

DELIVERING SO MUCH MORE THAN JUST A MEAL IN CALIFORNIA

CALIFORNIA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	7,739,280 (20%)
Seniors threatened by hunger (marginally food insecure)	1,068,021 (14%)
Seniors at risk of hunger (food insecure)	650,100 (8%)
Seniors facing hunger (very low food secure)	247,657 (3%)
Seniors living alone	1,559,341 (20%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	790,752 (10%)
Seniors that are non-white racial and/or an ethnic minority	45%
Seniors experiencing falls with injury	11%
Seniors with self-rated health as "fair to poor"	24%
Seniors with a disability	29%

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*	15%
Total Medicare spending (in billions)	\$64.80		

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN CALIFORNIA 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	164,586	55,243	219,829
Meals served each year	7,173,588	11,021,320	18,194,908

PROFILE OF OAA TITLE III RECIPIENTS (INCLUDES SUPPORTIVE SERVICES)

Live alone	40%	Live in poverty	45%
Live in a rural area	13%	Minority	49%
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	\$29,483,874	\$28,368,553	\$57,852,427 (35%)
Total Expenditures	\$82,356,541	\$84,220,395	\$166,576,936

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN CALIFORNIA 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
\$13.91	\$3,441	\$275

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

*Among Medicare enrollees age 65+

**Aggregated inflation-adjusted estimate

