

DELIVERING SO MUCH MORE THAN JUST A MEAL IN ALABAMA

ALABAMA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	1,117,058 (23%)
Seniors threatened by hunger (marginally food insecure)	189,900 (17%)
Seniors at risk of hunger (food insecure)	116,174 (10%)
Seniors facing hunger (very low food secure)	54,736 (5%)
Seniors living alone	269,572 (24%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	116,998 (11%)
Seniors that are non-white racial and/or an ethnic minority	25%
Seniors experiencing falls with injury	12%
Seniors with self-rated health as "fair to poor"	34%
Seniors with a disability	37%

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

Preventable hospitalizations*	62%	Hospital readmissions within 30 days*	14%
Total Medicare spending (in billions)	\$9.72		

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN ALABAMA 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	22,031	20,578	42,609
Meals served each year	1,930,321	4,759,211	6,689,532

PROFILE OF OAA TITLE III RECIPIENTS (INCLUDES SUPPORTIVE SERVICES)

Live alone	33%	Live in poverty	26%
Live in a rural area	48%	Minority	36%
Women	68%		

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	\$6,250,370	\$5,225,524	\$11,475,894 (30%)
Total Expenditures	\$14,956,894	\$22,676,821	\$37,633,715

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN ALABAMA CAN REMAIN HEALTHIER AT HOME, AVOIDING MORE COSTLY HEALTHCARE FACILITIES

Cost of 1 day (1 meal) serving a senior Meals on Wheels**	Cost of 1 day in a hospital	Cost of 1 day in a nursing home
\$8.77	\$1,554	\$206

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

*Among Medicare enrollees age 65+

**Aggregated inflation-adjusted estimate

