



## SOURCES & METHODS:

# STATES' AND AMERICA'S AGING POPULATIONS BY THE NUMBERS

### Note:

- This fact sheet presents the most recent data available on the topic at the time of publication.
- To provide the most accurate and current information, some data may come from different sources than prior iterations of this fact sheet. Because data collection methods and reporting vary across sources, caution should be used when comparing figures from prior fact sheets.
- The data are estimates and have a margin of error. For some data sources, small changes in estimates are common and should not be overemphasized, as they may reflect differences in samples or methodology rather than a meaningful trend. These fact sheets provide a snapshot of the topic, but changes over time and differences between states should be interpreted with care.

### POPULATION, DEMOGRAPHICS AND NEEDS: AGE 60 AND OVER POPULATION

- **Total population of adults age 60+ #** calculated by Meals on Wheels America using data from the U.S. Census Bureau Population Estimates by Characteristics. Estimates are for the population ages 60 and older in 2024 (states) and 2024 (U.S.).
  - **State:** Counts calculated by Meals on Wheels America by aggregating values for all ages of women and men 60+ years old. Percentages calculated by dividing counts of the state population age 60+ in each state by the total state population of men and women of all ages, then multiplying by 100. Data available from the U.S. Census Bureau, Population Division. Table: Annual Estimates of the Civilian Population by Single Year of Age and Sex for the United States and States: April 1, 2020 to July 1, 2024 (SC-EST2024-AGESEX-CIV). Release date: June 2025. <https://www.census.gov/data/datasets/time-series/demo/popest/2020s-state-detail.html>
  - **National:** Counts calculated as above. Data available from data table *NC-EST2024-AGESEX-RES: Annual Estimates of the Resident Population by Single Year of Age and Sex for the United States: April 1, 2020 to July 1, 2024* Source: U.S. Census Bureau, Population Division. Last updated: November 2024. Available at: <https://www.census.gov/data/datasets/time-series/demo/popest/2020s-national-detail.html>
- **“Race” and “Hispanic/Spanish/Latino ethnicity” [%]** figures are from the U.S. Census Bureau Population Estimates by Characteristics. Estimates are for the population age 60 and older in 2024 (states) and 2024 (U.S.).
  - **States:** Estimates are for the population age 60 and older living in each state in 2024. Percentages calculated by Meals on Wheels America by aggregating data to combine by male + female, by all single years of age 60 and older and (for all races except White; data for White race reported by White Hispanic and White non-Hispanic) by Hispanic + not Hispanic, then dividing the race/ ethnicity count by the total race/ ethnicity counts, then multiplying by 100. Data available in the table *Annual State Resident Population Estimates for 6 Race Groups (5 Race Alone Groups and Two or More Races) by Age, Sex, and Hispanic Origin: April*

1, 2020 to July 1, 2024 (SC-EST2024-ALLDATA6). Source: U.S. Census Bureau, Population Division. Release date: June 2025. Available at <https://www.census.gov/data/datasets/time-series/demo/popest/2020s-state-detail.html>.

- **National:** Race counts calculated by aggregating data for all ages 60+ for each race. Ethnicity counts calculated by aggregating counts of persons age 60+ of Hispanic origin for each race group. Percentages calculated by dividing the population age 60+ for each race and ethnicity group by the total population age 60+, then multiplying by 100. National data are from *Annual Estimates of the Resident Population by Sex, Age, Race, and Hispanic Origin for the United States: April 1, 2020 to July 1, 2024 (NC-EST2024-ASR6H)*. Source: U.S. Census Bureau, Population Division. Release Date: June 2025. Available at: <https://www.census.gov/data/datasets/time-series/demo/popest/2020s-national-detail.html>
- **“Women” [%]** figures are from the U.S. Census Bureau State Population by Characteristics Estimates. Estimates are for the population age 60 and older in 2024 (states) and 2024 (U.S.). Percentage calculated by Meals on Wheels America by dividing the Female count by the combined total counts of Male + Female, then multiplying by 100%.
  - **States:** Data available from the Census Bureau. Table: *Annual Estimates of the Civilian Population by Single Year of Age and Sex for the United States and States: April 1, 2020 to July 1, 2024 (SC-EST2024-AGESEX-CIV)*. <https://www.census.gov/data/datasets/time-series/demo/popest/2020s-state-detail.html>.
  - **National:** Data available from U.S. Census Bureau. Table: *Annual Estimates of the Resident Population by Single Year of Age and Sex for the United States: April 1, 2020 to July 1, 2024 (NC-EST2024-AGESEX-RES)*. Available at: <https://www.census.gov/data/datasets/time-series/demo/popest/2020s-national-detail.html>
- **“Veterans” [#]** figures are from the U.S. Census Bureau American Community Survey (ACS) table S0102 *Population 60 Years and Over in the United States*. Data are for adults age 60 and over living in state from 2020 to 2024 (states) or in 2024 (U.S.).
  - **State** data available in ACS data table S0102 *Population 60 Years and Over in the United States*, 2024 5-year estimates, Geography=[State]: [https://data.census.gov/table/ACSST5Y2024.S0102?q=s0102&g=010XX00US\\$0400000](https://data.census.gov/table/ACSST5Y2024.S0102?q=s0102&g=010XX00US$0400000)
  - **National** data available in S0102 *Population 60 Years and Over in the United States*, 2024 1-year estimates, Geography= [United States]: [https://data.census.gov/table/ACSST1Y2024.S0102?q=S0102:+Population+60+Years+and+Over+in+the+United+States&g=010XX00US,\\$0400000](https://data.census.gov/table/ACSST1Y2024.S0102?q=S0102:+Population+60+Years+and+Over+in+the+United+States&g=010XX00US,$0400000)
- **“Live in a rural area” [%]** figures are from the U.S. Census Bureau ACS Table S0101 Age and Sex. Data are for adults age 60 and over living in state from 2020 to 2024 (states) or in 2024 (U.S.). Percentages for states and nationwide calculated by Meals on Wheels America by dividing the rural population number by the number of the total population, then multiplying by 100.
  - **State** data available in the 2024 (5-year estimates) ACS table S0101. Age and sex. Geography=[State], [State]-Rural and [State]-Urban. Available at: [https://data.census.gov/table/ACSST5Y2023.S0101?g=040XX01US01,02,04,05,06,08,09,10,11,12,13,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,44,45,46,47,48,49,50,51,53,54,55,56\\_040XX43US01,02,04,05,06,08,09,10,12,13,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,44,45,46,47,48,49,50,51,53,54,55,56](https://data.census.gov/table/ACSST5Y2023.S0101?g=040XX01US01,02,04,05,06,08,09,10,11,12,13,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,44,45,46,47,48,49,50,51,53,54,55,56_040XX43US01,02,04,05,06,08,09,10,12,13,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,44,45,46,47,48,49,50,51,53,54,55,56)[https://data.census.gov/table/ACSST5Y2024.S0101?g=040XX01US01,02,04,05,06,08,09,10,11,12,13,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,44,45,46,47,48,49,50,51,53,54,55,56\\_040XX43US01,02,04,05,06,08,09,10,12,13](https://data.census.gov/table/ACSST5Y2024.S0101?g=040XX01US01,02,04,05,06,08,09,10,11,12,13,15,16,17,18,19,20,21,22,23,24,25,26,27,28,29,30,31,32,33,34,35,36,37,38,39,40,41,42,44,45,46,47,48,49,50,51,53,54,55,56_040XX43US01,02,04,05,06,08,09,10,12,13)

