

DELIVERING SO MUCH MORE THAN JUST A MEAL IN NORTH DAKOTA

NORTH DAKOTA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	154,928 (20%)
Seniors threatened by hunger	11,155 (7%)
Seniors living alone	43,448 (30%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	11,445 (8%)
Seniors that are non-white racial and/or an ethnic minority	5%
Seniors experiencing falls with injury	9%
Seniors with self-rated health as "fair to poor"	24%
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	49%	Hospital readmissions	14%
Total Medicare spending (in billions)	\$1.11		

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN NORTH DAKOTA 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	13,946	5,016	18,962
Meals served each year	561,990	540,645	1,102,635

OAA CLIENT PROFILE

Live alone	49%	Live in poverty	20%
Live in a rural area	67%	Minority	4%
Women	61%		

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	\$1,641,063	\$1,527,481	\$3,168,544 (37%)
Total Expenditures	\$4,753,847	\$3,914,946	\$8,668,793

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN NORTH DAKOTA 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
\$1,965	\$1,998	\$3,630

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

