

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN WASHINGTON

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

Senior population	1,579,393 (21%)
Seniors threatened by hunger (marginally food insecure)	167,416 (11%)
Seniors at risk of hunger (food insecure)	78,970 (5%)
Seniors facing hunger (very low food secure)	34,747 (2%)
Seniors living alone	360,483 (23%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	127,708 (8%)
Seniors that are non-white racial and/or an ethnic minority	16%
Seniors experiencing falls with injury	12%
Seniors with self-rated health as "fair to poor"	21%
Seniors with a disability	31%

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

Preventable hospitalizations*	33%	Hospital readmissions within 30 days*	14%
Total Medicare spending (in billions)	\$10.31		

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN WASHINGTON 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	44,647	11,561	56,208
Meals served each year	1,333,260	1,627,076	2,960,336

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

Live alone	41%	Live in poverty	29%
Live in a rural area	25%	Minority	18%
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	\$6,562,487	\$5,176,976	\$11,739,463 (75%)
Total Expenditures	\$9,007,120	\$6,554,947	\$15,562,067

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN WASHINGTON 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
\$13.79	\$3,429	\$285

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

\*Among Medicare enrollees age 65+

\*\*Aggregated inflation-adjusted estimate

