

DELIVERING SO MUCH MORE THAN JUST A MEAL IN ARIZONA

ARIZONA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

| | |
|---|-----------------|
| Senior population | 1,612,390 (23%) |
| Seniors threatened by hunger (marginally food insecure) | 237,021 (15%) |
| Seniors at risk of hunger (food insecure) | 145,115 (9%) |
| Seniors facing hunger (very low food secure) | 64,496 (4%) |
| Seniors living alone | 348,778 (22%) |

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

| | |
|---|---------------|
| Seniors living in poverty | 152,411 (10%) |
| Seniors that are non-white racial and/or an ethnic minority | 22% |
| Seniors experiencing falls with injury | 12% |
| Seniors with self-rated health as "fair to poor" | 23% |
| Seniors with a disability | 30% |

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

| | | | |
|---------------------------------------|-----|---------------------------------------|---------|
| Hospital readmissions within 30 days* | 14% | Total Medicare spending (in billions) | \$11.07 |
|---------------------------------------|-----|---------------------------------------|---------|

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN ARIZONA 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 | 25,794 | 9,108 | 34,902 |
| Meals served each year | 930,721 | 1,492,342 | 2,423,063 |

PROFILE OF OAA TITLE III RECIPIENTS (INCLUDES SUPPORTIVE SERVICES)

| | | | |
|----------------------|-----|-----------------|-----|
| Live alone | 33% | Live in poverty | 26% |
| Live in a rural area | 40% | Minority | 36% |
| Women | 62% | | |

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 | \$4,276,859 | \$5,155,763 | \$9,432,622 (79%) |
| Total Expenditures | \$4,840,042 | \$7,046,697 | \$11,886,739 |

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN ARIZONA 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 |
| \$13.94 | \$2,641 | \$214 |

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

*Among Medicare enrollees age 65+

**Aggregated inflation-adjusted estimate

