

DELIVERING SO MUCH MORE THAN JUST A MEAL IN ARIZONA

ARIZONA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	1,570,136 (23%)
Seniors threatened by hunger	296,756 (19%)
Seniors living alone	353,734 (23%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	154,528 (10%)
Seniors that are non-white racial and/or an ethnic minority	21%
Seniors experiencing falls with injury	12%
Seniors with self-rated health as "fair to poor"	23%
Seniors with a disability	31%

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

Preventable hospitalizations	36%	Hospital readmissions	14%
Total Medicare spending (in billions)	\$11.07		

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN ARIZONA 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	26,493	9,679	36,172
Meals served each year	1,022,460	1,570,672	2,593,132

OAA CLIENT PROFILE

Live alone	29%	Live in poverty	43%
Live in a rural area	42%	Minority	34%
Women	62%		

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	\$4,170,134	\$4,780,335	\$8,950,469 (76%)
Total Expenditures	\$4,697,410	\$7,009,209	\$11,706,619

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN ARIZONA 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
\$1,129	\$2,479	\$2,140

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