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- **National** data available in the 2024 (1-year estimates) ACS table S0201. Age and sex. Geographies = United States; United States – Rural; United States – Urban. Available at: [https://data.census.gov/table/ACSST1Y2024.S0101?g=010XX01US\\_010XX43US](https://data.census.gov/table/ACSST1Y2024.S0101?g=010XX01US_010XX43US)
- **“Language spoken at home and ability to speak English- English only, Language other than English, and speak English less than ‘very well’” [%]** figures are from the U.S. Census Bureau American Community Survey (ACS) 5-Year Estimates (states) and 1-Year Estimates (US). Table: *S0102 Population 60 Years and Over in the United States*. Data are for adults age 60 and over living in state from 2020 to 2024 (states) or in 2024 (U.S.).
  - **State** data available in ACS data table S0102 Population 60 Years and Over in the United States, 2024 5-year estimates, Geography=[State]. Data available at: [https://data.census.gov/table/ACSST5Y2023.S0102?q=s0102&g=010XX00US\\$0400000https://data.census.gov/table/ACSST5Y2024.S0102?q=s0102&g=010XX00US\\$0400000](https://data.census.gov/table/ACSST5Y2023.S0102?q=s0102&g=010XX00US$0400000https://data.census.gov/table/ACSST5Y2024.S0102?q=s0102&g=010XX00US$0400000)
  - **National** data available in S0102 Population 60 Years and Over in the United States, 2024 1-year estimates, Geography= [United States]. Data available at: [https://data.census.gov/table/ACSST1Y2024.S0102?q=S0102:+Population+60+Years+and+Over+in+the+United+States&g=010XX00US,\\$0400000](https://data.census.gov/table/ACSST1Y2024.S0102?q=S0102:+Population+60+Years+and+Over+in+the+United+States&g=010XX00US,$0400000)

## POPULATION, DEMOGRAPHICS AND NEEDS: FOOD INSECURITY AND NUTRITION

- **Marginally food secure/ low food secure / very low food secure” [#], [%], [rank]** figures are from the Current Population Survey Food Security Supplement. Estimate is for adults age 60 and older living in state who were considered “marginally food insecure”, “food insecure”, or “very low food secure” in the past 12 months from 2023 to 2024 (states) or in 2023 (national). Values for “marginally food secure” calculated by adding numbers for “marginal food secure,” “low food secure” and “very low food secure.” Values for “low food secure” calculated by adding values for “low food secure” and “very low food secure.” **Note:** Values for each of food insecurity categories are not mutually exclusive (i.e., [#] and [%] for “marginally food insecure” seniors include those who are “low food secure” and “very low food secure,” and figures for “low food secure” seniors also incorporate those who are “very low food secure”). Definitions are from USDA, “Definitions of Food Security” (webpage), available at <https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/definitions-of-food-security/>
  - **State** data is from Meals on Wheels America analysis of data from the December 2023 and December 2024 Current Population Survey Food Security Supplement. Data are averages of data for 2023 and 2024 to get a larger sample size in each state. Data include adults age 60 and older who were categorized as having experienced “marginal food security,” “Low food security” and/or “Very low food security.” Data available at: [https://www.census.gov/data/datasets/time-series/demo/cps/cps-supp\\_cps-repwgt/cps-food-security.html](https://www.census.gov/data/datasets/time-series/demo/cps/cps-supp_cps-repwgt/cps-food-security.html) Retrieved 1/26/2026. Note: you will need statistical software to analyze the data.
  - **National** data is from Meals on Wheels America analysis of data from the December 2024 Current Population Survey Food Security Supplement. Data include adults age 60 and older who were categorized as having experienced “marginal food security,” “Low food security” and/or “Very low food security.” Data available at: [https://www.census.gov/data/datasets/time-series/demo/cps/cps-supp\\_cps-repwgt/cps-food-security.html](https://www.census.gov/data/datasets/time-series/demo/cps/cps-supp_cps-repwgt/cps-food-security.html) Retrieved 1/26/2026. Note: you will need statistical software to analyze the data.

