

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN COLORADO

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

Senior population	1,109,773 (20%)
Seniors threatened by hunger (marginally food insecure)	73,245 (7%)
Seniors at risk of hunger (food insecure)	35,513 (3%)
Seniors facing hunger (very low food secure)	7,768 (1%)
Seniors living alone	273,658 (25%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	86,918 (8%)
Seniors that are non-white racial and/or an ethnic minority	18%
Seniors experiencing falls with injury	11%
Seniors with self-rated health as "fair to poor"	19%
Seniors with a disability	27%

## 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 billions)	\$7.01
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## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN COLORADO 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	16,658	9,357	26,015
Meals served each year	731,900	1,205,998	1,937,898

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

Live alone	49%	Live in poverty	26%
Live in a rural area	28%	Minority	20%
Women	65%		

## 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	\$3,349,970	\$3,200,322	\$6,550,292 (37%)
Total Expenditures	\$9,099,981	\$8,546,632	\$17,646,613

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN COLORADO 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
\$13.95	\$2,920	\$259

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

\*Among Medicare enrollees age 65+

\*\*Aggregated inflation-adjusted estimate

