

DELIVERING SO MUCH MORE THAN JUST A MEAL IN MAINE

MAINE'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	369,485 (28%)
Seniors threatened by hunger (marginally food insecure)	57,270 (16%)
Seniors at risk of hunger (food insecure)	30,667 (8%)
Seniors facing hunger (very low food secure)	12,193 (3%)
Seniors living alone	92,716 (25%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	32,887 (9%)
Seniors that are non-white racial and/or an ethnic minority	2%
Seniors experiencing falls with injury	12%
Seniors with self-rated health as "fair to poor"	20%
Seniors with a disability	30%

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

Hospital readmissions within 30 days*	14%	Total Medicare spending (in billions)	\$2.79
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OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN MAINE 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	10,311	4,996	15,307
Meals served each year	247,353	593,483	840,836

PROFILE OF OAA TITLE III RECIPIENTS (INCLUDES SUPPORTIVE SERVICES)

Live alone	52%	Live in poverty	47%
Live in a rural area	80%	Minority	5%
Women	62%		

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	\$1,517,396	\$1,657,952	\$3,175,348 (51%)
Total Expenditures	\$2,172,518	\$4,044,756	\$6,217,274

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN MAINE 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
\$10.27	\$2,357	\$310

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

*Among Medicare enrollees age 65+

**Aggregated inflation-adjusted estimate

