

DELIVERING SO MUCH MORE THAN JUST A MEAL IN MINNESOTA

MINNESOTA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	1,249,325 (22%)	Rank: 31 st in U.S.
Seniors threatened by hunger (marginally food insecure)	136,176 (11%)	Rank: 47 th in U.S.
Seniors at risk of hunger (food insecure)	34,981 (3%)	Rank: 51 st in U.S.
Seniors facing hunger (very low food secure)	16,241 (1%)	Rank: 48 th in U.S.
State ranking for risk of social isolation ²	48 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	2%	Hispanic or Latino	1%	Native American/Alaskan or Hawaiian/Pacific Islander	1%
Seniors self-reporting "fair to poor" health	20%	Seniors with a disability	27%		
Seniors living alone	26%	Seniors living below the poverty line	8%		
Seniors who lack income to pay for basic living needs	Singles: 46%		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	57 per 1,000
Hospital readmissions within 30 days ³	16%	Total Medicare spending (in billions)	\$8.80

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN MINNESOTA 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	36,418	1,417,677	1,058	88,572
Home-delivered meals	10,444	1,510,327	1,014	211,482
Total	46,862	2,928,004	2,072	300,054

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	48%	Live below the poverty line	19%
Live in a rural area	73%	Women	62%
Black or African American	3%	Hispanic or Latino	1%
		Native American or Hawaiian/Pacific Islander	2%

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	\$6,350,154	\$3,500,914	\$9,851,068 (48%)
Total expenditures	\$11,894,656	\$8,453,932	\$20,348,588

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN MINNESOTA 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
\$11.82 / \$13.23	\$2,379	\$331

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

