

THE DISTRICT OF COLUMBIA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

| | |
|------------------------------|---------------|
| Senior population | 111,838 (16%) |
| Seniors threatened by hunger | 19,795 (18%) |
| Seniors living alone | 43,139 (40%) |

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

| | |
|---|--------------|
| Seniors living in poverty | 16,003 (15%) |
| Seniors that are non-white racial and/or an ethnic minority | 67% |
| Seniors experiencing falls with injury | 10% |
| Seniors with self-rated health as "fair to poor" | 21% |
| 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 | 38% | Hospital readmissions | 15% |
| Total Medicare spending (in billions) | \$1.02 | | |

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN THE DISTRICT OF COLUMBIA 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 | 5,503 | 3,230 | 8,733 |
| Meals served each year | 361,113 | 726,189 | 1,087,302 |

OAA CLIENT PROFILE

| | | | |
|----------------------|-----|-----------------|-----|
| Live alone | 59% | Live in poverty | 11% |
| Live in a rural area | 0% | Minority | 93% |
| Women | 68% | | |

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 | \$2,519,529 | \$1,613,726 | \$4,133,255 (41%) |
| Total Expenditures | \$5,932,228 | \$4,229,577 | \$10,161,805 |

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN THE DISTRICT OF COLUMBIA 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 |
| \$2,336 | \$2,799 | \$3,000 |

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

