

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN UTAH

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

Senior population	458,326 (15%)
Seniors threatened by hunger	56,374 (12%)
Seniors living alone	88,747 (20%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	32,450 (7%)
Seniors that are non-white racial and/or an ethnic minority	10%
Seniors experiencing falls with injury	12%
Seniors with self-rated health as "fair to poor"	18%
Seniors with a disability	30%

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

Preventable hospitalizations	49%	Hospital readmissions	12%
Total Medicare spending (in billions)	\$3.03		

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN UTAH 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	22,305	9,391	31,696
Meals served each year	682,314	1,147,757	1,830,071

### OAA CLIENT PROFILE

Live alone	28%	Live in poverty	16%
Live in a rural area	32%	Minority	9%
Women	60%		

## 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	\$2,252,907	\$2,079,000	\$4,331,907 (31%)
Total Expenditures	\$5,986,932	\$7,838,383	\$13,825,315

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN UTAH 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
\$1,889	\$2,825	\$2,000

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

