



FACT SHEETS SOURCES & METHODS 2020: UNITED STATES

AMERICA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

- A. **“Senior population” [#] and [%]** figures come from the 2018 U.S. Census Bureau State-Level Population Estimates. Estimates are for the population age 60 and older living in the United States, including territories. Data available in the Administration for Community Living (ACL) AGing, Independence, and Disability Program Data Portal (AGID) Custom Tables: https://agid.acl.gov/CustomTables/Pop_State/Year/ (Table filters – Year: 2018; Elements: Ages 60 and Older > Population Estimates > Population Estimates by Age > Age 60 and Older > ; Geography: All U.S. Totals > 50 States + DC & Territories)
- B. **“Seniors threatened by hunger (marginally food insecure) / at risk of hunger (food insecure) / facing hunger (very low food secure)” [#] and [%]** figures come from *The State of Senior Hunger in America in 2018*, a report prepared for Feeding America by J. Ziliak and C. Gunderson (May 2020). [#] was calculated by Meals on Wheels America by converting senior hunger percentages from the report to decimals and multiplying by the total estimated senior population count. Estimates are for the population age 60 and older living in United States, excluding territories, and were analyzed using data from the 2018 U.S. Census Bureau Current Population Survey (CPS). Full *State of Senior Hunger* report available at: www.feedingamerica.org/research/senior-hunger-research/senior
- i. Senior population estimate is from the 2018 U.S. Census Bureau State-Level Population Estimates (Note A) **excluding** territories.
 - ii. Data for “Seniors threatened by hunger (marginally food insecure)” are not published in the public report and were obtained privately from Feeding America upon request.
 - iii. Values for each of the three categories are not mutually exclusive (i.e., [#] and [%] for “marginally food insecure” seniors include those who are “food insecure” and “very low food secure,” and figures for “food insecure” seniors also incorporate those who are “very low food secure”).

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

- C. **Race and ethnicity data** come from the 2018 U.S. Census Bureau American Community Survey (ACS) Demographic Data. Estimates are for the Total Non-Institutionalized population age 60 and older living in the United States, including territories. Percentages calculated by Meals on Wheels America by dividing the number of seniors in each race/ethnicity group by the total client race count (Note i + ii + iii + Asian + White + Other race + Two or more racial groups) and multiplying by 100%. Data available in the Administration for Community Living (ACL) AGID Custom Tables: <https://agid.acl.gov/CustomTables/ACS/Year/> (see below for Table filters).
- i. **“Black or African American” [%]** Table filters – Year: 2018; Elements: Race/Ethnicity > Percentages > Black or African American; Stratifiers: Age 60 and Above → Total Non-Institutionalized Population; Geography: All U.S. Totals > 50 States + DC & Territories)

