

DELIVERING SO MUCH MORE THAN JUST A MEAL IN CONNECTICUT

CONNECTICUT'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	840,662 (23%)
Seniors threatened by hunger (marginally food insecure)	112,649 (13%)
Seniors at risk of hunger (food insecure)	60,528 (7%)
Seniors facing hunger (very low food secure)	17,654 (2%)
Seniors living alone	207,675 (25%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	58,189 (7%)
Seniors that are non-white racial and/or an ethnic minority	17%
Seniors experiencing falls with injury	9%
Seniors with self-rated health as "fair to poor"	22%
Seniors with a disability	25%

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

Preventable hospitalizations*	46%	Hospital readmissions within 30 days*	15%
Total Medicare spending (in billions)	\$7.41		

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN CONNECTICUT 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	14,652	5,932	20,584
Meals served each year	645,726	1,230,431	1,876,157

PROFILE OF OAA TITLE III RECIPIENTS (INCLUDES SUPPORTIVE SERVICES)

Live alone	55%	Live in poverty	15%
Live in a rural area	13%	Minority	21%
Women	66%		

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	\$3,708,013	\$3,667,792	\$7,375,805 (47%)
Total Expenditures	\$7,362,580	\$8,273,831	\$15,636,411

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN CONNECTICUT 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
\$10.35	\$2,688	\$415

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

*Among Medicare enrollees age 65+

**Aggregated inflation-adjusted estimate

