



SOURCES & METHODS: OLDER AMERICANS ACT NUTRITION PROGRAM ISSUE BRIEF UNITED STATES 2021

Note: In order to provide the most recent and accurate sources, some facts are from different sources than were used in previous years. Generally, caution should be taken if comparing data with data from previously published fact sheets.

SENIOR HUNGER AND ISOLATION ARE GROWING PROBLEMS – WHICH HAVE BEEN EXACERBATED BY THE COVID-19 PANDEMIC.

Before the pandemic:

- A. **“1 in 3 [31%] seniors felt lonely”** is from a special data file request from a September 2018 AARP Research report by A. Oscar and C. Thayer titled *Loneliness and Social Connections: A National Survey of Adults 45 and Older*. Estimate calculated by Meals on Wheels America and is for adults ages 60 and older living in the United States. Full report available at: www.aarp.org/research/topics/life/info-2018/loneliness-social-connections.html
- B. **“1 in 8 [13%] seniors was threatened by or experienced hunger”** is from an August 2021 Feeding America report by J. Ziliak and C. Gunderson titled *The State of Senior Hunger in America in 2019*. Estimate is for adults ages 60 and older living in the United States (excluding territories) who are considered “marginally food insecure” (including those who are “food insecure” and “very low food secure”) using data analyzed data from the 2019 U.S. Census Bureau Current Population Survey (CPS). Full report available at (*Appendix Table 3a: The Extent of Senior Marginal Food Insecurity in 2019*): www.feedingamerica.org/research/senior-hunger-research/senior
- C. **“1 in 4 [24%] seniors lived alone”** is from the 2019 U.S. Census Bureau American Community Survey (ACS). Estimates are for the Household Only sample of the population age 60 and older living in the United States (including territories). Data available in the Administration for Community Living (ACL) AGing, Independence, and Disability Program Data Portal (AGID) Custom Tables (*ACS Demographic Data*): <https://agid.acl.gov/CustomTables/ACS/Year/> (Table filters – Year: 2019; Elements: Living Alone > Total Counts and Percentages > Living alone; Stratifiers: Age 60 and Above, All Sexes Total, Household Only Sample; Geography: United States + D.C. & Territories).
- D. **“1 in 10 [10%] experienced poverty”** is from the 2019 U.S. Census Bureau American Community Survey (ACS). Estimates are for the Total Non-Institutionalized population age 60 and older living in the United States (including territories) at or below 100% of the Census Bureau official poverty threshold. Data available in the Administration for Community Living (ACL) AGing, Independence, and Disability Program Data Portal (AGID) Custom Tables (*ACS Demographic Data*): <https://agid.acl.gov/CustomTables/ACS/Year/> (Table filters – Year: 2019; Elements: Poverty Status > Total Counts and Percentages > Below poverty level; Stratifiers: Age 60 and Above, All Sexes Total, Total Non-Institutionalized Population; Geography: United States + D.C. & Territories).
- E. **“Nearly 1 in 3 [30%] lived with a disability”** is from the 2019 U.S. Census Bureau American Community Survey (ACS) Demographic Data, based on disability status data for 2008-2013.

Estimate is for the Total Non-Institutionalized population ages 60 and older living in the United States (including territories). Calculated by Meals on Wheels America by subtracting total No disability percentage from 100%. Data available in the Administration for Community Living (ACL) AGing, Independence, and Disability Program Data Portal (AGID) Custom Tables (ACS Demographic Data): <https://agid.acl.gov/CustomTables/ACS/Year/> (Table filters – Year: 2019; Elements: Disability Status 2008-2013 > Percentages > No disability; Stratifiers: Age 60 and Above, All Sexes Total, Total Non-Institutionalized Population; Geography: United States + D.C. & Territories).

- F. **“Food insecurity rates were higher for Black [15.2%] and Hispanic seniors [of any race, 13.5%], and these disparities have only worsened with COVID-19. Black/African American seniors’ risk of food insecurity [15.2%] is more than twice that of white seniors [5.9%]”** is from an August 2021 Feeding America report by J. Ziliak, C. Gunderson, J. Hilvers, & M. Hake titled *The State of Senior Hunger in America in 2019*. Estimate is for adults ages 60 and older living in the United States (excluding territories) who are considered “food insecure” (including those who are “very low food secure”). Full report available at: www.feedingamerica.org/research/senior-hunger-research/senior
- G. **“While food insecurity rates varied over the pandemic period, in July 2020, the percentage of seniors aged 60 and older who sometimes or often did not have enough food to eat increased by 75% [from 2.8% in 2019 to 4.9% in July 2020]”** is from an October 2020 paper by J. Ziliak titled *Food Hardship During the COVID-19 Pandemic and Great Recession*. A household was considered “food insufficient” if it reported that it sometimes or often did not have enough food to eat. Data are for seniors aged 60 and older living in the United States. Pre-COVID data are from the December 2001-2019 U.S. Census Bureau Current Population Survey, and data for the period after COVID-19 began are from the 2020 Census Bureau Household Survey. Paper available at: www.ncbi.nlm.nih.gov/pmc/articles/PMC7537182/

