

DELIVERING SO MUCH MORE THAN JUST A MEAL IN MISSOURI

MISSOURI'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	1,433,219 (23%)	Rank: 22 nd in U.S.
Seniors threatened by hunger (marginally food insecure)	283,777 (20%)	Rank: 13 th in U.S.
Seniors at risk of hunger (food insecure)	93,159 (7%)	Rank: 32 nd in U.S.
Seniors facing hunger (very low food secure)	34,397 (2%)	Rank: 29 th in U.S.
State ranking for risk of social isolation ²	17 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	8%	Hispanic or Latino	2%	Native American/Alaskan or Hawaiian/Pacific Islander	<1%
Seniors self-reporting "fair to poor" health	27%	Seniors with a disability	33%		
Seniors living alone	26%	Seniors living below the poverty line	9%		
Seniors who lack income to pay for basic living needs	Singles: 45%		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	10%	Preventable hospitalizations ³	47 per 1,000
Hospital readmissions within 30 days ³	16%	Total Medicare spending (in billions)	\$11.64

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN MISSOURI 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	60,926	1,947,247	N/A	N/A
Home-delivered meals	36,910	5,847,860	N/A	N/A
Total	97,836	7,795,107	N/A	N/A

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	57%	Live below the poverty line	35%
Live in a rural area	66%	Women	61%
Black or African American	8%	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	\$7,787,592	\$9,532,044	\$17,319,636 (33%)
Total expenditures	\$14,317,712	\$38,559,793	\$52,877,505

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN MISSOURI 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	\$2,361	\$166

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