- ii. **“Hispanic or Latino” [%]** Table filters – Year: 2018; Elements: Race/Ethnicity > Percentages > Spanish/Hispanic/Latino descent; Stratifiers: Age 60 and Above → Total Non-Institutionalized Population; Geography: All U.S. Totals > 50 States + DC & Territories
 - iii. **“Native American/Alaskan or Hawaiian/Pacific Islander” [%] [#]** was calculated by combining the count of “American Indian and Alaska Native” plus “Native Hawaiian and Pacific Islander.” Table filters – Year: 2018; Elements: Race/Ethnicity > Total Counts > American Indian and Alaska Native + Native Hawaiian and Pacific Islander; Stratifiers: Age 60 and Above → Total Non-Institutionalized Population; Geography: All U.S. Totals > 50 States + DC & Territories)
- D. **“Seniors self-reporting ‘fair to poor’ health” [%]** comes from the 2018 Centers for Disease Control and Prevention (CDC) Behavioral Risk Factor Surveillance System (BRFSS). Estimates are for the population age 65 and older living in the United States, including territories. Data available in the CDC Healthy Aging Data Portal under Explore by Indicator: www.cdc.gov/aging/agingdata/index.html (Table filters – Category: Overall Health; Year: 2018; Indicator: Self-rated health (fair to poor health) → Age Group: 65 years or older > Geography: United States, DC & Territories)
- E. **“Seniors with a disability” [%]** comes from the 2018 U.S. Census Bureau American Community Survey (ACS) Demographic Data, based on disability status data from 2008-2013. Estimate is for the Total Non-Institutionalized population age 60 and older living in the United States, including territories. [%] calculated by Meals on Wheels America by subtracting total percentage of “No disability” from 100%. Data available in the Administration for Community Living (ACL) AGID Custom Tables: <https://agid.acl.gov/CustomTables/ACS/Year/> (Table filters – Year: 2018; Elements: Disability Status 2008-2013 > Percentages > No disability; Stratifiers: Age 60 and Above → Total Non-Institutionalized Population; Geography: All U.S. Totals > 50 States + DC & Territories)
- F. **“Seniors living alone” [%]** comes from the 2018 U.S. Census Bureau American Community Survey (ACS) Demographic Data. Estimates are for the Household Only sample of the population age 60 and older living in the United States, including territories. Data available in the Administration for Community Living (ACL) AGID Custom Tables: <https://agid.acl.gov/CustomTables/ACS/Year/> (Table filters – Year: 2018; Elements: Living Alone > Percentages > Living alone; Stratifiers: Age 60 and Above → Household Only Sample Population; Geography: All U.S. Totals > 50 States + DC & Territories)
- G. **“Seniors living below the poverty line” [%]** comes from the 2018 U.S. Census Bureau American Community Survey (ACS) Demographic Data. Estimates are for the Total Non-Institutionalized population age 60 and older living in the United States, including territories, at or below 100% of the U.S. Census Bureau’s official poverty threshold. Data available in the Administration for Community Living (ACL) AGID Custom Tables: <https://agid.acl.gov/CustomTables/ACS/Year/> (Table filters – Year: 2018; Elements: Poverty Status > Percentages > Below poverty level; Stratifiers: Age 60 and Above → Total Non-Institutionalized Population; Geography: All U.S. Totals > 50 States + DC & Territories)
- H. **“Seniors who lack the income to pay for basic living needs” [%]** figures come from *Living Below the Line: Economic Insecurity and Older Americans, Insecurity in the States 2019* (November 2019), a report by J. Mutchler, Y. Li, and N. Velasco Roldan published by the Center for Social and Demographic Research at the University of Massachusetts Boston. “Singles” [%] includes individuals living alone and “Couples” [%] includes two-senior households with incomes below the Elder Index, which is reflective of the costs of housing, healthcare, transportation, food and miscellaneous essentials. Estimates are for independent community-dwelling adults age 65

and older living in the United States, excluding territories, in 2019. Full *Living Below the Line* report available at: <https://scholarworks.umb.edu/demographyofaging/40/>

INADEQUATE NUTRITION AND LIMITED SOCIAL CONTACT HAVE HEALTH CONSEQUENCES THAT AFFECT INDIVIDUALS, OUR HEALTHCARE SYSTEM AND THE ECONOMY

- I. **“Seniors experiencing falls with injury” [%]** figure comes from the 2018 Centers for Disease Control and Prevention (CDC) Behavioral Risk Factor Surveillance System (BRFSS). Estimates are for the population age 65 and older living in the United States, including territories, who fell and sustained an injury within the last year. Data available in the CDC Healthy Aging Data Portal under Explore by Indicator: www.cdc.gov/aging/agingdata/index.html (Table filters – Category: Overall Health; Year: 2018; Indicator: Fall with Injury in Last Year → Age Group: 65 years or older; Geography: United States, DC & Territories)
- J. **“Preventable hospitalizations” [#] per 1,000** figure comes from the Centers for Medicare and Medicaid Services (CMS) Office of Minority Health *Mapping Medicare Disparities* (MMD) data (updated July 2020). [#] reflects rate of preventable hospitalizations per 1,000 discharges in the United States, including territories, in 2018 for Medicare beneficiaries of all ages and all Medicare eligibility categories. [#] per 1,000 calculated by dividing “comparison_value,” which represents the number in the U.S. per 100,000, by 100. Data available on CMS’ MMD Tool in Population View: <https://data.cms.gov/mapping-medicare-disparities> (Table filters – Year: 2018; Geography: State/Territory; Measure: Prevention quality indicator (PQI); Adjustment: Unsmoothed actual; Analysis: Difference from national average; Condition/Service: Prevention Quality Overall Composite (PQI #90); Sex: ALL; Age: ALL; Race and Ethnicity: ALL; Medicare Eligibility: ALL)
- K. **“Hospital readmissions within 30 days” [%]** figure comes from the Centers for Medicare and Medicaid Services (CMS) Office of Minority Health *Mapping Medicare Disparities* (MMD) Tool (July 2020). Estimate is from “comparison_value,” which reflects the all-cause 30-day hospital readmission rate (readmissions per 100 admissions) in the United States, including territories, in 2018 and is among Medicare beneficiaries of all ages and all Medicare eligibility categories. Data available on CMS’ MMD Tool in Population View: <https://data.cms.gov/mapping-medicare-disparities> (Table filters – Year: 2018; Geography: State/Territory; Measure: Readmissions; Adjustment: Unsmoothed actual; Analysis: Difference from national average; Condition/Service: All-Cause Readmissions; Sex: ALL; Age: ALL; Race and Ethnicity: ALL; Medicare Eligibility: ALL)
- L. **“Total Medicare spending”** figure comes the Centers for Medicare and Medicaid Services (CMS) Office of the Actuary *Health Expenditures by State of Residence* data (June 2017), which is produced every five years. Estimate reflects spending on personal healthcare services and products in billions of dollars (US\$) in the United States, excluding territories, in 2014 (figure in millions of US\$ for AK and WY). Data available at the Kaiser Family Foundation (KFF) State Health Facts website: www.kff.org/medicare/state-indicator/medicare-spending-by-residence/ (Table filters–Year: 2014; Locations: United States)

