

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

Preventable hospitalizations*	36%	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

