



## FACT SHEETS SOURCES & METHODS 2019: STATES

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

“Senior population” count and percentage figures come from the Census Bureau 2017 State-Level Population Estimates. Estimates are for the population ages 60 and older. **Data available in the Administration for Community Living's (ACL) Aging Integrated Database (AGID):** [https://agid.acl.gov/CustomTables/Pop\\_State/Year/](https://agid.acl.gov/CustomTables/Pop_State/Year/)

“Seniors threatened by hunger / at risk of hunger / facing hunger” figures come from *The State of Senior Hunger in America in 2017*, a report prepared for Feeding America by J. Ziliak and C. Gunderson (2019). Estimates are for the population ages 60 and older who are *marginally food insecure*, *food insecure* and *very low food secure*. *Note:* Values for each of the three categories are not mutually exclusive (i.e., the percent and count for *marginally food insecure* seniors includes seniors who are *food insecure* and *very low food secure*; percent and count for *food insecure* seniors includes seniors who are *very low food secure*). **Full report available at:** <https://www.feedingamerica.org/research/senior-hunger-research/senior>

Count of seniors threatened, at risk of, and facing hunger calculated by multiplying “Senior population” count estimate from Census Bureau 2017 State-level Population Estimates by percentages reported in *The State of Senior Hunger in America in 2017* report.

“Seniors living alone” figures come from the Census Bureau's 2017 American Community Survey (ACS) Demographic Data. Estimates are for the *Household Only* sample of the population ages 60 and older. **Data available in AGID under *Living Alone*:** <https://agid.acl.gov/CustomTables/ACS/Year/>

### ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

“Seniors living in poverty” figures come from the Census Bureau 2017 American Community Survey (ACS) Demographic Data. Estimates are for the *Total Non-Institutionalized* population ages 60 and older living at or below 100 percent of the poverty line. **Data available in AGID under *Poverty Status*:** <https://agid.acl.gov/CustomTables/ACS/Year/>

“Seniors that are non-white racial and/or an ethnic minority” figure comes from the Census Bureau 2017 American Community Survey (ACS) Demographic Data. Estimate calculated by subtracting *White* percentage from 100 percent and is for the *Total Non-Institutionalized* population ages 60 and older. **Data available in AGID under *Race/Ethnicity*:** <https://agid.acl.gov/CustomTables/ACS/Year/>

“Seniors experiencing falls with injury” figure comes from Centers for Disease Control and Prevention (CDC) 2016 Behavioral Risk Factor Surveillance System (BRFSS). Estimates are for the population ages 65 and older who fell and sustained an injury within the last year. **Data available in the CDC's Healthy Aging Data Portal under *Overall Health*:** [www.cdc.gov/aging/agingdata/index.html](http://www.cdc.gov/aging/agingdata/index.html)

“Seniors with self-rated health as ‘fair to poor’” figure comes from Centers for Disease Control and Prevention (CDC) 2017 Behavioral Risk Factor Surveillance System (BRFSS). Estimates are for the population ages 65 and older. **Data available in the CDC’s Healthy Aging Data Portal under Overall Health:** [www.cdc.gov/aging/agingdata/index.html](http://www.cdc.gov/aging/agingdata/index.html)

“Seniors with a disability” figure comes from Census Bureau 2017 American Community Survey (ACS) Demographic Data. Estimate calculated by subtracting *No Disability* percentage from 100 percent and is for the *Total Non-Institutionalized* population ages 60 and older. **Data available in AGID under Disability Status 2008-2013:** <https://agid.acl.gov/CustomTables/ACS/Year/>

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

“Hospital readmissions” figure comes from the Dartmouth Atlas of Healthcare (2015) published in the United Health Foundation’s *America’s Health Rankings Senior Report* (2018). Estimate is for percentage of Medicare enrollees ages 65 and older readmitted within 30 days of hospital discharge. **Report available at:** [www.americashealthrankings.org/learn/reports/2018-senior-report/core-measures-clinical-care](http://www.americashealthrankings.org/learn/reports/2018-senior-report/core-measures-clinical-care)

“Total Medicare spending” figure comes from the Centers for Medicare and Medicaid Services (CMS) National Health Expenditures by State of Residence (2014). Estimate reflects spending on personal health care services and products. **Data available at the Kaiser Family Foundation (KFF) State Health Facts website:** [www.kff.org/medicare/state-indicator/medicare-spending-by-residence/](http://www.kff.org/medicare/state-indicator/medicare-spending-by-residence/)

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN STATE ARE DELIVERING NUTRITIOUS MEALS, FRIENDLY VISITS AND SAFETY CHECKS TO THE MOST AT-RISK SENIORS

“Seniors served each year” figures come from the Administration for Community Living (ACL) 2017 State Program Reports (SPR). *Total* calculated by adding counts for *Congregate Meals* and *Home Delivered Meals*. **Data available in AGID under Clients – Persons Served, By Service:** <https://agid.acl.gov/CustomTables/SPR/Year/>

“Meals served each year” figures come from the Administration for Community Living (ACL) 2017 State Program Reports (SPR). *Total* calculated by adding counts for *Congregate Meals* and *Home Delivered Meals*. **Data available in AGID under Units – Counts:** <https://agid.acl.gov/CustomTables/SPR/Year/>

