

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

Preventable hospitalizations*	37%	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

