

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN MONTANA

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

Senior population	266,841 (25%)
Seniors threatened by hunger (marginally food insecure)	25,617 (10%)
Seniors at risk of hunger (food insecure)	13,876 (5%)
Seniors facing hunger (very low food secure)	6,404 (2%)
Seniors living alone	66,162 (25%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	20,747 (8%)
Seniors that are non-white racial and/or an ethnic minority	6%
Seniors experiencing falls with injury	11%
Seniors with self-rated health as "fair to poor"	21%
Seniors with a disability	30%

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

Hospital readmissions within 30 days*	13%	Total Medicare spending (in billions)	\$1.61
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## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN MONTANA 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	19,959	7,084	27,043
Meals served each year	1,026,520	777,222	1,803,742

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

Live alone	26%	Live in poverty	14%
Live in a rural area	47%	Minority	10%
Women	61%		

## 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	\$2,367,395	\$1,308,113	\$3,675,508 (26%)
Total Expenditures	\$8,062,673	\$5,812,777	\$13,875,450

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN MONTANA 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
\$13.52	\$1,070	\$230

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

\*Among Medicare enrollees age 65+

\*\*Aggregated inflation-adjusted estimate