- **“Senior households receiving Supplemental Nutrition Assistance Program (SNAP):”** [#] and [%] figures are from the U.S. Census Bureau American Community Survey (ACS). Data are for “Households receiving food stamps/SNAP” x “With one or more people in the household 60 years and over.” State data are for 2020 to 2024, and US data are for 2024. Percentages calculated by dividing the number of 60+ households receiving SNAP by the total number of age 60+ households (those receiving SNAP plus those not receiving SNAP). Data available from <https://data.census.gov/>
  - **State** data available in Census Bureau ACS Subject Tables (ACS table S2201, 2024 5-year estimates, Geography=[state], *Geography = [State]*). Available at: [https://data.census.gov/table/ACSST5Y2023.S2201?q=Income+and+Earnings&g=010XX00US\\$0400000https://data.census.gov/table/ACSST5Y2024.S2201?q=Income+and+Earnings&g=010XX00US\\$0400000](https://data.census.gov/table/ACSST5Y2023.S2201?q=Income+and+Earnings&g=010XX00US$0400000https://data.census.gov/table/ACSST5Y2024.S2201?q=Income+and+Earnings&g=010XX00US$0400000)
  - **National** data available in Census Bureau ACS Subject Tables (ACS table S2201, 2024 1-year estimates, Geography=United States, *Geography = United States*). Available at: [https://data.census.gov/table/ACSST1Y2024.S2201?q=Income+and+Earnings&g=010XX00US\\_310XX00US35620](https://data.census.gov/table/ACSST1Y2024.S2201?q=Income+and+Earnings&g=010XX00US_310XX00US35620)
- **“Seniors eating less than one vegetable a day”** [%] figures are from the 2021 Centers for Disease Control and Prevention (CDC) Behavioral Risk Factor Surveillance System (BRFSS). Estimates are for the population ages 60 and older living in the state or nation (50 states+ DC) in 2021. Percentages calculated by Meals on Wheels America. Data available in the CDC BRFSS website: <https://www.cdc.gov/brfss/> Note: You will need statistical software to view the data.
- **“Seniors eating less than one fruit a day”** [%] figures are from the 2021 Centers for Disease Control and Prevention (CDC) Behavioral Risk Factor Surveillance System (BRFSS). Estimates are for the population ages 60 and older living in state or nation (50 states+ DC) in 2021. Percentages calculated by Meals on Wheels America. Data available in the CDC BRFSS website: <https://www.cdc.gov/brfss/> Note: You will need statistical software to view the data.

## POPULATION, DEMOGRAPHICS AND NEEDS: SOCIAL ISOLATION

- **“Seniors living alone”** [#] and [%] <https://usa.ipums.org/usa/sda/> figures are from: Meals on Wheels America calculations of 2024 American Community Survey data. Figure calculated by aggregating counts of persons 60+ (men + women) living alone, and dividing by the total population age 60+ with data, then multiplying by 100. Retrieved 3/5/2026. (Filters: Row: statefip (for states); age (for national) column: hhtype; weight: person weight, filter: age(60-140)). Available through the IPUMS USA website at <https://usa.ipums.org/usa/sda/> IPUMS USA, University of Minnesota, [www.ipums.org](http://www.ipums.org). Note: You will need to create an account on the IPUMS USA website to access the data.
- **“State ranking for risk of social isolation”** (state fact sheets only) figures are from the 2025 edition of the United Health Foundation report titled *2025 Senior Report* with analysis of 2019-2023 U.S. Census Bureau American Community Survey (ACS) data. Lower state ranking indicates lower relative risk for social isolation among adults age 65 and older compared to other states (data not available for DC). Risk for social isolation is based on the following factors: 1) poverty; 2) living alone; 3) divorced, separated, or widowed; 4) never married; 5) disability; 6) independent living difficulty. Data are for the population age 65 and older living in state. Note: No ranking for Washington, D.C. Data available in the United Health Foundation *America’s Health Rankings* Data webpage (*Risk of Social Isolation – Ages 65+*). Available at: <https://www.americashealthrankings.org/publications/reports/2025-senior-report>

