

DELIVERING SO MUCH MORE THAN JUST A MEAL IN DELAWARE

DELAWARE'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	247,932 (26%)	Rank: 6 th in U.S.
Seniors threatened by hunger (marginally food insecure)	44,876 (18%)	Rank: 21 st in U.S.
Seniors at risk of hunger (food insecure)	12,397 (5%)	Rank: 40 th in U.S.
Seniors facing hunger (very low food secure)	5,455 (2%)	Rank: 35 th in U.S.
State ranking for risk of social isolation ²	47 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	16%	Hispanic or Latino	3%	Native American/Alaskan or Hawaiian/Pacific Islander	1%
Seniors self-reporting "fair to poor" health	23%	Seniors with a disability	27%		
Seniors living alone	21%	Seniors living below the poverty line	8%		
Seniors who lack income to pay for basic living needs	Singles: 45%		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	8%	Preventable hospitalizations ³	47 per 1,000
Hospital readmissions within 30 days ³	16%	Total Medicare spending (in billions)	\$2.00

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN DELAWARE 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	10,544	297,638	N/A	N/A
Home-delivered meals	4,365	677,582	N/A	N/A
Total	14,909	975,220	N/A	N/A

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	32%	Live below the poverty line	8%
Live in a rural area	42%	Women	65%
Black or African American	24%	Hispanic or Latino	1%
		Native American or Hawaiian/Pacific Islander	1%

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	\$1,003,948	\$2,114,956	\$3,118,904 (48%)
Total expenditures	\$1,819,866	\$4,677,661	\$6,497,527

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN DELAWARE 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
\$9.84 / \$8.85	\$3,038	\$358

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

