

DELIVERING SO MUCH MORE THAN JUST A MEAL IN UTAH

UTAH'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	477,293 (15%)
Seniors threatened by hunger (marginally food insecure)	49,638 (10%)
Seniors at risk of hunger (food insecure)	30,069 (6%)
Seniors facing hunger (very low food secure)	10,500 (2%)
Seniors living alone	89,658 (19%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	31,227 (7%)
Seniors that are non-white racial and/or an ethnic minority	11%
Seniors experiencing falls with injury	12%
Seniors with self-rated health as "fair to poor"	21%
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*	28%	Hospital readmissions within 30 days*	12%
Total Medicare spending (in billions)	\$3.03		

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN UTAH 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	21,757	9,516	31,273
Meals served each year	641,573	1,128,944	1,770,517

PROFILE OF OAA TITLE III RECIPIENTS (INCLUDES SUPPORTIVE SERVICES)

Live alone	31%	Live in poverty	17%
Live in a rural area	33%	Minority	9%
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	\$2,522,395	\$2,610,716	\$5,133,111 (37%)
Total Expenditures	\$5,984,333	\$8,041,268	\$14,025,601

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN UTAH 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
\$13.99	\$3,026	\$200

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

*Among Medicare enrollees age 65+

**Aggregated inflation-adjusted estimate

