

DELIVERING SO MUCH MORE THAN JUST A MEAL IN KENTUCKY

KENTUCKY'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	995,993 (22%)
Seniors threatened by hunger (marginally food insecure)	147,407 (15%)
Seniors at risk of hunger (food insecure)	83,663 (8%)
Seniors facing hunger (very low food secure)	25,896 (3%)
Seniors living alone	251,781 (25%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	109,968 (11%)
Seniors that are non-white racial and/or an ethnic minority	8%
Seniors experiencing falls with injury	11%
Seniors with self-rated health as "fair to poor"	36%
Seniors with a disability	37%

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

Preventable hospitalizations*	77%	Hospital readmissions within 30 days*	15%
Total Medicare spending (in billions)	\$8.77		

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN KENTUCKY 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	14,649	7,867	22,516
Meals served each year	872,551	1,286,723	2,159,274

PROFILE OF OAA TITLE III RECIPIENTS (INCLUDES SUPPORTIVE SERVICES)

Live alone	57%	Live in poverty	45%
Live in a rural area	66%	Minority	12%
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	\$4,215,615	\$5,612,825	\$9,828,440 (60%)
Total Expenditures	\$6,485,496	\$9,871,368	\$16,356,864

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN KENTUCKY 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
\$8.88	\$1,950	\$225

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

*Among Medicare enrollees age 65+

**Aggregated inflation-adjusted estimate