## POPULATION, DEMOGRAPHICS AND NEEDS: POVERTY

- **“Seniors living below the poverty line” Supplemental poverty measure [#] and [%]** figures are from the Bureau Current Population Survey Annual Social and Economic (March) Supplement (CPS ASEC) data. Estimates are for the total population age 60 and older living at or below 100% of the poverty threshold using the Supplemental Poverty Measure in the past 36 months from 2022 to 2024 (states) or past 12 months in 2024 (US). Data available at <https://data.census.gov/mdat/#/>
  - **States:** Data available in the Census Bureau Current Population Survey Annual Social and Economic (March) Supplement (CPS ASEC). Data are for ages 60 and older. Figures calculated by Meals on Wheels America by averaging poverty counts from 2023-2025. Percentage calculated by dividing 3-year average poverty count by 3-year average poverty count+ 3 year average count of individuals not in poverty and multiplying by 100. Table filters; Vintage: March 2025, 2024, 2023; Weighting: Weight, March supplement- Person; On Columns: SPM\_POOR, "Values in table cells" Options: A\_AGE: 60 and older, Values in tables cells: Count. [https://data.census.gov/app/mdat/CPSASEC2025/geos?cv=SPM\\_POOR&rv=ucgid&vw=A\\_AGE\(0:60:85\)&wt=MARSUPWT&g=AwFm-BVBIYEYA0wBMSRIKxIGxIBxICcCcwJicqcAzCVnLnAOwkFzHJnKLKrK3J0yLMlziWYAsmLUy1RNVTVa1dNSzVc1FtQLViYBCEQhUIDCCwhclFiAlhiGMhkQZaGdBiwZsQA](https://data.census.gov/app/mdat/CPSASEC2025/geos?cv=SPM_POOR&rv=ucgid&vw=A_AGE(0:60:85)&wt=MARSUPWT&g=AwFm-BVBIYEYA0wBMSRIKxIGxIBxICcCcwJicqcAzCVnLnAOwkFzHJnKLKrK3J0yLMlziWYAsmLUy1RNVTVa1dNSzVc1FtQLViYBCEQhUIDCCwhclFiAlhiGMhkQZaGdBiwZsQA)
  - **National:** Data available in the Census Bureau Current Population Survey Annual Social and Economic (March) Supplement (CPS ASEC). Table filters; Vintage: March 2025; Weighting: Weight, March supplement- Person; On Columns: SPM\_POOR, "Values in table cells" Options: A\_AGE: 60 and older, Values in tables cells: Count. Available at: [https://data.census.gov/app/mdat/CPSASEC2025/table?cv=SPM\\_POOR&vw=A\\_AGE\(0:60:85\)&wt=MARSUPWT](https://data.census.gov/app/mdat/CPSASEC2025/table?cv=SPM_POOR&vw=A_AGE(0:60:85)&wt=MARSUPWT)
- **“Seniors living below the poverty line” Official poverty measure [#] and [%]** figures are from the U.S. Census Bureau American Community Survey (ACS) table B17020: *Poverty Status in the Past 12 Months by Age*. Estimates are for the population age 60 and older living in the United States at or below 100% of the Census Bureau official poverty threshold.
  - **States:** Data available in Census Bureau ACS Subject Tables (ACS table B17020, 2024 5-year estimates, Geography=[state]). Available at: [https://data.census.gov/table/ACSST5Y2024.B17020?q=B17020&g=010XX00US\\$0400000](https://data.census.gov/table/ACSST5Y2024.B17020?q=B17020&g=010XX00US$0400000)
  - **National:** Data available in Census Bureau ACS Subject Tables (ACS table B17020, 2024 1-year estimates, Geography=United States). Available at: <https://data.census.gov/table/ACSST1Y2024.B17020?q=B17020&g=010XX00US>
- **“Seniors who lack the income to pay for basic living needs – Singles / Couples” [%]** figures are from a 2026 report by C. Coyle, M. Ward, N. Velasco Roldán, C. Somerville, and J. Mutchler, published by the Center for Social and Demographic Research at the University of Massachusetts Boston and titled *Living Between the Lines: Economic Insecurity and Older Americans: Insecurity in the States, 2025* “Singles” data includes individuals living alone and “Couples” includes two-senior

households with incomes below the Elder Index, which is reflective of the costs of housing, health care, transportation, food and miscellaneous essentials for adults age 65 and older living in the state or nation independently in 2025. Full report available at (see *Tables 3a* and *3b*): <https://scholarworks.umb.edu/cgi/viewcontent.cgi?article=1108&context=demographyofaging>

