

DELIVERING SO MUCH MORE THAN JUST A MEAL IN VIRGINIA

VIRGINIA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	1,839,231 (22%)	Rank: 43 rd in U.S.
Seniors threatened by hunger (marginally food insecure)	270,367 (15%)	Rank: 38 th in U.S.
Seniors at risk of hunger (food insecure)	88,283 (5%)	Rank: 44 th in U.S.
Seniors facing hunger (very low food secure)	47,820 (3%)	Rank: 25 th in U.S.
State ranking for risk of social isolation ²	36 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	16%	Hispanic or Latino	3%	Native American/Alaskan or Hawaiian/Pacific Islander	<1%
Seniors self-reporting "fair to poor" health	26%	Seniors with a disability	28%		
Seniors living alone	24%	Seniors living below the poverty line	8%		
Seniors who lack income to pay for basic living needs	Singles: 47%		Couples: 20%		

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

Seniors experiencing falls with injury	8%	Preventable hospitalizations ³	42 per 1,000
Hospital readmissions within 30 days ³	16%	Total Medicare spending (in billions)	\$12.69

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN VIRGINIA 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	11,626	651,445	N/A	N/A
Home-delivered meals	10,989	1,914,982	N/A	N/A
Total	22,615	2,566,427	N/A	N/A

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	47%	Live below the poverty line	37%
Live in a rural area	32%	Women	69%
Black or African American	30%	Hispanic or Latino	3%
		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	\$5,436,545	\$5,642,642	\$11,079,187 (47%)
Total expenditures	\$9,957,495	\$13,665,425	\$23,622,920

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN VIRGINIA 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	\$2,081	\$242

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

