

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN OKLAHOMA

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

Senior population	837,965 (21%)
Seniors threatened by hunger (marginally food insecure)	131,561 (16%)
Seniors at risk of hunger (food insecure)	76,255 (9%)
Seniors facing hunger (very low food secure)	28,491 (3%)
Seniors living alone	209,987 (25%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	79,624 (10%)
Seniors that are non-white racial and/or an ethnic minority	18%
Seniors experiencing falls with injury	12%
Seniors with self-rated health as "fair to poor"	29%
Seniors with a disability	39%

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

Preventable hospitalizations*	60%	Hospital readmissions within 30 days*	15%
Total Medicare spending (in billions)	\$6.94		

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN OKLAHOMA 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	15,083	9,021	24,104
Meals served each year	1,322,523	1,307,544	2,630,067

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

Live alone	50%	Live in poverty	42%
Live in a rural area	58%	Minority	18%
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	\$5,325,070	\$3,218,336	\$8,543,406 (51%)
Total Expenditures	\$9,987,197	\$6,926,141	\$16,913,338

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN OKLAHOMA 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
\$8.98	\$1,930	\$153

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

\*Among Medicare enrollees age 65+

\*\*Aggregated inflation-adjusted estimate