COMMUNITY-BASED PROGRAMS THAT PROVIDE NUTRITION AND SOCIAL SUPPORT SERVICES FOR SENIORS, LIKE MEALS ON WHEELS, HAVE STRUGGLED TO MEET THE NEED FOR THESE ESSENTIAL SERVICES. THE NEED HAS ONLY INCREASED SINCE THE ONSET OF THE COVID-19 PANDEMIC.

Before the pandemic:

- H. **“Among older adults who have difficulties with daily activities, more than 67% [approximately 67-78%] were receiving limited or no home- or community-based care”** is from a June 2015 U.S. Government Accountability Office’s (GAO) report titled *Older Americans Act: Updated Information on Unmet Need for Services*. Data are for older adults age 60 and older living in the United States with difficulties in one or more daily activities that received no help or received help with some, but not all, of their difficulties – either formally, from sources such as Title III programs and Medicaid, or informally, through family members. Estimate based on GAO’s analysis of 2012 Health and Retirement Study (HRS) data for older adults. Full report available at: www.gao.gov/products/GAO-15-601R
- I. **“48% of local programs reported having a documented waiting list for home-delivered meals” and “85% of local Meals on Wheels programs surveyed saw at least some unmet need in their communities”** are from the Meals on Wheels America *More Than a Meal® Comprehensive Network Study* survey conducted by Trailblazer Research between 2018 and 2019. Figure is based on data from 407 programs that were members of Meals on Wheels America that provided home-delivered meals and answered the survey rating scale question: *Overall, our program is... 1) Leaving a lot of people that need HOME-DELIVERED meals unserved ... 7) Serving HOME-DELIVERED meals to just about everyone in our community that needs one*. Figure is based on respondents

who indicated a ranking of “1” through “6.” Executive summary available at: www.mealsonwheelsamerica.org/learn-more/research/more-than-a-meal/comprehensive-network-study

IF MORE INVESTMENTS ARE NOT MADE IN AGING AND NUTRITION SERVICES AS THE OLDER ADULT POPULATION RAPIDLY GROWS, THE UNMET NEED WILL INTENSIFY, AND THE ISSUES OF SENIOR HUNGER AND ISOLATION WILL ESCALATE IN THE YEARS TO COME.

- J. **“12,000 Americans are turning 60 each day”** is from the 2019 U.S. Census Bureau Annual Population Estimates and the December 2020 U.S. Centers for Disease Control and Prevention (CDC) National Vital Statistics System data brief titled *Mortality in the United States 2019*. Estimate calculated by Meals on Wheels America using the total estimated population of adults age 59 living in the United States subtracted by the number of annual estimated deaths among the age group and then dividing by 365 days. Annual estimated deaths calculated by applying an age-specific mortality rate (b.) to the estimated population of adults age 59 in 2019 (a.).
- Population estimate is for the total U.S. resident population age 59 in the 50 states, D.C. and Puerto Rico in 2019. Data available in Census Bureau National Population Estimates Tables (*Annual Estimates of the Resident Population by Single Year of Age and: April 1, 2010 to July 1, 2019*): www.census.gov/data/datasets/time-series/demo/popest/2010s-national-detail.html
 - Age-specific mortality rate reflects the number of deaths per 100,000 people among individuals age 55-64 years in the United States in 2019. Data available in the CDC National Vital Statistics System data brief, *Mortality in the United States 2019*. Estimate is from information collected by National Center Health Statistics for death certificates filed in 50 states and D.C. Full data brief available at: www.cdc.gov/nchs/products/databriefs/db395.htm
- K. **“By 2060, 1 in 3 [29%] Americans are projected to be 60 and older”** and **“Projected number of seniors by year”** graph figures are from the 2017 U.S. Census Bureau National Population Projections. Estimate base is for the resident population age 60 and above on July 1, 2016 in 50 states and D.C. and is used for projecting the U.S. population from 2017 to 2060. Data available in the Census Bureau National Population Projections Tables (*Table 3. Detailed age and sex composition of the population*): www.census.gov/data/tables/2017/demo/popproj/2017-summary-tables.html

THE OLDER AMERICANS ACT (OAA) IS THE PRIMARY PIECE OF FEDERAL LEGISLATION SUPPORTING THE SOCIAL AND NUTRITIONAL NEEDS OF SENIORS, CAREGIVERS AND THEIR FAMILIES.

