

DELIVERING SO MUCH MORE THAN JUST A MEAL IN MASSACHUSETTS

MASSACHUSETTS'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	1,499,195 (22%)
Seniors threatened by hunger	179,903 (12%)
Seniors living alone	389,330 (27%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	125,165 (8%)
Seniors that are non-white racial and/or an ethnic minority	14%
Seniors experiencing falls with injury	11%
Seniors with self-rated health as "fair to poor"	21%
Seniors with a disability	28%

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

Preventable hospitalizations	54%	Hospital readmissions	15%
Total Medicare spending (in billions)	\$14.15		

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN MASSACHUSETTS 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	27,868	48,728	76,596
Meals served each year	1,541,287	7,640,901	9,182,188

OAA CLIENT PROFILE

Live alone	47%	Live in poverty	12%
Live in a rural area	6%	Minority	13%
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	\$6,116,672	\$6,639,649	\$12,756,321 (19%)
Total Expenditures	\$11,298,936	\$56,689,302	\$67,988,238

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN MASSACHUSETTS 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
\$1,851	\$2,955	\$3,950

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

