

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN CONNECTICUT

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

Senior population	808,828 (23%)
Seniors threatened by hunger	98,677 (12%)
Seniors living alone	196,295 (25%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	54,344 (7%)
Seniors that are non-white racial and/or an ethnic minority	17%
Seniors experiencing falls with injury	9%
Seniors with self-rated health as "fair to poor"	21%
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	46%	Hospital readmissions	15%
Total Medicare spending (in billions)	\$7.41		

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN CONNECTICUT 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	16,674	6,227	22,901
Meals served each year	734,261	1,390,221	2,124,482

### OAA CLIENT PROFILE

Live alone	55%	Live in poverty	14%
Live in a rural area	12%	Minority	20%
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	\$4,159,178	\$4,099,419	\$8,258,597 (54%)
Total Expenditures	\$7,086,805	\$8,227,696	\$15,314,501

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN CONNECTICUT 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
\$1,802	\$2,705	\$4,150

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

