

DELIVERING SO MUCH MORE THAN JUST A MEAL IN MINNESOTA

MINNESOTA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	1,175,263 (21%)
Seniors threatened by hunger	99,897 (9%)
Seniors living alone	300,506 (26%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	83,365 (7%)
Seniors that are non-white racial and/or an ethnic minority	7%
Seniors experiencing falls with injury	9%
Seniors with self-rated health as "fair to poor"	19%
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	37%	Hospital readmissions	14%
Total Medicare spending (in billions)	\$8.80		

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN MINNESOTA 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	38,503	10,274	48,777
Meals served each year	1,574,808	1,527,750	3,102,558

OAA CLIENT PROFILE

Live alone	49%	Live in poverty	18%
Live in a rural area	70%	Minority	8%
Women	63%		

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	\$6,719,855	\$3,484,349	\$10,204,204 (47%)
Total Expenditures	\$13,240,370	\$8,456,304	\$21,696,674

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN MINNESOTA 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
\$1,748	\$2,208	\$3,000

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

