

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN ILLINOIS

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

|   |                          |                                |
|---|--------------------------|--------------------------------|
| Senior population <sup>1</sup>                          | 2,790,550 (22%)          | Rank: 36 <sup>th</sup> in U.S. |
| Seniors threatened by hunger (marginally food insecure) | 449,279 (16%)            | Rank: 30 <sup>th</sup> in U.S. |
| Seniors at risk of hunger (food insecure)               | 239,987 (9%)             | Rank: 13 <sup>th</sup> in U.S. |
| Seniors facing hunger (very low food secure)            | 111,622 (4%)             | Rank: 11 <sup>th</sup> in U.S. |
| State ranking for risk of social isolation <sup>2</sup> | 16 <sup>th</sup> in U.S. |                                |

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

|   |              |                                       |              |  |     |
|---|--------------|---------------------------------------|--------------|--|-----|
| Black or African American                             | 12%          | Hispanic or Latino                    | 8%           | Native American/Alaskan or Hawaiian/Pacific Islander | <1% |
| Seniors self-reporting "fair to poor" health          | 23%          | Seniors with a disability             | 27%          |  |     |
| Seniors living alone                                  | 26%          | Seniors living below the poverty line | 9%           |  |     |
| Seniors who lack income to pay for basic living needs | Singles: 50% |                                       | Couples: 21% |  |     |

## 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 <sup>3</sup> | 50 per 1,000 |
| Hospital readmissions within 30 days <sup>3</sup> | 16% | Total Medicare spending (in billions)     | \$22.52      |

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN ILLINOIS 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     | 81,701                        | 2,249,426    | N/A                                  | N/A          |
| Home-delivered meals | 40,701                        | 7,053,366    | N/A                                  | N/A          |
| Total                | 122,402                       | 9,302,792    | N/A                                  | N/A          |

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

|                           |     |  |     |
|---------------------------|-----|--|-----|
| Live alone                | 54% | Live below the poverty line                  | 37% |
| Live in a rural area      | 18% | Women  | 63% |
| Black or African American | 25% | Hispanic or Latino                           | 6%  |
|                           |     | 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 | \$12,896,077     | \$11,317,911         | \$24,213,988 (36%) |
| Total expenditures         | \$21,883,933     | \$45,953,329         | \$67,837,262       |

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN ILLINOIS 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 |
| \$11.82 / \$13.23                                       | \$2,636                     | \$195                           |

## 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

