

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN ILLINOIS

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

Senior population	2,731,912 (21%)
Seniors threatened by hunger (marginally food insecure)	352,417 (13%)
Seniors at risk of hunger (food insecure)	213,089 (8%)
Seniors facing hunger (very low food secure)	95,617 (4%)
Seniors living alone	699,298 (26%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	237,506 (9%)
Seniors that are non-white racial and/or an ethnic minority	25%
Seniors experiencing falls with injury	12%
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*	55%	Hospital readmissions within 30 days*	15%
Total Medicare spending (in billions)	\$22.52		

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN ILLINOIS 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	78,779	33,564	112,343
Meals served each year	2,234,898	6,148,011	8,382,909

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

Live alone	53%	Live in poverty	34%
Live in a rural area	19%	Minority	36%
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	\$11,862,260	\$9,820,975	\$21,683,235 (36%)
Total Expenditures	\$20,731,247	\$39,980,081	\$60,711,328

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN ILLINOIS 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
\$12.34	\$2,515	\$195

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

\*Among Medicare enrollees age 65+

\*\*Aggregated inflation-adjusted estimate

