

DELIVERING SO MUCH MORE THAN JUST A MEAL IN PENNSYLVANIA

PENNSYLVANIA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	3,223,640 (25%)	Rank: 8 th in U.S.
Seniors threatened by hunger (marginally food insecure)	609,268 (19%)	Rank: 17 th in U.S.
Seniors at risk of hunger (food insecure)	183,747 (6%)	Rank: 36 th in U.S.
Seniors facing hunger (very low food secure)	74,144 (2%)	Rank: 32 nd in U.S.
State ranking for risk of social isolation ²	14 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	7%	Hispanic or Latino	3%	Native American/Alaskan or Hawaiian/Pacific Islander	<1%
Seniors self-reporting "fair to poor" health	26%	Seniors with a disability	29%		
Seniors living alone	26%	Seniors living below the poverty line	9%		
Seniors who lack income to pay for basic living needs	Singles: 51%		Couples: 22%		

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	45 per 1,000
Hospital readmissions within 30 days ³	16%	Total Medicare spending (in billions)	\$27.99

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN PENNSYLVANIA 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	62,152	2,813,805	N/A	N/A
Home-delivered meals	36,214	6,164,960	N/A	N/A
Total	98,366	8,978,765	N/A	N/A

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	50%	Live below the poverty line	27%
Live in a rural area	28%	Women	68%
Black or African American	11%	Hispanic or Latino	4%
		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	\$11,149,312	\$29,015,169	\$40,164,481 (58%)
Total expenditures	\$27,320,087	\$42,479,900	\$69,799,987

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN PENNSYLVANIA 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
\$11.88 / \$10.21	\$2,525	\$320

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

