

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN WASHINGTON

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

Senior population	1,535,309 (21%)
Seniors threatened by hunger	158,137 (10%)
Seniors living alone	359,608 (24%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	118,097 (8%)
Seniors that are non-white racial and/or an ethnic minority	15%
Seniors experiencing falls with injury	12%
Seniors with self-rated health as "fair to poor"	20%
Seniors with a disability	32%

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

Preventable hospitalizations	43%	Hospital readmissions	14%
Total Medicare spending (in billions)	\$10.31		

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN WASHINGTON 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	44,588	11,481	56,069
Meals served each year	1,412,200	1,666,939	3,079,139

### OAA CLIENT PROFILE

Live alone	39%	Live in poverty	29%
Live in a rural area	22%	Minority	17%
Women	56%		

## 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	\$5,839,693	\$4,334,877	\$10,174,570 (61%)
Total Expenditures	\$9,640,958	\$7,029,105	\$16,670,063

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN WASHINGTON 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
\$1,353	\$3,467	\$2,850

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