- L. **“The OAA was signed into law in 1965; it has been amended and reauthorized over nearly 20 times since it was first established in an effort to expand access and support for older adults in the community”** is from the July 2020 Congressional Research Service (CRS) report by K. Colello and J. Sussman titled *Older Americans Act: 2020 Reauthorization*. Full CRS report available at: <https://crsreports.congress.gov/product/pdf/R/R46439>
- M. **“OAA services, like congregate and home-delivered meals, aim to serve groups of older adults living in the community with the greatest social or economic need, such as those who: have low income; are a racial or ethnic minority; live in a rural community; have limited English proficiency; and/or are put at risk of institutionalization”** is from Section 305 of the *Older Americans Act of 1965*, as amended by P.L. 116-131 and enacted in March 2020. Official

compilation of law available on the Administration for Community Living (ACL) website (2020 Reauthorization of the OAA): <https://acl.gov/about-acl/authorizing-statutes/older-americans-act>

THE OAA NUTRITION PROGRAM IS THE ONLY FEDERALLY SUPPORTED PROGRAM DESIGNED TO MEET THE NUTRITIONAL AND SOCIAL NEEDS OF OLDER ADULTS.

- N. “Established under the OAA 50 years ago, in 1972, the Title III-C Nutrition Program aims to: **reduce hunger, food insecurity and malnutrition; promote socialization; and improve the health and well-being of older adults by assisting them in gaining access to nutrition and other disease prevention and health promotion services and delaying the onset of adverse health conditions**” is from Section 330 of the *Older Americans Act of 1965*, as amended by P.L. 116-131 and enacted in March 2020. Official compilation of law available on the Administration for Community Living (ACL) website (2020 Reauthorization of the OAA): <https://acl.gov/about-acl/authorizing-statutes/older-americans-act>
- O. “Meals provided through the OAA Nutrition Program are designed to meet the unique nutrition and health requirements of older adults, and meals are often tailored to meet specific medical needs and cultural preferences” is from Section 339 of the *Older Americans Act of 1965*, as amended by P.L. 116-131 and enacted in March 2020. Official compilation of law available on the Administration for Community Living (ACL) website (2020 Reauthorization of the OAA): <https://acl.gov/about-acl/authorizing-statutes/older-americans-act>

THE OAA NUTRITION PROGRAM OFFERS HOME-DELIVERED MEALS AS WELL AS CONGREGATE NUTRITION SERVICES AT SITES LIKE SENIOR CENTERS – WHICH PROVIDE MORE MOBILE SENIORS THE OPPORTUNITY TO SOCIALLY CONNECT.

- P. “223 million meals were provided to 2.4 million older adults through the OAA Nutrition Program in 2019” and “Meals/Seniors Served” table figures are from the 2019 Administration for Community Living (ACL) State Program Reports. Figures are for the United States (including territories) in the 2019 federal fiscal year. Data available in the ACL AGing, Independence, and Disability Program Data Portal (AGID) Custom Tables (*State Program Reports*): <https://agid.acl.gov/CustomTables/SPR/Year/>
- a. “Meals served” figure reflects meals served to qualified individuals in his/her place of residence or a congregate or group setting. Table filters – Year: 2019; Elements: Units > Counts > Congregate Meals + Home-Delivered Meals; Stratifiers: All Age Groups; Geography: All U.S. Totals > 50 States + D.C. & Territories.
- Q. “Seniors served” figure reflects qualified individuals that received eligible meals in his/her place of residence or a congregate or group setting. Table filters – Year: 2019; Elements: Clients > Persons Served, by Service > Congregate Meals + Home-Delivered Meals; Stratifiers: All Age Groups; Geography: All U.S. Totals > 50 States + D.C. & Territories. **“Social, economic and demographic factors of meal recipients,” “Health of meal recipients” and “Hunger and food security status of meal recipients”** table figures are from the 2019 Administration for Community Living (ACL) National Survey of Older Americans Act (OAA) Participants. Figures are from the responses of a nationally representative sample of clients receiving Congregate and Home-delivered meals funded through Title III of the OAA. Data available in the ACL AGing, Independence, and Disability Program Data Portal (AGID) National OAA Participants Survey (NPS) weighted Data Files (*Congregate Meals* and *Home-Delivered Meals*): <https://agid.acl.gov/DataFiles/NPS/> or NPS Custom Tables (*National Survey of OAA Participants*): <https://agid.acl.gov/>

