

DELIVERING SO MUCH MORE THAN JUST A MEAL IN MONTANA

MONTANA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	275,766 (26%)	Rank: 5 th in U.S.
Seniors threatened by hunger (marginally food insecure)	36,677 (13%)	Rank: 42 nd in U.S.
Seniors at risk of hunger (food insecure)	12,134 (4%)	Rank: 46 th in U.S.
Seniors facing hunger (very low food secure)	5,791 (2%)	Rank: 39 th in U.S.
State ranking for risk of social isolation ²	37 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	<1%	Hispanic or Latino	2%	Native American/Alaskan or Hawaiian/Pacific Islander	4%
Seniors self-reporting "fair to poor" health	20%	Seniors with a disability	29%		
Seniors living alone	25%	Seniors living below the poverty line	10%		
Seniors who lack income to pay for basic living needs	Singles: 49%		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	12%	Preventable hospitalizations ³	29 per 1,000
Hospital readmissions within 30 days ³	15%	Total Medicare spending (in billions)	\$1.61

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN MONTANA 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	19,300	988,265	4,396	155,071
Home-delivered meals	6,755	759,854	1,243	86,804
Total	26,055	1,748,119	5,639	241,875

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	39%	Live below the poverty line	14%
Live in a rural area	48%	Women	57%
Black or African American	<1%	Hispanic or Latino	1%
		Native American or Hawaiian/Pacific Islander	8%

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	\$1,850,597	\$1,031,119	\$2,881,716 (23%)
Total expenditures	\$7,304,523	\$5,122,007	\$12,426,530

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN MONTANA 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	\$1,594	\$245

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

