

DELIVERING SO MUCH MORE THAN JUST A MEAL IN VERMONT

VERMONT'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	159,643 (26%)
Seniors threatened by hunger	16,603 (10%)
Seniors living alone	47,743 (30%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	16,942 (11%)
Seniors that are non-white racial and/or an ethnic minority	4%
Seniors experiencing falls with injury	12%
Seniors with self-rated health as "fair to poor"	19%
Seniors with a disability	29%

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

Preventable hospitalizations	28%	Hospital readmissions	14%
Total Medicare spending (in billions)	\$1.18		

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN VERMONT 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	13,451	5,616	19,067
Meals served each year	353,164	812,423	1,165,587

OAA CLIENT PROFILE

Live alone	38%	Live in poverty	19%
Live in a rural area	94%	Minority	7%
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	\$1,348,540	\$1,587,299	\$2,935,839 (45%)
Total Expenditures	\$2,363,311	\$4,106,298	\$6,469,609

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN VERMONT 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
\$1,388	\$2,244	\$3,120

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

