

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN VIRGINIA

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

Senior population	1,729,655 (21%)
Seniors threatened by hunger	197,181 (11%)
Seniors living alone	402,605 (24%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	136,351 (8%)
Seniors that are non-white racial and/or an ethnic minority	25%
Seniors experiencing falls with injury	10%
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	39%	Hospital readmissions	15%
Total Medicare spending (in billions)	\$12.69		

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN VIRGINIA 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	11,899	11,895	23,794
Meals served each year	679,910	2,086,059	2,765,969

### OAA CLIENT PROFILE

Live alone	47%	Live in poverty	38%
Live in a rural area	33%	Minority	42%
Women	69%		

## 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	\$5,416,195	\$6,068,762	\$11,484,957 (48%)
Total Expenditures	\$9,795,084	\$14,151,220	\$23,946,304

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN VIRGINIA 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
\$2,164	\$1,959	\$2,450

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

