

DELIVERING SO MUCH MORE THAN JUST A MEAL IN TEXAS

TEXAS'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	4,786,312 (17%)
Seniors threatened by hunger	789,741 (17%)
Seniors living alone	1,035,041 (22%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	505,950 (11%)
Seniors that are non-white racial and/or an ethnic minority	38%
Seniors experiencing falls with injury	12%
Seniors with self-rated health as "fair to poor"	29%
Seniors with a disability	34%

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

Preventable hospitalizations	53%	Hospital readmissions	15%
Total Medicare spending (in billions)	\$41.82		

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN TEXAS 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	66,777	63,872	130,649
Meals served each year	4,629,433	11,047,139	15,676,572

OAA CLIENT PROFILE

Live alone	44%	Live in poverty	48%
Live in a rural area	35%	Minority	53%
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	\$16,755,938	\$15,281,706	\$32,037,644 (38%)
Total Expenditures	\$29,354,768	\$54,336,018	\$83,690,786

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN TEXAS 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
\$1,335	\$2,321	\$1,580

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

