

DELIVERING SO MUCH MORE THAN JUST A MEAL IN MAINE

MAINE'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

| | |
|------------------------------|---------------|
| Senior population | 359,055 (27%) |
| Seniors threatened by hunger | 51,345 (14%) |
| Seniors living alone | 90,191 (26%) |

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

| | |
|---|-------------|
| Seniors living in poverty | 32,726 (9%) |
| Seniors that are non-white racial and/or an ethnic minority | 2% |
| Seniors experiencing falls with injury | 12% |
| Seniors with self-rated health as "fair to poor" | 21% |
| Seniors with a disability | 30% |

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) | \$2.79 | | |

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN MAINE 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 | 11,019 | 4,685 | 15,704 |
| Meals served each year | 269,232 | 560,773 | 830,005 |

OAA CLIENT PROFILE

| | | | |
|----------------------|-----|-----------------|-----|
| Live alone | 52% | Live in poverty | 50% |
| Live in a rural area | 76% | Minority | 5% |
| Women | 60% | | |

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 | \$1,460,557 | \$1,751,751 | \$3,212,308 (52%) |
| Total Expenditures | \$2,018,941 | \$4,135,439 | \$6,154,380 |

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN MAINE 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 |
| \$1,854 | \$2,262 | \$3,100 |

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

