

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN OKLAHOMA

## OKLAHOMA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	820,669 (21%)
Seniors threatened by hunger	136,231 (17%)
Seniors living alone	203,564 (26%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	73,532 (9%)
Seniors that are non-white racial and/or an ethnic minority	18%
Seniors experiencing falls with injury	12%
Seniors with self-rated health as "fair to poor"	29%
Seniors with a disability	38%

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

Preventable hospitalizations	60%	Hospital readmissions	15%
Total Medicare spending (in billions)	\$6.94		

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN OKLAHOMA 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	17,130	9,333	26,463
Meals served each year	1,465,226	1,353,571	2,818,797

### OAA CLIENT PROFILE

Live alone	43%	Live in poverty	33%
Live in a rural area	58%	Minority	17%
Women	62%		

## 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	\$5,131,301	\$2,824,166	\$7,955,467 (45%)
Total Expenditures	\$10,844,589	\$6,932,148	\$17,776,737

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN OKLAHOMA 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
\$1,577	\$1,795	\$1,530

## MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

