

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN COLORADO

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

Senior population	1,073,607 (19%)
Seniors threatened by hunger	62,269 (6%)
Seniors living alone	257,595 (24%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	83,406 (8%)
Seniors that are non-white racial and/or an ethnic minority	17%
Seniors experiencing falls with injury	11%
Seniors with self-rated health as "fair to poor"	18%
Seniors with a disability	27%

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

Preventable hospitalizations	31%	Hospital readmissions	13%
Total Medicare spending (in billions)	\$7.01		

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN COLORADO 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	17,092	9,213	26,305
Meals served each year	728,651	1,161,895	1,890,546

### OAA CLIENT PROFILE

Live alone	50%	Live in poverty	26%
Live in a rural area	28%	Minority	20%
Women	64%		

## 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	\$3,556,196	\$3,435,177	\$6,991,373 (41%)
Total Expenditures	\$8,304,563	\$8,949,069	\$17,253,632

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN COLORADO 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
\$2,282	\$2,866	\$2,590

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

