

DELIVERING SO MUCH MORE THAN JUST A MEAL IN VERMONT

VERMONT'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

| | |
|---|---------------|
| Senior population | 164,201 (26%) |
| Seniors threatened by hunger (marginally food insecure) | 16,913 (10%) |
| Seniors at risk of hunger (food insecure) | 8,867 (5%) |
| Seniors facing hunger (very low food secure) | 3,448 (2%) |
| Seniors living alone | 43,180 (26%) |

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

| | |
|---|-------------|
| Seniors living in poverty | 12,868 (8%) |
| Seniors that are non-white racial and/or an ethnic minority | 3% |
| Seniors experiencing falls with injury | 12% |
| Seniors with self-rated health as "fair to poor" | 19% |
| Seniors with a disability | 27% |

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

| | | | |
|---------------------------------------|-----|---------------------------------------|--------|
| Hospital readmissions within 30 days* | 14% | Total Medicare spending (in billions) | \$1.18 |
|---------------------------------------|-----|---------------------------------------|--------|

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN VERMONT 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 | 13,668 | 5,845 | 19,513 |
| Meals served each year | 316,726 | 786,756 | 1,103,482 |

PROFILE OF OAA TITLE III RECIPIENTS (INCLUDES SUPPORTIVE SERVICES)

| | | | |
|----------------------|-----|-----------------|-----|
| Live alone | 38% | Live in poverty | 20% |
| Live in a rural area | 96% | Minority | 7% |
| Women | 64% | | |

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 | \$1,161,930 | \$1,486,067 | \$2,647,997 (42%) |
| Total Expenditures | \$2,090,656 | \$4,177,165 | \$6,267,821 |

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN VERMONT 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 |
| \$10.26 | \$2,440 | \$312 |

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

*Among Medicare enrollees age 65+

**Aggregated inflation-adjusted estimate