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS ARE DELIVERING NUTRITIOUS MEALS, FRIENDLY VISITS AND SAFETY CHECKS TO SENIORS AT RISK OF HUNGER AND ISOLATION

- P. **“Title III-C Nutrition Program – Seniors served” [#]** figures come from the 2018 Administration for Community Living (ACL) State Program Reports (SPR). “Seniors served - Total”

was calculated by Meals on Wheels America by combining total counts for “Congregate meals” plus “Home-delivered meals” clients living in the United States, including territories. Data are for the federal fiscal year. Data available in the AGID Custom Tables: <https://agid.acl.gov/CustomTables/SPR/Year/> (Table filters – Year: 2018; Elements: Clients > Persons Served, by Service > Congregate Meals + Home-Delivered Meals; Stratifiers: All Age Groups; Geography: All U.S. Totals > 50 States + DC & Territories)

- Q. “Title III-C Nutrition Program – Meals served” [#]** figures come from the Administration for Community Living (ACL) 2018 State Program Reports (SPR). “Meals served - Total” was calculated by Meals on Wheels America by combining unit counts for “Congregate meals” plus “Home-delivered meals” in the United States, including territories. Data are for the federal fiscal year. Data available in the AGID Custom Tables: <https://agid.acl.gov/CustomTables/SPR/Year/> (Table filters – Year: 2018; Elements: Units > Counts > Congregate Meals + Home-Delivered Meals; Stratifiers: All Age Groups; Geography: All U.S. Totals > 50 States + DC & Territories)
- R. “Title VI Grants for Native Americans – Seniors served” [#]** figures come from the 2018 Administration for Community Living (ACL) Title VI Services. Data are for Older Americans Act (OAA) Title VI, which provides nutrition and supportive services grants to eligible Tribal organizations that fund programs that support American Indians, Alaska Natives and Native Americans (data not applicable (N/A) for states without eligible Tribal organizations). “Seniors served - Total” was calculated by Meals on Wheels America by combining client counts for “Congregate meals” plus “Home-delivered meals” in the United States. Data available in the AGID Custom Tables: <https://agid.acl.gov/CustomTables/NA/Year/> (Table filters – Year: 2018; Elements: Clients > Nutrition Services > Congregate Meals + Home-Delivered Meals; Geography: All U.S. Totals > 50 States + DC)
- S. “Title VI Grants for Native Americans – Meals served” [#]** figures come from the 2018 Administration for Community Living (ACL) Title VI Services. Data are for Older Americans Act (OAA) Title VI, which provides nutrition and supportive services grants to eligible Tribal organizations that fund programs that support American Indians, Alaska Natives and Native Americans (data not applicable (N/A) for states without eligible Tribal organizations). “Meals served - Total” was calculated by Meals on Wheels America by combining unit counts for “Congregate meals” plus “Home-delivered meals.” Data available in the AGID Custom Tables: <https://agid.acl.gov/CustomTables/NA/Year/> (Table filters – Year: 2018; Elements: Units > Nutrition Services > Congregate Meals + Home-Delivered Meals; Geography: All U.S. Totals > 50 States + DC)