## HEALTH CARE UTILIZATION AND COSTS: HEALTH AND DISABILITY

- **“Seniors living with a disability” [%]** figures are from the U.S. Census Bureau American Community Survey (ACS) table S0102 Population 60 Years and Over in the United States. Data are for adults age 60 and over living in state from 2020 to 2024 (states) or in 2024 (U.S.). Data available at
  - **State** data available in ACS data table S0102 Population 60 Years and Over in the United States, 2024 5-year estimates, Geography=[State]. Data available at: [https://data.census.gov/table/ACSST5Y2024.S0102?q=s0102&g=010XX00US\\$0400000](https://data.census.gov/table/ACSST5Y2024.S0102?q=s0102&g=010XX00US$0400000) Data available at: [https://data.census.gov/table/ACSST5Y2024.S0102?q=s0102&g=010XX00US\\$0400000](https://data.census.gov/table/ACSST5Y2024.S0102?q=s0102&g=010XX00US$0400000)
  - **National** data available in S0102 Population 60 Years and Over in the United States, 2024 1-year estimates, Geography= [United States]. Data available at: [https://data.census.gov/table/ACSST1Y2024.S0102?q=S0102:+Population+60+Years+and+Over+in+the+United+States&g=010XX00US,\\$0400000](https://data.census.gov/table/ACSST1Y2024.S0102?q=S0102:+Population+60+Years+and+Over+in+the+United+States&g=010XX00US,$0400000)
- **“Seniors reporting 'fair to poor' health” [%]** figure is from the 2024 Centers for Disease Control and Prevention (CDC) Behavioral Risk Factor Surveillance System (BRFSS). Estimates are for the population ages 60 and older living in state or nation. Percentages calculated by Meals on Wheels America. Data available from the CDC BRFSS website: <https://www.cdc.gov/brfss/> Note: You will need statistical software to read the data.
- **“Seniors with multiple (3+) chronic conditions” [%]** figure is from the 2023 *Mapping Medicare Disparities by Population* tool from the Centers for Medicare and Medicaid Services. Data are for Medicare beneficiaries age 65 and older living with three or more of 60 different chronic conditions. Data available in the United Health Foundation *America’s Health Rankings Senior Report (National Multiple Chronic Conditions – Ages 65+)*: <https://data.cms.gov/tools/mapping-medicare-disparities-by-population>. (Filters –Population: Medicare Fee For Service, Year: 2023, Geography: State/Territory, Measure: Prevalence, Adjustment: Unsmoothed actual, Analysis: Difference from national average, Domain: Primary chronic condition, condition/ service: 3+ of the claims, Sex: All, Age: All, Race & ethnicity: All; Dual eligible: Dual & non-dual, Medicare eligibility: All)
- **“Seniors with diabetes/kidney disease/heart failure” [%]** figure is from the 2023 Centers for Medicare and Medicaid Services (CMS) Office of Minority Health *Mapping Medicare Disparities (MMD)* data. Estimate reflects the prevalence of these diseases in 2023 among Medicare beneficiaries of all ages and all eligibility categories. Data available in the CMS *MMD Population View Tool*: <https://data.cms.gov/tools/mapping-medicare-disparities-by-population> (Table filters – Population: Medicare Fee For Service, Year: 2023; Geography: State/Territory; Measure: Prevalence; Adjustment: Unsmoothed actual; Analysis: Difference from national average; Condition/Service: Diabetes/ Ischemic Kidney Disease/ Ischemic Heart Disease; Sex: ALL; Age: ALL; Race and Ethnicity: ALL; Medicare Eligibility: ALL)

## HEALTH CARE UTILIZATION AND COSTS: FALLS AND HEALTH CARE UTILIZATION

- **“Seniors experiencing falls with injury” [%]** figure comes from the 2023 Centers for Disease Control and Prevention (CDC) Behavioral Risk Factor Surveillance System (BRFSS). Estimates are for the population ages 60 and older living in state or in the U.S. who fell and sustained an injury within the last year that limited their regular activities for at least a day or caused them to go to see a doctor. Percentages calculated by Meals on Wheels America. State and national data available in the CDC BRFSS website: [https://www.cdc.gov/brfss/annual\\_data/annual\\_data.htm](https://www.cdc.gov/brfss/annual_data/annual_data.htm) Note: You will need statistical software to read the data.
- **“Hospital readmissions within 30 days among Medicare participants” [%]** figure is from the 2023 Centers for Medicare and Medicaid Services (CMS) Office of Minority Health *Mapping Medicare Disparities* (MMD) data. Estimate reflects the all-cause 30-day hospital readmission rate (readmissions per 100 admissions) in 2023 among Medicare beneficiaries of all ages and all eligibility categories. Data available in the CMS *MMD Population View Tool*: <https://data.cms.gov/tools/mapping-medicare-disparities-by-population> (Table filters – Population: Medicare Fee For Service, Year: 2023; Geography: State/Territory; Measure: Readmissions; Adjustment: Unsmoothed actual; Analysis: Difference from national average; Condition/Service: All-Cause Readmissions; Sex: ALL; Age: ALL; Race and Ethnicity: ALL; Medicare Eligibility: ALL)
- **“Preventable hospitalizations among Medicare participants” [%]** figure is from the 2023 Centers for Medicare and Medicaid Services (CMS) Office of Minority Health *Mapping Medicare Disparities* (MMD) data. Estimate reflects rate of preventable hospitalizations per 1,000 discharges in 2023 for Medicare beneficiaries of all ages and all Medicare eligibility categories. Rate calculated by Meals on Wheels America by dividing the “analysis\_value” (preventable hospitalizations per 100,000) by 1,000. Data available in the CMS *MMD Population View Tool*: <https://data.cms.gov/tools/mapping-medicare-disparities-by-population> (Table filters – Population: Medicare Fee For Service, Year: 2023; Geography: State/Territory; Measure: Prevention quality indicator (PQI); Adjustment: Unsmoothed actual; Analysis: Difference from national average; Condition/Service: Prevention Quality Overall Composite (PQI #90); Sex: All; Age: ALL; Race and Ethnicity: ALL; Medicare Eligibility: ALL).

