

DELIVERING SO MUCH MORE THAN JUST A MEAL IN COLORADO

COLORADO'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	1,151,553 (20%)	Rank: 45 th in U.S.
Seniors threatened by hunger (marginally food insecure)	63,335 (6%)	Rank: 51 st in U.S.
Seniors at risk of hunger (food insecure)	69,093 (6%)	Rank: 35 th in U.S.
Seniors facing hunger (very low food secure)	25,334 (2%)	Rank: 34 th in U.S.
State ranking for risk of social isolation ²	46 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	3%	Hispanic or Latino	11%	Native American/Alaskan or Hawaiian/Pacific Islander	<1%
Seniors self-reporting "fair to poor" health	18%	Seniors with a disability	27%		
Seniors living alone	25%	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	10%	Preventable hospitalizations ³	24 per 1,000
Hospital readmissions within 30 days ³	15%	Total Medicare spending (in billions)	\$7.01

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN COLORADO 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	16,465	728,002	364	15,634
Home-delivered meals	8,868	1,194,244	170	13,135
Total	25,333	1,922,246	534	28,769

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	50%	Live below the poverty line	28%
Live in a rural area	27%	Women	63%
Black or African American	6%	Hispanic or Latino	15%
		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	\$4,473,350	\$3,645,785	\$8,119,135 (46%)
Total expenditures	\$8,301,882	\$9,517,202	\$17,819,084

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN COLORADO 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
\$13.06 / \$15.42	\$3,045	\$270

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

