated health as "fair to poor"	21%
Seniors with a disability	32%

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

Preventable hospitalizations	36%	Hospital readmissions	13%
Total Medicare spending (in millions)	\$741		

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN ALASKA 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	7,937	3,314	11,251
Meals served each year	298,107	420,241	718,348

OAA CLIENT PROFILE

Live alone	36%	Live in poverty	42%
Live in a rural area	77%	Minority	36%
Women	56%		

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	\$1,506,359	\$1,708,315	\$3,214,674 (31%)
Total Expenditures	\$4,955,370	\$5,523,982	\$10,479,352

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN ALASKA 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
\$3,647	\$2,447	\$9,630

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