## HEALTH CARE UTILIZATION AND COSTS: HEALTH CARE COSTS

- **“Total Medicare spending” [ \$ ]** figure is from the Kaiser Family Foundation (KFF) analysis of Centers for Medicare & Medicaid Services (CMS) Program Statistics data. Data are for individuals enrolled in Medicare Part A and/or B during the 2021 calendar year. Data available at the KFF *State Health Facts (Total Medicare Spending)*: [www.kff.org/medicare/state-indicator/medicare-spending-by-residence/](http://www.kff.org/medicare/state-indicator/medicare-spending-by-residence/) (Table filters – Timeframe: 2021; Locations: [State] and [United States])
- **“Medicaid spending for nursing facilities” [ \$ ]** figure is from the Urban Institute estimates based on CMS (Form 64) data published by the Kaiser Family Foundation (KFF). Data are for fee-for-service LTC spending only during the 2024 federal fiscal year and includes state and federal expenditures (excluding administrative costs, accounting adjustments, and expenditures in U.S. territories). Data available at the KFF *State Health Facts (Distribution of Fee-for-Service Medicaid Spending on Long Term Care)*: [www.kff.org/medicaid/state-indicator/spending-on-long-term-care/](http://www.kff.org/medicaid/state-indicator/spending-on-long-term-care/) (Table filters – Data view: Currency; Distributions: Nursing Facilities; Locations: [State] and [United States]) **Note:** According to KFF “In some instances where spending is negative or near zero, spending for that service may be captured in another spending category such as managed care.”

- Managed care Medicaid Spending [\$]** figure is from the Urban Institute estimates based on CMS (Form 64) data published by the Kaiser Family Foundation (KFF). Data are FY 2024 state Medicaid premium payments to managed care organizations (MCOs) providing comprehensive services to Medicaid enrollees, including comprehensive acute care services and, in some cases, long-term services and supports. Data available at the KFF *State Health Facts (Total Medicaid MCO Spending)*: <https://www.kff.org/other/state-indicator/total-medicaid-mco-spending/?currentTimeframe=0&sortModel=%7B%22colId%22:%22Location%22,%22sort%22:%22asc%22%7D> (Table filters –Locations: [State] and [United States]). Note: N/A means not applicable. The state had no contracts with comprehensive MCOs.
- “Medicare beneficiaries who are dually eligible for Medicaid” [%]** figures are from the Kaiser Family Foundation (KFF) analysis of Centers for Medicare & Medicaid Services (CMS) Program Statistics data. Data are for full and partial benefit dual-eligible individuals as of March 2024 of all ages. Data available at the KFF *State Health Facts (Dual Eligibles as a Percent of Total Medicare Beneficiaries)*: Available at <https://www.kff.org/other/state-indicator/dual-eligible-individuals-as-a-share-of-medicare-enrollment/?currentTimeframe=0&selectedDistributions=overall&sortModel=%7B%22colId%22:%22Location%22,%22sort%22:%22asc%22%7D>. Table filters – Timeframe: 2024; Distributions: Total/Overall; Locations: [State] and [United States])
- “Cost of 1 day in a hospital” [\$]** figure is from the American Hospital Association (AHA) 1999 - 2024 Annual Survey data, Copyright 2024 by Health Forum, LLC, an affiliate of AHA, as a special 2025 data request by the Kaiser Family Foundation (KFF). Data are estimates of expenses incurred by the hospital to provide a day of inpatient care, not actual charges or reimbursement. Data available at the KFF *State Health Facts (Hospital Adjusted Expenses per Inpatient Day)*: [www.kff.org/health-costs/state-indicator/expenses-per-inpatient-day/](http://www.kff.org/health-costs/state-indicator/expenses-per-inpatient-day/) (Table filters: Timeframe – 2024 (national); 2024 (states); Locations: [State] and [United States]). Accessed 3/10/2026.
- “Cost of 1 day in a nursing home” [\$]** figure is from the 2025 *Genworth Cost of Care Survey Median Cost Data Tables*. Data are from Genworth Cost of Care Survey, conducted by CareScout® in 2024. Estimate reflects the as reported median daily rate charged by providers for nursing home care for a semi-private room nationally or in state. Data not available for Washington, D.C. Full national and state median rates tables and methodology available at *Genworth Cost of Care Trends & Insights* (see *Daily Median Costs for Nursing Home Facility – Semi-Private Room*): <https://www.carescout.com/cost-of-care>

## DEMOGRAPHICS: PROFILE OF SENIORS RECEIVING OAA TITLE III MEAL SERVICES

- Note:** Figures in this section are for clients receiving home-delivered or congregate meals supported by the Older Americans Act (OAA) Title III. Data do not include clients receiving services under Title VI Grants for Native Americans.
- “Race” [#]** figures are from Administration for Community Living Aging, Independence, and Disability (AGID) Data Portal Data Explorer. Note: data are NOT unduplicated. Multi-racial Consumers are counted in each race indicated. Filters: Data Set: State Performance Reports (SPR) (Title III); Years:2024; Geography: all U.S. Totals, 50 States + DC & Territories; Data Elements: Older Adult Characteristics --> Race--> American Indian and Alaska Native; Asian or Asian American; Black or African American; Native Hawaiian or Pacific Islander; White, Other Race; Two or More Races (unduplicated)--> home-delivered AND congregate services. Data available at: <https://agid.acl.gov/data-explorer> Accessed 2/11/2026.

