

DELIVERING SO MUCH MORE THAN JUST A MEAL IN MISSOURI

MISSOURI'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	1,398,879 (23%)
Seniors threatened by hunger (marginally food insecure)	165,068 (12%)
Seniors at risk of hunger (food insecure)	102,118 (7%)
Seniors facing hunger (very low food secure)	33,573 (2%)
Seniors living alone	346,543 (25%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	124,134 (9%)
Seniors that are non-white racial and/or an ethnic minority	12%
Seniors experiencing falls with injury	12%
Seniors with self-rated health as "fair to poor"	27%
Seniors with a disability	33%

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

Preventable hospitalizations*	57%	Hospital readmissions within 30 days*	16%
Total Medicare spending (in billions)	\$11.64		

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN MISSOURI 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	63,258	35,579	98,837
Meals served each year	1,945,252	5,603,357	7,548,609

PROFILE OF OAA TITLE III RECIPIENTS (INCLUDES SUPPORTIVE SERVICES)

Live alone	55%	Live in poverty	37%
Live in a rural area	67%	Minority	19%
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	\$7,194,373	\$6,578,013	\$13,772,386 (27%)
Total Expenditures	\$14,452,161	\$36,191,314	\$50,643,475

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN MISSOURI 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
\$12.35	\$2,274	\$165

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

*Among Medicare enrollees age 65+

**Aggregated inflation-adjusted estimate