[CustomTables/NPS/Year/](#) (see below for Data Files variables and Custom Tables filters). **Note:** In order to understand data in the NPS Data Files, you must have a data analysis software.

- a. “Are 75 and older” available in NPS data files. Variable: AGE (AGE CATEGORY). Calculated by adding numbers “85+ Years” and “75-84 Years” and dividing by Total number (excluding missing values).
 - b. “Are women” available in NPS data files. Variable: GENDER (WHAT IS YOUR GENDER?), valid percent “Female.”
 - c. “Live alone” available in NPS data files. Variable: LIVEALONE (DO YOU LIVE ALONE? SSS CONSTRUCTED), valid percent “Yes.”
 - d. “Are Veterans” available in NPS custom tables. Table filters – Year: 2019; Elements: Home-Delivered Meals / Congregate Meals > Demographics > Has Served Active Duty in U.S> Armed Forces, Reserves or National Guard? (DEVET) > No Stratifier.
 - e. “Live in rural areas” available in NPS data files. Variable: DELOC (WHERE IS YOUR HOME LOCATED?), valid percent “A Rural Area.”
 - f. “Report fair or poor health” available in NPS custom tables. Table filters – Year: 2019; Elements: Home-Delivered Meals > Health questions > How Is Health Of Recipient (PFHLTH) / Elements: Congregate Meals > Health-Related Quality of Life > How Is Health Of Recipient (PFHLTH) > No Stratifier. Calculated by adding numbers “Fair” + “Poor” and dividing by Total number of responses to the survey question.
 - g. “Take 3+ medications daily” available in NPS custom tables. Table filters – Year 2019; Elements: Home-Delivered Meals / Congregate Meals > Health Care Utilization > How Many Different Drugs/Day (HLMDRUGS) > No Stratifier. Calculated by adding total numbers of responses with “3-4 Medications” or more and dividing by the Total number of responses to the survey question.
 - h. “Report 3+ medical conditions” available in NPS custom tables. Table filters – Year 2019; Elements: Home-Delivered Meals / Congregate Meals > Health questions > Total Number Medical Conditions Reported (NUM_COND) > No Stratifier. Calculated by adding numbers of responses with “3 Medical Conditions” or more and dividing by Total number of responses to the survey question.
 - i. “Could not afford to eat balanced meals” available in NPS data files. Variable: USDAHH4 (WAS THE STATEMENT OFTEN TRUE, SOMETIMES TRUE, OR NEVER TRUE IN THE LAST 12 MONTHS: YOU COULDN’T AFFORD TO EAT BALANCED MEALS). Calculated by adding numbers “Sometimes true” + “Often true,” and dividing by Total (excluding missing values).
 - j. “Food bought did not last and did not have money to get more” available in NPS data files. Variable USDAHH3 (WAS THE STATEMENT OFTEN TRUE, SOMETIMES TRUE, OR NEVER TRUE IN THE LAST 12 MONTHS: THE FOOD THAT YOU BOUGHT JUST DIDN’T LAST AND YOU DIDN’T HAVE MONEY TO GET MORE). Calculated by adding numbers “Sometimes true” + “Often true” and dividing by Total (excluding missing values).
- R. **“Race and ethnicity of meal recipients”** table figures are from the 2019 Administration for Community Living (ACL) National Survey of Older Americans Act (OAA) Participants. Figures are from the responses of a nationally representative sample of clients receiving Congregate and Home-delivered meals funded through Title III of the OAA and calculated by Meals on Wheels America by 1) computing a new variable for Two or more races, 2) computing updated variables for each race alone (not Hispanic or Latino), 3) computing a Total figure by adding the following data: Hispanic or Latino (any race) + any race alone (not Hispanic or Latino) + Two or more races (not Hispanic or Latino). Percentages for each race and ethnicity were calculated from computed Total, so that the percentages total to 100%. Data available in the ACL AGING, Independence, and Disability Program Data Portal (AGID) National OAA Participants Survey (NPS) weighted Data Files

(Congregate Meals and Home-Delivered Meals): <https://agid.acl.gov/DataFiles/NPS/> (see below for Data Files variables). **Note:** In order to understand data in the NPS Data Files, you must have a data analysis software.

