

DELIVERING SO MUCH MORE THAN JUST A MEAL IN VERMONT

VERMONT'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	168,999 (27%)	Rank: 3 rd in U.S.
Seniors threatened by hunger (marginally food insecure)	20,618 (12%)	Rank: 44 th in U.S.
Seniors at risk of hunger (food insecure)	9,295 (6%)	Rank: 38 th in U.S.
Seniors facing hunger (very low food secure)	3,549 (2%)	Rank: 40 th in U.S.
State ranking for risk of social isolation ²	31 st 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	1%
Seniors self-reporting "fair to poor" health	19%	Seniors with a disability	29%		
Seniors living alone	26%	Seniors living below the poverty line	11%		
Seniors who lack income to pay for basic living needs	Singles: 57%		Couples: 35%		

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	32 per 1,000
Hospital readmissions within 30 days ³	15%	Total Medicare spending (in billions)	\$1.18

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN VERMONT 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	12,549	295,215	N/A	N/A
Home-delivered meals	5,713	798,261	N/A	N/A
Total	18,262	1,093,476	N/A	N/A

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	45%	Live below the poverty line	26%
Live in a rural area	93%	Women	63%
Black or African American	<1%	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	\$1,085,910	\$1,413,199	\$2,499,109 (37%)
Total expenditures	\$2,186,595	\$4,618,599	\$6,805,194

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN VERMONT 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	\$2,633	\$353

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

