

DELIVERING SO MUCH MORE THAN JUST A MEAL IN MINNESOTA

MINNESOTA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

| | |
|---|-----------------|
| Senior population | 1,212,067 (22%) |
| Seniors threatened by hunger (marginally food insecure) | 107,874 (9%) |
| Seniors at risk of hunger (food insecure) | 33,938 (3%) |
| Seniors facing hunger (very low food secure) | 16,969 (1%) |
| Seniors living alone | 309,251 (26%) |

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

| | |
|---|-------------|
| Seniors living in poverty | 84,195 (7%) |
| Seniors that are non-white racial and/or an ethnic minority | 7% |
| Seniors experiencing falls with injury | 9% |
| Seniors with self-rated health as "fair to poor" | 18% |
| 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* | 14% | Total Medicare spending (in billions) | \$8.80 |
|---------------------------------------|-----|---------------------------------------|--------|

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN MINNESOTA 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 | 36,373 | 10,146 | 46,519 |
| Meals served each year | 1,464,523 | 1,513,802 | 2,978,325 |

PROFILE OF OAA TITLE III RECIPIENTS (INCLUDES SUPPORTIVE SERVICES)

| | | | |
|----------------------|-----|-----------------|-----|
| Live alone | 49% | Live in poverty | 18% |
| Live in a rural area | 72% | Minority | 8% |
| Women | 64% | | |

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 | \$5,986,366 | \$3,657,950 | \$9,644,316 (46%) |
| Total Expenditures | \$12,357,537 | \$8,389,569 | \$20,747,106 |

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN MINNESOTA 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 |
| \$12.03 | \$2,329 | \$300 |

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

*Among Medicare enrollees age 65+

**Aggregated inflation-adjusted estimate

