

DELIVERING SO MUCH MORE THAN JUST A MEAL IN ARKANSAS

ARKANSAS'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	698,131 (23%)	Rank: 24 th in U.S.
Seniors threatened by hunger (marginally food insecure)	134,041 (19%)	Rank: 15 th in U.S.
Seniors at risk of hunger (food insecure)	61,436 (9%)	Rank: 12 th in U.S.
Seniors facing hunger (very low food secure)	30,718 (4%)	Rank: 7 th in U.S.
State ranking for risk of social isolation ²	8 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	11%	Hispanic or Latino	2%	Native American/Alaskan or Hawaiian/Pacific Islander	<1%
Seniors self-reporting "fair to poor" health	34%	Seniors with a disability	38%		
Seniors living alone	25%	Seniors living below the poverty line	12%		
Seniors who lack income to pay for basic living needs	Singles: 53%		Couples: 26%		

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	47 per 1,000
Hospital readmissions within 30 days ³	16%	Total Medicare spending (in billions)	\$5.54

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN ARKANSAS 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	20,653	1,229,411	N/A	N/A
Home-delivered meals	13,637	1,998,122	N/A	N/A
Total	34,290	3,227,533	N/A	N/A

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	48%	Live below the poverty line	30%
Live in a rural area	58%	Women	63%
Black or African American	15%	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	\$4,382,606	\$4,555,677	\$8,938,283 (45%)
Total expenditures	\$7,799,551	\$11,915,574	\$19,715,125

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN ARKANSAS 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	\$1,880	\$181

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

