

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN TENNESSEE

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

Senior population	1,498,943 (22%)
Seniors threatened by hunger (marginally food insecure)	218,846 (15%)
Seniors at risk of hunger (food insecure)	131,907 (9%)
Seniors facing hunger (very low food secure)	62,956 (4%)
Seniors living alone	351,917 (23%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	144,432 (10%)
Seniors that are non-white racial and/or an ethnic minority	15%
Seniors experiencing falls with injury	11%
Seniors with self-rated health as "fair to poor"	32%
Seniors with a disability	35%

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

Hospital readmissions within 30 days*	15%	Total Medicare spending (in billions)	\$12.51
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## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN TENNESSEE 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	13,001	8,432	21,433
Meals served each year	857,780	1,366,183	2,223,963

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

Live alone	55%	Live in poverty	44%
Live in a rural area	46%	Minority	24%
Women	67%		

## 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	\$4,338,380	\$5,343,890	\$9,682,270 (71%)
Total Expenditures	\$5,291,713	\$8,282,452	\$13,574,165

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN TENNESSEE 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
\$8.87	\$1,984	\$210

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

\*Among Medicare enrollees age 65+

\*\*Aggregated inflation-adjusted estimate

