

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

Preventable hospitalizations*	39%	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