- “Black or African American” reflects clients identifying as having origins in any of the Black racial groups of Africa.
  - “White” reflects clients identifying as having origins in any of the peoples of Europe, the Middle East, or North Africa, also identifying as a person of Cuban, Mexican, Puerto Rican, South or Central American, or other Spanish culture or origin.
  - “Asian or Asian American” reflects clients identifying as having origins in any of the original peoples of the Far East, Southeast Asia or the Indian Subcontinent including, for example, Cambodia, China, India, Japan, Korea, Malaysia, Pakistan, the Philippine Islands, Thailand, and Vietnam.
  - “American Indian and Alaska Native” reflects clients identifying as having origins in any of the original peoples of North America (including Central America), and who maintain tribal affiliation or community attachment.
  - “Native Hawaiian and Pacific Islander” reflects clients identifying as having origins in any of the original peoples of Hawaii, Guam, Samoa, or other Pacific Islands.
  - “Two or more major race groups” reflects clients identifying as having origins in two or more racial categories.
  - “Another race” reflects clients not identifying as American Indian or Alaskan Native, Asian, Black or African American, Native Hawaiian or Other Pacific Islander, or White.
- **“Hispanic/Spanish/Latino ethnicity” [%]** figures <https://agid.acl.gov/> are from Administration for Community Living Aging, Independence, and Disability (AGID) Data Portal Data Explorer. Filters: Data Set: State Performance Reports (SPR) (Title III); Years: 2024; Geography: all U.S. Totals, 50 States + DC & Territories; Data Elements: Older Adult Characteristics --> Ethnicity--> Hispanic or Latino AND not Hispanic or Latino--> home-delivered AND congregate services. Data available at: <https://agid.acl.gov/data-explorer> . Accessed 2/11/2026. At the national level, 9.7% of HDM participants and 13.0% of CM participants are Hispanic. <https://agid.acl.gov/>
  - **“Total Minority” [%]** figures <https://agid.acl.gov/> are from Administration for Community Living Aging, Independence, and Disability (AGID) Data Portal Data Explorer. Filters: Data Set: State Performance Reports (SPR) (Title III); Years: 2024; Geography: all U.S. Totals, 50 States + DC & Territories; Data Elements: Older Adult Characteristics --> Minority status--> home-delivered AND congregate services --> Total minority AND Total not minority. Data available at: <https://agid.acl.gov/data-explorer>. Accessed 2/11/2026. Racial and ethnic minority populations are defined as: Asian American, Black or African American, Hispanic or Latino, Native Hawaiian and Pacific Islander, American Indian and Alaska Native. At the national level, 30.3% of HDM participants and 35.9% of CM participants are a minority.
  - **“Women” [%]** figure are from Administration for Community Living Aging, Independence, and Disability (AGID) Data Portal Data Explorer. Filters: Data Set: State Performance Reports (SPR) (Title III); Years: 2024 ; Geography: all U.S. Totals, 50 States + DC & Territories; Data Elements: Older Adult Characteristics --> Gender--> Female, Male AND Other--> Congregate Nutrition, Home Delivered Nutrition. Data available at: <https://agid.acl.gov/data-explorer> Accessed 2/11/2026. At the national level, 60.7% of HDM participants and 63.8% of CM participants are Women.
  - **“Living alone” [%]** are from Administration for Community Living Aging, Independence, and Disability (AGID) Data Portal Data Explorer. Filters: Data Set: State Performance Reports (SPR) (Title III); Years: 2024 ; Geography: all U.S. Totals, 50 States + DC & Territories; Data Elements: Older Adult Characteristics --> Household Statues--> Lives alone AND Lives with others--> Congregate Nutrition, Home Delivered Nutrition. Data available at: <https://agid.acl.gov/data-explorer> Accessed 2/11/2026. At the national level, 54.5% of HDM participants and 45.9% of CM participants live alone.

- **“Living in a rural area” [%]** are from Administration for Community Living Aging, Independence, and Disability (AGID) Data Portal Data Explorer. Filters: Data Set: State Performance Reports (SPR) (Title III); Years: 2024; Geography: all U.S. Totals, 50 States + DC & Territories; Data Elements: Older Adult Characteristics --> Geographic distribution--> Rural AND non-rural. Data available at: <https://agid.acl.gov/data-explorer> Accessed 2/11/2026. At the national level, 29.7% of HDM participants and 28.7% of CM participants live in a rural area.
- **“Living below the poverty line” [%]** are from Administration for Community Living Aging, Independence, and Disability (AGID) Data Portal Data Explorer. Filters: Data Set: State Performance Reports (SPR) (Title III); Years: 2024; Geography: all U.S. Totals, 50 States + DC & Territories; Data Elements: Older Adult Characteristics --> Poverty--> at or below poverty AND above poverty. Data available at: <https://agid.acl.gov/data-explorer> Accessed 2/11/2026.. At the national level, 42.0% of HDM participants and 34.9% of CM participants live at or below the poverty line.

### CLIENTS SERVED: SENIORS SERVED OAA TITLE III MEALS

- **“Seniors served congregate meals / home delivered meals / Total seniors served” [#]** figures are from Administration for Community Living Aging, Independence, and Disability (AGID) Data Portal Data Explorer. Filters: Data Set: State Performance Reports (SPR) (Title III); Years: 2024 (national), 2024 (states); Geography: all U.S. Totals, 50 States + DC & Territories; Data Elements: Older Adults Persons and Units --> Total Persons by Service --> Congregate Meals and Home Delivered Meals, Older Adults Persons and Units --> Total Persons Served by Service --> Congregate Meals and Home Delivered Meals. Data available at: <https://agid.acl.gov/data-explorer> Accessed 2/11/2026.

