

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN MARYLAND

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

Senior population	1,279,298 (21%)
Seniors threatened by hunger (marginally food insecure)	149,678 (12%)
Seniors at risk of hunger (food insecure)	97,227 (8%)
Seniors facing hunger (very low food secure)	55,010 (4%)
Seniors living alone	287,824 (22%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	103,313 (8%)
Seniors that are non-white racial and/or an ethnic minority	35%
Seniors experiencing falls with injury	10%
Seniors with self-rated health as "fair to poor"	21%
Seniors with a disability	26%

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

Hospital readmissions within 30 days*	N/A	Total Medicare spending (in billions)	\$10.86
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## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN MARYLAND 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	28,549	7,340	35,889
Meals served each year	1,108,671	1,216,207	2,324,878

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

Live alone	45%	Live in poverty	19%
Live in a rural area	26%	Minority	49%
Women	71%		

## 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	\$6,461,490	\$4,200,170	\$10,661,660 (63%)
Total Expenditures	\$9,655,351	\$7,171,972	\$16,827,323

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN MARYLAND 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
\$8.95	\$2,748	\$304

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

\*Among Medicare enrollees age 65+

\*\*Aggregated inflation-adjusted estimate