OAA TITLE III CLIENT PROFILE

“Live alone / in a rural area / in poverty” and “Minority” figures come from the Administration for Community Living (ACL) 2017 State Program Reports (SPR). Figures reflect clients receiving services supported by the Older Americans Act (OAA) Title III and are *not* limited to congregated or home-delivered meal clients. **Data available in AGID under Clients – Characteristics Percentages:** <https://agid.acl.gov/CustomTables/SPR/Year/>

“Women” figure comes from the Administration for Community Living (ACL) 2017 State Program Reports (SPR). Figure calculated by dividing *Female* count by totaled *Male* and *Female* counts then

multiplying by 100 percent; reflects clients receiving *Registered Services* supported by the Older Americans Act (OAA) Title III and is *not* limited to congregate or home-delivered meals. **Data available in AGID under *Clients – Characteristics***: <https://agid.acl.gov/CustomTables/SPR/Year/>

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

“Expenditures” figures come from Administration for Community Living (ACL) 2017 State Program Reports (SPR). “OAA Expenditures” reflect outlays/payments made using OAA Title III federal funds to provide allowable nutrition services (i.e., *Congregate* and *Home Delivered Meals*). “Total Expenditures” reflects outlays/payments made using OAA Title III federal funds *plus* other program income spent to provide allowable congregate or home-delivered nutrition services. **Data available in AGID under *Expenditures – Title III Expenditures and Total Expenditures***: <https://agid.acl.gov/CustomTables/SPR/Year/>

Totals for “OAA Expenditures” and “Total Expenditures” calculated by adding respective expenditures for *Congregate* and *Home Delivered Meals*. Percentage calculated by dividing total for “Total Expenditures” by total for “OAA Expenditures” and multiplying by 100 percent.

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN STATE CAN REMAIN HEALTHIER AT HOME, AVOIDING MORE COSTLY HEALTHCARE FACILITIES

“Cost of 1 day (1 meal)” figure is an aggregated, inflation-adjusted estimate calculated using regional meal cost averages for congregate and home-delivered meals from *Older Americans Act Nutrition Programs Evaluation: Meal Cost Analysis*, a report prepared for the Administration for Community Living’s (ACL) Administration on Aging by Mathematica Policy Research (2015). The estimate accounts for both purchased and value of donated resources of a meal, including donated volunteer labor and non-labor resources and is not necessarily reflective of the true paid cost which can vary widely. To calculate the estimate, we applied the following methodology and information sources (Alabama is used as an example):

1. We assigned each state regional meal cost averages for both congregate and home-delivered meals based on the appropriate U.S. Census region: Northeast, Midwest, South or West.

*Alabama assigned meal cost averages from South: \$9.14 for congregate; \$8.22 for home-delivered*

2. Regional meal cost averages were adjusted for price inflation of 3.4% that occurred between the time of data collection (2015) and the most recent data year (2017). Inflation rate comes from the US Inflation Calculator tool using the U.S. Department of Labor Consumer Price Index (CPI) available at: <https://www.usinflationcalculator.com/>

*Congregate meal:  $\$9.14 \times 0.034$  inflation rate = 0.31  $\rightarrow$   $\$9.14 + 0.31 = \$9.45$*

*Home-delivered meal:  $\$8.22 \times 0.034$  inflation rate = 0.28  $\rightarrow$   $\$8.22 + 0.28 = \$8.50$*

3. We calculated a weight factor for the congregate and home-delivered meal cost averages based on the relative proportion of the type of meal served in the state (see “*Meals served each year*”) and applied each factor to the respective average.

*Congregate meal:  $1,930,321$  served /  $6,689,532$  meals = 0.29  $\rightarrow$   $\$9.45 \times 0.29 = \$2.74$*

*Home-delivered meal:  $4,759,211$  served /  $6,689,532$  meals = 0.71  $\rightarrow$   $\$8.50 \times 0.71 = \$6.03$*

4. We added congregate and home-delivered components together for a state-specific meal cost average.

*$\$2.74 + \$6.03 = \$8.77$*

*Note:* Alaska and Hawaii were not included in the Mathematica meal cost study but we applied the same methods to these states.

“Cost of 1 day in a hospital” figure comes from a special data request for the American Hospital Association from the Kaiser Family Foundation (KFF). Cost estimate reflects state average for hospital adjusted expenses per inpatient day (2017). **Data available at the KFF State Health Facts website:** [www.kff.org/health-costs/state-indicator/expenses-per-inpatient-day/](http://www.kff.org/health-costs/state-indicator/expenses-per-inpatient-day/)

“Cost of 1 day in a nursing home” figure comes from the 2018 Genworth Cost of Care Survey. Estimate reflects the daily cost of nursing home care for a semi-private room. *Note:* Genworth updates the tool annually to reflect the most current year but does not archive previous years within the tool. **Data available at the Genworth Cost of Care Survey tool website:** [www.genworth.com/aging-and-you/finances/cost-of-care.html](http://www.genworth.com/aging-and-you/finances/cost-of-care.html)