

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN KENTUCKY

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

Senior population	970,385 (22%)
Seniors threatened by hunger	161,084 (17%)
Seniors living alone	243,787 (26%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	113,369 (12%)
Seniors that are non-white racial and/or an ethnic minority	8%
Seniors experiencing falls with injury	11%
Seniors with self-rated health as "fair to poor"	34%
Seniors with a disability	39%

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

Preventable hospitalizations	77%	Hospital readmissions	15%
Total Medicare spending (in billions)	\$8.77		

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN KENTUCKY 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	14,793	8,311	23,104
Meals served each year	879,684	1,365,969	2,245,653

### OAA CLIENT PROFILE

Live alone	57%	Live in poverty	45%
Live in a rural area	66%	Minority	11%
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	\$4,369,414	\$5,033,165	\$9,402,579 (53%)
Total Expenditures	\$6,846,415	\$10,895,644	\$17,742,059

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN KENTUCKY 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
\$1,975	\$1,853	\$2,250

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

