

DELIVERING SO MUCH MORE THAN JUST A MEAL IN ARIZONA

ARIZONA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	1,682,442 (23%)	Rank: 20 th in U.S.
Seniors threatened by hunger (marginally food insecure)	341,536 (20%)	Rank: 11 th in U.S.
Seniors at risk of hunger (food insecure)	134,595 (8%)	Rank: 17 th in U.S.
Seniors facing hunger (very low food secure)	53,838 (3%)	Rank: 16 th in U.S.
State ranking for risk of social isolation ²	34 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	3%	Hispanic or Latino	14%	Native American/Alaskan or Hawaiian/Pacific Islander	3%
Seniors self-reporting "fair to poor" health	24%	Seniors with a disability	30%		
Seniors living alone	22%	Seniors living below the poverty line	9%		
Seniors who lack income to pay for basic living needs	Singles: 44%		Couples: 20%		

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

Seniors experiencing falls with injury	9%	Preventable hospitalizations ³	28 per 1,000
Hospital readmissions within 30 days ³	15%	Total Medicare spending (in billions)	\$11.07

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN ARIZONA 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	26,353	966,727	3,659	182,974
Home-delivered meals	9,666	1,487,287	1,199	169,439
Total	36,019	2,454,014	4,858	352,413

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	33%	Live below the poverty line	28%
Live in a rural area	38%	Women	62%
Black or African American	4%	Hispanic or Latino	16%
		Native American or Hawaiian/Pacific Islander	25%

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	\$4,549,551	\$4,659,108	\$9,208,659 (74%)
Total expenditures	\$5,207,513	\$7,307,895	\$12,515,408

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

Cost of 1 home-delivered / congregate meal ⁵	Cost of 1 day in a hospital	Cost of 1 day in a nursing home
\$13.06 / \$15.42	\$2,687	\$212

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

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

