

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN NEBRASKA

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

Senior population	411,368 (21%)
Seniors threatened by hunger (marginally food insecure)	46,896 (11%)
Seniors at risk of hunger (food insecure)	23,037 (6%)
Seniors facing hunger (very low food secure)	11,518 (3%)
Seniors living alone	109,993 (27%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	25,194 (6%)
Seniors that are non-white racial and/or an ethnic minority	8%
Seniors experiencing falls with injury	10%
Seniors with self-rated health as "fair to poor"	22%
Seniors with a disability	29%

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

Preventable hospitalizations*	48%	Hospital readmissions within 30 days*	14%
Total Medicare spending (in billions)	\$3.04		

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN NEBRASKA 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	18,640	7,431	26,071
Meals served each year	986,794	794,538	1,781,332

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

Live alone	46%	Live in poverty	18%
Live in a rural area	78%	Minority	6%
Women	65%		

## 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	\$2,700,021	\$1,234,749	\$3,934,770 (24%)
Total Expenditures	\$10,099,251	\$6,375,437	\$16,474,688

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN NEBRASKA 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
\$11.95	\$1,915	\$227

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

\*Among Medicare enrollees age 65+

\*\*Aggregated inflation-adjusted estimate