- a. “Are Hispanic or Latino” variable: DEHISP (ARE YOU HISPANIC OR LATINO?). May be of any race.
 - b. “Are Black or African American” variable created by Meals on Wheels America. Includes persons identifying as “DERACO2 (WHAT IS YOUR RACE? BLACK OR AFRICAN AMERICAN)” and as not Hispanic or Latino and not more than one race.
 - c. “Are American Indian or Alaskan Native” variable created by Meals on Wheels America. Includes persons identifying as “DERACO4 (WHAT IS YOUR RACE? AMERICAN INDIAN OR ALASKAN NATIVE)” and as not Hispanic or Latino and not more than one race.
 - d. “Are Native Hawaiian or other Pacific Islander” variable calculated by Meals on Wheels America. Includes persons identifying as “DERACO5 (WHAT IS YOUR RACE? NATIVE HAWAIIAN OR OTHER PACIFIC ISLANDER)” and as not Hispanic or Latino and not more than one race.
 - e. “Are Asian” variable created by Meals on Wheels America. Includes persons identifying as “DERACO3 (WHAT IS YOUR RACE? ASIAN)” and as not Hispanic or Latino and not more than one race.
 - f. “Are White or Caucasian” variable created by Meals on Wheels America. Includes persons identifying as “DERACO1 (WHAT IS YOUR RACE? WHITE OR CAUCASIAN)” and as not Hispanic or Latino and not more than one race.
 - g. “Are some other race” variable created by Meals on Wheels America. Includes persons identifying as “(DERACO6 WHAT IS YOUR RACE? OTHER)” and not identifying as Hispanic or Latino and not more than one race.
 - h. “Are two or more races” variable created by Meals on Wheels America. Includes persons identifying as not Hispanic or Latino and identifying as more than one race.
- S. “Recipients say meals...” table figures are from the 2019 Administration for Community Living (ACL) National Survey of Older Americans Act (OAA) Participants. Figures are from the responses of a nationally representative sample of clients receiving Congregate and Home-delivered meals funded through Title III of the OAA. Data available in the ACL AGing, Independence, and Disability Program Data Portal (AGID) National OAA Participants Survey (NPS) Custom Tables (*National Survey of OAA Participants*): <https://agid.acl.gov/CustomTables/NPS/Year/> (see below for Custom Tables filters).
- a. “Make up half or more of the food they eat” tables filters: Year: 2019; Elements: Home Delivered Meals > Amount and types of food usually eaten > Portion of Food These Meals Represent (HMPORTN) / Congregate Meals > Eating Habits > What Portion Of Food Does Congregate Meal Represent (CMPORTN) > No Stratifier. Calculating by adding totals for “About One-Half” + “More Than One-Half” and dividing by Total respondents to the survey question.
 - b. “Help improve their health” tables filters: Year: 2019; Elements: Home Delivered Meals > Results of participating in home delivered meals > Do Home Delivered Meals Help Recipient Improve Health (HMFLBTR) / Congregate Meals > Results of participating in congregare meals program > Does Eating Lunch Program Improve Health (CMFLBTR) > No Stratifier.
 - c. “Help them eat healthier foods” tables filters: Year: 2019; Elements: Home Delivered Meals > Results of participating in home delivered meals > Do Home Delivered Meals Help Recipient Eat Healthier Foods (HMVARFD) / Congregate Meals > Results of

participating in congregate meals program > Recipient Eat Healthier Foods Result Of Meals Program (CMVARFD) > No Stratifier.

