

DELIVERING SO MUCH MORE THAN JUST A MEAL IN MARYLAND

MARYLAND'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	1,239,397 (21%)
Seniors threatened by hunger	141,291 (11%)
Seniors living alone	294,707 (24%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	102,875 (8%)
Seniors that are non-white racial and/or an ethnic minority	35%
Seniors experiencing falls with injury	10%
Seniors with self-rated health as "fair to poor"	20%
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	47%	Hospital readmissions	N/A
Total Medicare spending (in billions)	\$10.86		

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN MARYLAND 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	30,815	6,341	37,156
Meals served each year	1,105,301	1,163,794	2,269,095

OAA CLIENT PROFILE

Live alone	25%	Live in poverty	14%
Live in a rural area	27%	Minority	46%
Women	71%		

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	\$6,515,577	\$4,250,722	\$10,766,299 (65%)
Total Expenditures	\$9,716,141	\$6,918,414	\$16,634,555

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN MARYLAND 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
\$1,833	\$2,694	\$3,040

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

