

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN ALASKA

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

Senior population <sup>1</sup>	132,367 (18%)	Rank: 48 <sup>th</sup> in U.S.
Seniors threatened by hunger (marginally food insecure)	19,326 (15%)	Rank: 39 <sup>th</sup> in U.S.
Seniors at risk of hunger (food insecure)	10,457 (8%)	Rank: 18 <sup>th</sup> in U.S.
Seniors facing hunger (very low food secure)	3,309 (3%)	Rank: 26 <sup>th</sup> in U.S.
State ranking for risk of social isolation <sup>2</sup>	45 <sup>th</sup> in U.S.	

## MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	2%	Hispanic or Latino	3%	Native American/Alaskan or Hawaiian/Pacific Islander	12%
Seniors self-reporting "fair to poor" health	19%	Seniors with a disability	32%		
Seniors living alone	22%	Seniors living below the poverty line	7%		
Seniors who lack income to pay for basic living needs	Singles: 42%		Couples: 15%		

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

Seniors experiencing falls with injury	10%	Preventable hospitalizations <sup>3</sup>	24 per 1,000
Hospital readmissions within 30 days <sup>3</sup>	14%	Total Medicare spending (in millions)	\$741

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

	Title III-C Nutrition Program		Title VI Grants for Native Americans	
	Seniors served	Meals served	Seniors served	Meals served
Congregate meals	7,761	299,232	4,337	183,178
Home-delivered meals	3,280	409,846	2,734	172,622
<b>Total</b>	<b>11,041</b>	<b>709,078</b>	<b>7,071</b>	<b>355,800</b>

## PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES <sup>4</sup>

Live alone	37%	Live below the poverty line	42%
Live in a rural area	75%	Women	58%
Black or African American	2%	Hispanic or Latino	1%
		Native American or Hawaiian/Pacific Islander	30%

## 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

	Congregate meals	Home-delivered meals	Total
OAA Title III expenditures	\$1,986,060	\$1,740,626	\$3,726,686 (37%)
Total expenditures	\$4,784,872	\$5,262,055	\$10,046,927

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

Cost of 1 home-delivered / congregate meal <sup>5</sup>	Cost of 1 day in a hospital	Cost of 1 day in a nursing home
\$13.06 / \$15.42	\$2,196	\$994

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

Notes: <sup>1</sup> Senior population and hunger: lower number ranking = higher percent; <sup>2</sup> Social isolation: lower number ranking = higher isolation risk; <sup>3</sup> Among Medicare beneficiaries of all ages; <sup>4</sup> Includes Title III registered services not limited to meals; <sup>5</sup> Inflation-adjusted regional average