- T. **“Recipients say services help them...”** table figures are from the 2019 Administration for Community Living (ACL) National Survey of Older Americans Act (OAA) Participants. Figures are from the responses of a nationally representative sample of clients receiving Congregate and Home-delivered meals funded through Title III of the OAA. Data available in the ACL AGing, Independence, and Disability Program Data Portal (AGID) National OAA Participants Survey (NPS) Custom Tables (*National Survey of OAA Participants*): <https://agid.acl.gov/CustomTables/NPS/Year/> (see below for Custom Tables filters).
- a. “Live independently” tables filters: Year: 2019; Elements: Home Delivered Meals / Congregate Meals > Satisfaction with all services client received > Do Services Help Recipient Live Independently (SVCIND) > No Stratifier.
 - b. “Feel more secure” tables filters: Year: 2019; Elements: Home Delivered Meals / Congregate Meals > Satisfaction with all services client received > Do Services help Recipient Feel More Secure (SVCSECUR) > No Stratifier.
 - c. “Care for self” tables filters: Year: 2019; Elements: Home Delivered Meals / Congregate Meals > Satisfaction with all services client received > Do Services Help Recipient Care For Self (SVCSELF) > No Stratifier.
- U. **“88% [87.6%] of home-delivered meal recipients say meals helps them stay in their own homes”** is from the 2019 Administration for Community Living (ACL) National Survey of Older Americans Act (OAA) Participants. Figure is from the responses of a nationally representative sample of clients receiving Home-delivered meals funded through Title III of the OAA. Data available in the ACL AGing, Independence, and Disability Program Data Portal (AGID) National OAA Participants Survey (NPS) Custom Tables (*National Survey of OAA Participants*): <https://agid.acl.gov/CustomTables/NPS/Year/> (Tables filters – Year: 2019; Elements: Home Delivered Meals > Results of participating in home delivered meals > Do Meals On Wheels Help To Stay In Own Home (HMSTAYHM) > No Stratifier.)

THE OAA NUTRITION PROGRAM IS A SUCCESSFUL PUBLIC-PRIVATE PARTNERSHIP AND RECEIVES THE LARGEST PORTION OF FEDERAL FUNDING APPROPRIATED FOR PROGRAMS THROUGH THE OAA.

- V. **“Expenditures for OAA Title III-C Nutrition Services, 2019”** chart figures and **“Nationally, the OAA funds 40% of the total cost to provide nutrition services; the other 60% of funding that serves seniors each year comes from state and/or local sources, private donations from foundations, corporations and individuals, and federal block grants.”** are from the 2019 Administration for Community Living (ACL) State Program Reports. US dollars (US\$) and percentage figures are calculated by Meals on Wheels America and reflect expenditures by nutrition programs receiving some amount of federal funding through Title III of the Older Americans Act (OAA) in the United States (including territories) for the 2019 federal fiscal year and excludes data from programs that only receive funding through private and/or other non-OAA funding sources alone. Data available in the ACL AGing, Independence, and Disability Program Data Portal (AGID) Custom Tables (*State Program Reports*): <https://agid.acl.gov/CustomTables/SPR/Year/>
- a. “Total” expenditures figure reflects outlays/payments made using OAA Title III federal funds plus other program income spent to provide allowable nutrition services. US\$ calculated by adding expenditures for “Congregate Meals” + “Home-Delivered Meals.” Tables filters – Year: 2019; Elements: Expenditures > Total Expenditures > Congregate

Meals + Home-Delivered Meals; Stratifiers: All Age Groups; Geography: All U.S. Totals > 50 States + D.C. & Territories.

- b. “OAA” expenditures figures reflect outlays/payments made using OAA Title III federal funds to provide allowable nutrition services. US\$ calculated by adding expenditures for “Congregate Meals” + “Home-Delivered Meals.” Percentage represents the proportion of “OAA” Title III expenditures that make up of “Total” expenditures and is calculated by dividing “OAA” expenditures by “Total” expenditures in US\$ and multiplying by 100%. Tables filters – Year: 2019; Elements: Expenditures > Title III Expenditures > Congregate Meals + Home-Delivered Meals; Stratifiers: All Age Groups; Geography: All U.S. Totals > 50 States + D.C. & Territories.
- c. “Other” expenditures figures reflect program income other than OAA Title III funds, such as state, local and private dollars, spent by programs receiving OAA Title III funding to provide allowable nutrition services and includes the combined expenditures for “Congregate Meals” + “Home-Delivered Meals.” US\$ calculated by subtracting the “OAA” expenditures (b.) from the “Total” expenditures” (a.) in US\$. Percentage represents the ratio of expenditures from other (non-OAA) sources (i.e., state and/or local sources, private donations from foundations, corporations and individuals, and federal block grants) that make up of “Total” expenditures and is calculated by dividing “Other” expenditures by “Total” expenditures (a.) in US\$ and multiplying by 100%.

LEADING UP TO THE PANDEMIC, PROGRAMS WERE SERVING A SMALLER PORTION OF THE TOTAL SENIOR POPULATION, AND INFLATION ALONE HAD STEADILY REDUCED BUYING POWER OF FEDERAL FUNDING OVER TIME.