### CLIENTS SERVED AND DEMOGRAPHICS: SENIORS SERVED OAA TITLE VI MEALS

- **“Seniors served congregate meals / home delivered meals / Total seniors served” [#]** figures are from Administration for Community Living Aging, Independence, and Disability (AGID) Data Portal Data Explorer. Filters: Data Set: American Indian, Alaskan Native and Native Hawaiian PPR (Title VI); Years: 2023 (national) and 2023 (states); Geography: all U.S. Totals, 50 States + DC & Territories; Data Elements: Older Adults Persons and Units --> Total Persons by Service --> Congregate Meals and Home Delivered Meals. Data available at: <https://agid.acl.gov/data>. Accessed 2/11/2026. People who received both home-delivered meals and congregate meals may be double counted.

### UNMET NEED

- **“Older adults with low income and food insecurity not receiving meals”** figure is from Meals on Wheels America calculations from the 2021 CPS Food Security Supplement. Data include adults age 60 and older who were categorized as having income below 185% of official poverty line and experienced “Low food security” and/or “Very low food security.” Data for National fact sheet only. Note that this estimate does not include older adults who need meals services but do not have low income and food insecurity and is not a substitute for assessment of a people’s individual service needs. Data available at: [https://data.census.gov/app/mdat/CPSFOODSECURITY202112/table?v=PRTAGE\(60:90\)&cv=HESC1&rv=HESC2,HRFS12M1&nv=HRPOOR\(1\)&wt=PWSUPWGT](https://data.census.gov/app/mdat/CPSFOODSECURITY202112/table?v=PRTAGE(60:90)&cv=HESC1&rv=HESC2,HRFS12M1&nv=HRPOOR(1)&wt=PWSUPWGT)
  - Note: there are an estimated 400,059 additional individuals under 60 eligible for OAA Nutrition Program services with food insecurity and living below 185% of the federal poverty level who are not receiving meals services, including spouses and household members with

a disability living with individuals age 60 and older. For more information, please see <https://www.gao.gov/products/gao-24-107513>

### MEALS SERVED AND EXPENDITURES: OAA TITLE III MEALS SERVED

- **“Home-delivered meals / Congregate meals / Total meals served [#]”** are from Administration for Community Living Aging, Independence, and Disability (AGID) Data Portal Data Explorer. Filters: Data Set: State Performance Reports (SPR) (Title III); Years: 2024 (national), 2024 (states); Geography: all U.S. Totals, 50 States + DC & Territories; Data Elements: Older Adults Persons and Units --> Total Service Units --> Congregate Meals and Home Delivered Meals. Data available at: <https://agid.acl.gov/data-explorer> Accessed 2/11/2026.

### MEALS SERVED AND EXPENDITURES: OAA TITLE VI MEALS SERVED

- **“Home-delivered meals / Congregate meals / Total meals served” [#]** figures are from Administration for Community Living Aging, Independence, and Disability (AGID) Data Portal Data Explorer. Filters: Data Set: American Indian, Alaskan Native and Native Hawaiian PPR (Title VI); Years: 2023 (national) and 2023 (states); Geography: all U.S. Totals, 50 States + DC & Territories; Data Elements: Nutrition Services --> total number of Congregate Meals served + total number of Home-delivered Meals served. Data available at: <https://agid.acl.gov/data>. Accessed 2/11/2026.

### MEALS SERVED AND EXPENDITURES: OAA TITLE III MEAL EXPENDITURES

- **“Title III Expenditures for OAA meals served – Home-delivered meals / Congregate meals / Total meals” [\$]** are from Administration for Community Living Aging, Independence, and Disability (AGID) Data Portal Data Explorer. Filters: Data Set: State Performance Reports (SPR) (Title III); Years: 2024 (national), 2024 (states); Geography: all U.S. Totals, 50 States + DC & Territories; Data Elements: Older Adults Expenditures --> Title III Expenditures --> Congregate Meals and Home Delivered Meals, Older Adults Expenditures. Data available at: <https://agid.acl.gov/data>. Accessed 2/11/2026.
- **“Total expenditures for OAA meals served – Home-delivered meals / Congregate meals / Total meals” [\$]** are from Administration for Community Living Aging, Independence, and Disability (AGID) Data Portal Data Explorer. Filters: Data Set: State Performance Reports (SPR) (Title III); Years: 2024 (national), 2024 (states); Geography: all U.S. Totals, 50 States + DC & Territories; Data Elements: Older Adults Expenditures --> Total Expenditures --> Congregate Meals and Home Delivered Meals. Data available at: <https://agid.acl.gov/data>. Accessed 2/11/2026.
- **“Title III expenditures as a percent of Total Expenditures” [%]** figure is Meals on Wheels America calculations using data from Administration for Community Living Aging, Independence, and Disability (AGID) Data Portal Data Explorer. Filters: Data Set: State Performance Reports (SPR) (Title III); Years: 2024 (national), 2024 (states); Geography: all U.S. Totals, 50 States + DC & Territories; Data Elements: Older Adults Expenditures --> Title III Expenditures --> Congregate Meals and Home Delivered Meals, Older Adults Expenditures AND Total Expenditures --> Congregate Meals and Home Delivered Meals. Data available at: <https://agid.acl.gov/data>. Accessed 2/11/2026.. Percentage calculated by Meals on Wheels America by dividing “Title III Expenditures Total” {HH.} by the “Total Expenditures Total” {II.} and multiplying by 100%.