

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN IOWA

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

Senior population	727,337 (23%)
Seniors threatened by hunger (marginally food insecure)	88,008 (12%)
Seniors at risk of hunger (food insecure)	47,277 (7%)
Seniors facing hunger (very low food secure)	22,547 (3%)
Seniors living alone	184,740 (25%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	50,883 (7%)
Seniors that are non-white racial and/or an ethnic minority	4%
Seniors experiencing falls with injury	10%
Seniors with self-rated health as "fair to poor"	22%
Seniors with a disability	26%

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

Preventable hospitalizations*	49%	Hospital readmissions within 30 days*	14%
Total Medicare spending (in billions)	\$5.22		

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN IOWA 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	20,648	11,852	32,500
Meals served each year	954,184	1,224,398	2,178,582

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

Live alone	54%	Live in poverty	41%
Live in a rural area	22%	Minority	4%
Women	67%		

## 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	\$4,208,280	\$3,897,652	\$8,105,932 (40%)
Total Expenditures	\$9,163,723	\$11,073,071	\$20,236,794

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN IOWA 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
\$12.10	\$1,558	\$200

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

\*Among Medicare enrollees age 65+

\*\*Aggregated inflation-adjusted estimate

