

DELIVERING SO MUCH MORE THAN JUST A MEAL IN TENNESSEE

TENNESSEE'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	1,539,334 (23%)	Rank: 28 th in U.S.
Seniors threatened by hunger (marginally food insecure)	272,462 (18%)	Rank: 26 th in U.S.
Seniors at risk of hunger (food insecure)	112,371 (7%)	Rank: 25 th in U.S.
Seniors facing hunger (very low food secure)	47,719 (3%)	Rank: 20 th in U.S.
State ranking for risk of social isolation ²	11 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	12%	Hispanic or Latino	1%	Native American/Alaskan or Hawaiian/Pacific Islander	<1%
Seniors self-reporting "fair to poor" health	32%	Seniors with a disability	34%		
Seniors living alone	24%	Seniors living below the poverty line	10%		
Seniors who lack income to pay for basic living needs	Singles: 50%		Couples: 23%		

INADEQUATE NUTRITION AND LIMITED SOCIAL CONTACT HAVE HEALTH CONSEQUENCES THAT AFFECT INDIVIDUALS, OUR HEALTHCARE SYSTEM AND THE ECONOMY

Seniors experiencing falls with injury	11%	Preventable hospitalizations ³	48 per 1,000
Hospital readmissions within 30 days ³	16%	Total Medicare spending (in billions)	\$12.51

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN TENNESSEE 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	12,913	847,272	N/A	N/A
Home-delivered meals	8,795	1,367,893	N/A	N/A
Total	21,708	2,215,165	N/A	N/A

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	60%	Live below the poverty line	48%
Live in a rural area	47%	Women	66%
Black or African American	22%	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	\$4,334,384	\$6,627,135	\$10,961,519 (81%)
Total expenditures	\$4,695,961	\$8,872,440	\$13,568,401

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN TENNESSEE 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
\$9.84 / \$8.85	\$2,147	\$225

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

