

DELIVERING SO MUCH MORE THAN JUST A MEAL IN IOWA

IOWA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	712,783 (23%)
Seniors threatened by hunger	72,704 (10%)
Seniors living alone	186,545 (27%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	50,306 (7%)
Seniors that are non-white racial and/or an ethnic minority	4%
Seniors experiencing falls with injury	10%
Seniors with self-rated health as "fair to poor"	19%
Seniors with a disability	29%

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

Preventable hospitalizations	49%	Hospital readmissions	14%
Total Medicare spending (in billions)	\$5.22		

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN IOWA 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	22,205	11,470	33,675
Meals served each year	1,056,294	1,235,703	2,291,997

OAA CLIENT PROFILE

Live alone	52%	Live in poverty	30%
Live in a rural area	54%	Minority	5%
Women	66%		

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	\$4,996,482	\$3,670,995	\$8,667,477 (41%)
Total Expenditures	\$10,923,745	\$10,067,493	\$20,991,238

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN IOWA 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
\$2,290	\$1,517	\$2,000

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

