

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN ALASKA

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

Senior population	127,806 (17%)
Seniors threatened by hunger (marginally food insecure)	15,976 (13%)
Seniors at risk of hunger (food insecure)	7,668 (6%)
Seniors facing hunger (very low food secure)	2,940 (2%)
Seniors living alone	25,944 (20%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	12,029 (10%)
Seniors that are non-white racial and/or an ethnic minority	25%
Seniors experiencing falls with injury	16%
Seniors with self-rated health as "fair to poor"	22%
Seniors with a disability	33%

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

Hospital readmissions within 30 days*	13%	Total Medicare spending (in millions)	\$741
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## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN ALASKA 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	8,033	3,398	11,431
Meals served each year	292,594	417,968	710,562

## PROFILE OF OAA TITLE III RECIPIENTS (INCLUDES SUPPORTIVE SERVICES)

Live alone	35%	Live in poverty	40%
Live in a rural area	76%	Minority	35%
Women	58%		

## 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	\$1,437,921	\$1,664,615	\$3,102,536 (31%)
Total Expenditures	\$4,981,622	\$5,123,655	\$10,105,277

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN ALASKA 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
\$13.87	\$2,947	\$963

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

\*Among Medicare enrollees age 65+

\*\*Aggregated inflation-adjusted estimate

