

THE DISTRICT OF COLUMBIA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	117,223 (17%)
Seniors threatened by hunger (marginally food insecure)	23,562 (20%)
Seniors at risk of hunger (food insecure)	5,627 (5%)
Seniors facing hunger (very low food secure)	3,048 (3%)
Seniors living alone	42,959 (37%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	16,562 (14%)
Seniors that are non-white racial and/or an ethnic minority	66%
Seniors experiencing falls with injury	10%
Seniors with self-rated health as "fair to poor"	22%
Seniors with a disability	36%

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

Preventable hospitalizations*	38%	Hospital readmissions within 30 days*	15%
Total Medicare spending (in billions)	\$1.02		

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN THE DISTRICT OF COLUMBIA 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	5,215	3,218	8,433
Meals served each year	343,111	693,545	1,036,656

PROFILE OF OAA TITLE III RECIPIENTS (INCLUDES SUPPORTIVE SERVICES)

Live alone	59%	Live in poverty	18%
Live in a rural area	0%	Minority	93%
Women	68%		

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	\$2,375,899	\$1,097,431	\$3,473,330 (43%)
Total Expenditures	\$4,235,939	\$3,797,431	\$8,033,370

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN THE DISTRICT OF COLUMBIA 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
\$8.81	\$3,053	\$300

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

*Among Medicare enrollees age 65+
 **Aggregated inflation-adjusted estimate

