

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN MASSACHUSETTS

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

Senior population	1,546,569 (23%)
Seniors threatened by hunger (marginally food insecure)	176,309 (11%)
Seniors at risk of hunger (food insecure)	115,993 (8%)
Seniors facing hunger (very low food secure)	35,571 (2%)
Seniors living alone	390,248 (25%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	133,542 (9%)
Seniors that are non-white racial and/or an ethnic minority	15%
Seniors experiencing falls with injury	11%
Seniors with self-rated health as "fair to poor"	23%
Seniors with a disability	28%

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

Preventable hospitalizations*	54%	Hospital readmissions within 30 days*	15%
Total Medicare spending (in billions)	\$14.15		

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN MASSACHUSETTS 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	27,487	47,597	75,084
Meals served each year	1,512,915	7,747,574	9,260,489

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

Live alone	46%	Live in poverty	11%
Live in a rural area	5%	Minority	15%
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	\$5,354,642	\$8,077,695	\$13,432,337 (18%)
Total Expenditures	\$15,846,078	\$57,666,238	\$73,512,316

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN MASSACHUSETTS 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
\$10.06	\$3,016	\$395

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

\*Among Medicare enrollees age 65+

\*\*Aggregated inflation-adjusted estimate