Before the pandemic:

- W. **“The senior population struggling with hunger had increased while fewer seniors received OAA nutrition services”** graph data is from a Feeding America analysis of 2009-2019 U.S. Census Bureau Current Population Survey (CPS) and the 2009-2019 Administration for Community Living (ACL) State Program Reports. Graph created by Meals on Wheels America with data for the population of older adults ages 60 and older living in United States (excluding territories).
 - a. “Food insecure seniors” is from a special data file request from an August 2021 Feeding America report by J. Ziliak, C. Gunderson, J. Hilvers, & M. Hake titled *The State of Senior Hunger in America in 2019*. Estimates are for adults ages 60 and older living in the United States (excluding territories) who are considered “food insecure” (including those who are “very low food secure”) using analyzed data from the 2009-2019 CPS. Data file available from Feeding America: <https://www.feedingamerica.org/research/senior-hunger-research>.
 - b. “Seniors served OAA meals” is from the 2009-2019 ACL State Program Reports. Figure calculated by Meals on Wheels America by adding total counts of Clients for “Congregate Meals” + “Home-Delivered Meals”. Figures reflect qualified individuals that received eligible meals in his/her place of residence or a congregate or group setting. Data available in the ACL AGing, Independence, and Disability Program Data Portal (AGID) Custom Tables (*State Program Report*): <https://agid.acl.gov/CustomTables/SPR/Year/> (Table filters – Year: 2009 through 2019; Elements: Clients > Persons Served, by Service > Congregate Meals + Home-Delivered Meals; Stratifiers: All Age Groups; Geography: All U.S. Totals > 50 States + D.C.) Note: This figure double counts seniors who received both home-delivered meals and congregate meals.

AMID COVID-19, THE OAA NUTRITION PROGRAM HAS SERVED AS A LIFELINE FOR OLDER ADULTS AND THEIR FAMILIES AS THE NEED AND DEMAND FOR NUTRITION AND SOCIALIZATION SERVICES HAVE SKYROCKETED ALONG WITH OPERATING EXPENSES FOR COMMUNITY-BASED NUTRITION PROGRAMS.

- X. **“At their highest numbers served during the pandemic, programs reported serving an average of about 100% more home-delivered meals and serving home-delivered meals to 84% more seniors weekly than they were before the pandemic began”** is from the July 2021 Meals on Wheels America *COVID-19 Network Pulse Survey* conducted by Meals on Wheels America with 258 programs that were members of Meals on Wheels America. Percentage increase in home-delivered meals was calculated based on responses to the following survey question: ***What was the average number (#) of home-delivered meals served per week before COVID-19, at your highest point, and what is it now?*** Data are from 180 Meals on Wheels America members that answered this question and reported # meals served before the pandemic began and at their highest numbers. Full report available at: www.mealsonwheelsamerica.org/learn-more/research/covid-19-research-portfolio
- Y. **“82% of local programs agreed, ‘New clients are here to stay’”** is from the November 2020 Meals on Wheels America *COVID-19 Member Impact Study* survey conducted by Trailblazer Research with 351 programs that were members of Meals on Wheels America. Percentage based on respondents who answered “Agree” or “Strongly Agree” to the following survey question: ***How strongly do you agree or disagree with the following statement?: New clients are here to stay.*** Data are from 241 Meals on Wheels America members that answered this question. Executive summary available at: www.mealsonwheelsamerica.org/learn-more/research/covid-19-research-portfolio
- Z. **“88% of local programs said costs had increased due to purchase of personal protective equipment and safety supplies, meal production expenses and/or labor costs”** is from the November 2020 Meals on Wheels America *COVID-19 Member Impact Study* survey conducted by Trailblazer Research with 351 programs that were members of Meals on Wheels America. Percentage is based on respondents who answered “True” in response to the following response options in the following survey question: ***Which of the following are true for you? (Check all that apply): h) Our safety supply costs/budget have increased; i) Our meal production costs have increased; j) Our labor costs have increased (because of additional hours and/or decreased volunteers).*** Data are from 238 Meals on Wheels America members that answered this question and indicated a response of “h” through “i.” Executive summary available at: www.mealsonwheelsamerica.org/learn-more/research/covid-19-research-portfolio
- AA. **“96% of local programs predicted that food and production costs would remain high”** is from the November 2020 Meals on Wheels America *COVID-19 Member Impact Study* survey conducted by Trailblazer Research with 351 programs that were members of Meals on Wheels America. Percentage is based on respondents who answered “Agree” or “Strongly agree” to the following survey question: ***How strongly do you agree or disagree with the following statement?: Food & production costs will stay high.*** Data are from 240 Meals on Wheels America members that answered this question. Executive summary available at: www.mealsonwheelsamerica.org/learn-more/research/covid-19-research-portfolio