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES*

*Note: Figures in this section (Notes T-X) are for clients age 60 and older living in the United States, including territories, who are receiving services supported by the Older Americans Act (OAA) Title III, including Personal Care, Homemaker, Chore, Adult Day Care/Health Services, Case Management, Nutrition Counseling, and/or Assisted Transportation; data are **not** limited to Title III-C Congregate meal or Home-delivered meal clients and do **not** include clients receiving services under Title VI Grants for Native Americans.

- T. “Live alone / below the poverty line / in a rural area” [%]** figures come from the 2018 Administration for Community Living (ACL) State Program Reports (SPR). Data available in the AGID Custom Tables: <https://agid.acl.gov/CustomTables/SPR/Year/> (Table filters – Year: 2018; Elements: Clients > Characteristics Percentages > Rural / Poverty / Living Alone; Stratifiers: All Age Groups; Geography: All U.S. Totals > 50 States + DC & Territories)

- U. **“Women” [%]** comes from the 2018 Administration for Community Living (ACL) State Program Reports (SPR). Figure calculated by Meals on Wheels America to account for missing data and is for female clients receiving Title III Registered Services. [%] was calculated by dividing the Female client count by the combined total (Male plus Female) client counts, then multiplying by 100%. Data available in the AGID Custom Tables: <https://agid.acl.gov/CustomTables/SPR/Year/> (Table filters – Year: 2018; Elements: Clients > Characteristics > Male + Female; Stratifiers: All Age Groups; Geography: All U.S. Totals > 50 States + DC & Territories)

- V. **“Black or African American” [%]** comes from the 2018 Administration for Community Living (ACL) State Program Reports (SPR). Figure calculated by Meals on Wheels America to account for missing data and reflects clients identifying as having origins in any of the Black racial groups of Africa. [%] was calculated by dividing the Black/African American client count by the combined total client race count {Note X + V + Asian Alone + White Alone, Not Hispanic + White Alone, Hispanic + Other Race + Two or More Races}, then multiplying by 100%. Data available in the AGID Custom Tables: <https://agid.acl.gov/CustomTables/SPR/Year/> (Table filters – Year: 2018; Elements: Clients > Race > Black/African American Alone; Stratifiers: All Age Groups; Geography: All U.S. Totals > 50 States + DC & Territories)

- W. **“Hispanic or Latino” [%]** comes from the 2018 Administration for Community Living (ACL) State Program Reports (SPR). Figure calculated by Meals on Wheels America to account for missing data and reflects clients identifying as having origins in Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin, regardless of race. [%] was calculated by dividing the Hispanic client count by the combined total client ethnicity count (Hispanic + Not Hispanic), then multiplying by 100%. Data available in the AGID Custom Tables: <https://agid.acl.gov/CustomTables/SPR/Year/> (Table filters – Year: 2018; Elements: Clients > Ethnicity > Hispanic/Not Hispanic; Stratifiers: All Age Groups; Geography: All U.S. Totals > 50 States + DC & Territories)

- X. **“Native American or Hawaiian/Pacific Islander” [%]** comes from the 2018 Administration for Community Living (ACL) State Program Reports (SPR). “Native American” reflects clients identifying as “American Indian or Alaskan Native – A person having origins in any of the original peoples of North America (including Central America), and who maintain tribal affiliation or community attachment.” “Hawaiian/Pacific Islander” includes any of the original peoples of North or Central America (who maintain tribal affiliation or community attachment) or of Hawaii, Guam, Samoa or other Pacific Islands. [%] was calculated by Meals on Wheels America to account for missing data by dividing the combined Native American and Hawaiian/Pacific Islander client counts by the total combined client race count {Note X + V + Asian Alone + White Alone, Not Hispanic + White Alone, Hispanic + Other Race + Two or More Races}, then multiplying by 100%. Data available in the AGID Custom Tables: <https://agid.acl.gov/CustomTables/SPR/Year/> (Table filters – Year: 2018; Elements: Clients > Race > Native American Alone + Hawaiian Pacific Islander Alone; Stratifiers: All Age Groups; Geography: All U.S. Totals > 50 States + DC & Territories)

