

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

Preventable hospitalizations*	36%	Hospital readmissions within 30 days*	13%
Total Medicare spending (in millions)	\$741		

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