EMERGENCY COVID-19 FUNDING PROVIDED THROUGH THE OAA NUTRITION PROGRAM HELPED LOCAL MEALS ON WHEELS PROGRAMS SERVE A LOT MORE SENIORS DURING AN UNPRECEDENTED TIME, BUT MORE SUPPORT IS NEEDED TO MEET THE EXISTING NEED AND AVOID SCALING BACK OR DISCONTINUING SERVICE.

- BB. “86% of local programs said there was unmet need for home-delivered meals in their community” and “29% of local programs said they would need to nearly double or more than double their home-delivered efforts to serve the unmet need for home-delivered meals in their community” are from the November 2020 Meals on Wheels America *COVID-19 Member Impact Study* survey conducted by Trailblazer Research with 351 programs that were members of Meals on Wheels America. Percentages are based on responses to the following rating scale survey question: *If you were to provide nutrition support to all the seniors in your area that needed it, you would need to increase your home-delivered meal efforts by... a) up to 10% to serve the HD needs of seniors here” ... f) more than double our program to serve the HD needs of seniors here; g) Not applicable. We believe that all seniors in our community that need HD meals are getting it”.* Data are from 247 Meals on Wheels America members that answered this question (excluding those who answered “Don’t know”). Executive summary available at: www.mealsonwheelsamerica.org/learn-more/research/covid-19-research-portfolio
- CC. “48% of local programs said they would not be able to support their current client base without continued increased funding” is from the July 2021 Meals on Wheels America *COVID-19 Network Pulse Survey* conducted by Meals on Wheels America with 258 programs that were members of Meals on Wheels America. Percentage is based on the number of respondents who answered “True” in response to the following survey question: *Which of the following are true for you? (Check all that apply): e) We've been able to survive with grants and loans, but will not be able to support our current client base without continued infusions of cash beyond our typical reimbursements, contracts, etc.* Data are from 225 Meals on Wheels America members that answered this question. Full report available at: www.mealsonwheelsamerica.org/learn-more/research/covid-19-research-portfolio
- DD. “74% of local programs believed they would lose the financial support but keep the clients” is from the November 2020 Meals on Wheels America *COVID-19 Member Impact Study* survey conducted by Trailblazer Research with 351 programs that were members of Meals on Wheels America. Percentage is based on respondents who answered “Agree” or “Strongly agree” to the following survey question: *How strongly do you agree or disagree with the following statement? Attention/interest will wane and we'll lose the financial support but keep the clients.* Data are from 238 Meals on Wheels America members that answered this question. Executive summary available at: www.mealsonwheelsamerica.org/learn-more/research/covid-19-research-portfolio
- EE. “71% of adults said supporting programs like Meals on Wheels is “more important” in the wake of COVID-19” is from a December 2020 Omnibus Study telephone survey conducted by SSRS with questions included for Meals on Wheels America. Figure reflects a nationally representative sample of Americans age 25 and older who were familiar with Meals on Wheels. Percentage based on respondents who answered “More important” to the following survey question: *In the wake of Covid-19, how important is it to support programs like Meals on Wheels?* Data are from 575 survey participants that answered this question.

FF. "72% of adults felt the federal or state government should help fund services like Meals on Wheels" is from a December 2020 Omnibus Study telephone survey conducted by SSRS with questions included for Meals on Wheels America. Figure reflects a nationally representative sample of Americans age 25 and older who were familiar with Meals on Wheels. Percentage based on respondents who checked "Federal government and/or State or local government" on the following survey question: *Who do you think should pay for Meals on Wheels? (Check all that apply.)* Data are from 575 survey participants that answered this question.

WITH GREATER FEDERAL INVESTMENTS IN THE OAA NUTRITION PROGRAM, SENIOR NUTRITION PROGRAMS ACROSS THE COUNTRY WILL BE ENABLED TO CONTINUE EXPANDED OPERATIONS, ADDRESS CURRENT GAPS IN SERVICES AND GROW TO MEET THE FUTURE NEEDS OF OLDER ADULTS IN THE YEARS TO COME.