

DELIVERING SO MUCH MORE THAN JUST A MEAL IN VIRGINIA

VIRGINIA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	1,785,382 (21%)
Seniors threatened by hunger (marginally food insecure)	173,182 (10%)
Seniors at risk of hunger (food insecure)	80,342 (5%)
Seniors facing hunger (very low food secure)	28,566 (2%)
Seniors living alone	395,931 (22%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	137,042 (8%)
Seniors that are non-white racial and/or an ethnic minority	26%
Seniors experiencing falls with injury	10%
Seniors with self-rated health as "fair to poor"	25%
Seniors with a disability	28%

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

Preventable hospitalizations*	43%	Hospital readmissions within 30 days*	15%
Total Medicare spending (in billions)	\$12.69		

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN VIRGINIA 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	11,695	10,821	22,516
Meals served each year	671,232	1,974,270	2,645,502

PROFILE OF OAA TITLE III RECIPIENTS (INCLUDES SUPPORTIVE SERVICES)

Live alone	48%	Live in poverty	37%
Live in a rural area	32%	Minority	42%
Women	69%		

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	\$5,310,823	\$5,960,492	\$11,271,315 (47%)
Total Expenditures	\$10,128,486	\$13,862,896	\$23,991,382

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN VIRGINIA 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
\$8.74	\$1,953	\$245

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

*Among Medicare enrollees age 65+

**Aggregated inflation-adjusted estimate