FUNDING FOR THESE PROGRAMS VARIES BASED ON THE NEEDS AND RESOURCES OF THE COMMUNITY, AND ARE MADE UP OF FEDERAL, STATE, LOCAL AND PRIVATE DOLLARS

- Y. **“OAA Title III expenditures”** figures come from the 2018 Administration for Community Living (ACL) State Program Reports (SPR). Figures are in US dollars (US\$) and reflect outlays/payments made using OAA Title III federal funds to provide allowable nutrition services. “OAA Title III expenditures – Total” figure was calculated by Meals on Wheels America by combining counts for “Congregate meals” plus “Home-delivered meals” in the United States, including territories. Data available in the AGID Custom Tables: <https://agid.acl.gov/CustomTables/SPR/Year/> (Table filters – Year: 2018;

Elements: Expenditures > Title III Expenditures > Congregate Meals + Home-Delivered Meals; Stratifiers: All Age Groups; Geography: All U.S. Totals > 50 States + DC & Territories)

- i. [%] represents that percentage that OAA Title III expenditures federal funds make up “Total expenditures” (US\$) and was calculated by Meals on Wheels America by dividing “OAA Title III expenditures – Total” by “Total expenditures - Total” {Note Z} and multiplying by 100%.
- Z. **“Total expenditures”** figures come from the 2018 Administration for Community Living (ACL) State Program Reports (SPR). Figures are in US dollars (US\$) and reflect outlays/payments made using OAA Title III federal funds plus other program income spent to provide allowable nutrition services. “Total expenditures - Total” figure was calculated by Meals on Wheels America by combining counts for “Congregate meals” plus “Home-delivered meals” in the United States, including territories. Data available in the AGID Custom Tables: <https://agid.acl.gov/CustomTables/SPR/Year/> (Table filters – Year: 2018; Elements: Expenditures > Total Expenditures > Congregate Meals + Home-Delivered Meals; Stratifiers: All Age Groups; Geography: All U.S. Totals > 50 States + DC & Territories)

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE OUR NATION'S SENIORS CAN REMAIN HEALTHIER AT HOME, AVOIDING MORE COSTLY HEALTHCARE FACILITIES

- AA. **“Cost of 1 home-delivered / congregated meal”** figures come from regional average meal costs 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 (ACL) Administration on Aging by Mathematica Policy Research (September 2015). Estimates adjusted for inflation by Meals on Wheels America and account for value of both purchased and donated resources of a meal, including donated volunteer labor and non-labor resources, and are not necessarily reflective of the true paid cost, which can vary widely across the United States and DC. Full *Meal Cost Analysis* report available at: www.mathematica.org/our-publications-and-findings/publications/older-americans-act-nutrition-programs-evaluation-meal-cost-analysis
- i. United States average costs were adjusted for inflation based on the Consumer Price Index to reflect price changes in all goods and services purchased for urban household consumption. Home-delivered and Congregate meal averages from report were converted from January 2015 dollars to January 2019 dollars (US\$) using the U.S. Bureau of Labor Statistics CPI Inflation Calculator: www.bls.gov/data/inflation_calculator.htm
 - ii. Mathematica’s *Meal Cost Analysis* study included the participation of contiguous states only and did not include data from AK, HI or the territories.
- BB. **“Estimated cost of 1 day in a hospital”** figure comes from American Hospital Association (AHA) 1999 – 2018 Annual Survey data, a special data request by the Kaiser Family Foundation (KFF) (2019). Estimate is in U.S. dollars (US\$) and reflects state average for hospital adjusted expenses per inpatient day in the United States, excluding territories, in 2018. Data available at the KFF State Health Facts website: www.kff.org/health-costs/state-indicator/expenses-per-inpatient-day/ (Table filters: Timeframe – 2018; Locations: United States)
- CC. **“Cost of 1 day in a nursing home”** figure comes from the *Genworth Cost of Care Survey 2019 Median Cost Data Tables* report. Estimate is in US\$ and reflects the daily cost of nursing home care for a semi-private room in the United States, excluding territories, in 2019. Full *Cost of Care* national and state median rate table available: <https://pro.genworth.com/riiproweb/productinfo/pdf/282102.pdf> (See Daily Median Costs for Nursing Home Facility – Semi-Private Room)