

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN SOUTH DAKOTA

## SOUTH DAKOTA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population <sup>1</sup>	204,804 (23%)	Rank: 23 <sup>rd</sup> in U.S.
Seniors threatened by hunger (marginally food insecure)	30,925 (15%)	Rank: 35 <sup>th</sup> in U.S.
Seniors at risk of hunger (food insecure)	14,746 (7%)	Rank: 26 <sup>th</sup> in U.S.
Seniors facing hunger (very low food secure)	6,554 (3%)	Rank: 19 <sup>th</sup> in U.S.
State ranking for risk of social isolation <sup>2</sup>	38 <sup>th</sup> in U.S.	

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

Black or African American	1%	Hispanic or Latino	1%	Native American/Alaskan or Hawaiian/Pacific Islander	4%
Seniors self-reporting "fair to poor" health	23%	Seniors with a disability	28%		
Seniors living alone	25%	Seniors living below the poverty line	9%		
Seniors who lack income to pay for basic living needs	Singles: 48%		Couples: 25%		

## 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>	41 per 1,000
Hospital readmissions within 30 days <sup>3</sup>	15%	Total Medicare spending (in billions)	\$1.41

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN SOUTH DAKOTA 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	8,121	798,845	2,123	108,461
Home-delivered meals	3,143	480,471	838	129,112
<b>Total</b>	<b>11,264</b>	<b>1,279,316</b>	<b>2,961</b>	<b>237,573</b>

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

Live alone	49%	Live below the poverty line	37%
Live in a rural area	79%	Women	63%
Black or African American	<1%	Hispanic or Latino	1%
		Native American or Hawaiian/Pacific Islander	6%

## 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	\$2,691,743	\$1,647,797	\$4,339,540 (50%)
Total expenditures	\$5,364,626	\$3,260,685	\$8,625,311

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN SOUTH DAKOTA 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	\$1,543	\$225

## 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

