

DELIVERING SO MUCH MORE THAN JUST A MEAL IN CONNECTICUT

CONNECTICUT'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	857,459 (24%)	Rank: 14 th in U.S.
Seniors threatened by hunger (marginally food insecure)	204,075 (24%)	Rank: 6 th in U.S.
Seniors at risk of hunger (food insecure)	72,027 (8%)	Rank: 15 th in U.S.
Seniors facing hunger (very low food secure)	17,149 (2%)	Rank: 41 st in U.S.
State ranking for risk of social isolation ²	30 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	7%	Hispanic or Latino	7%	Native American/Alaskan or Hawaiian/Pacific Islander	<1%
Seniors self-reporting "fair to poor" health	21%	Seniors with a disability	25%		
Seniors living alone	26%	Seniors living below the poverty line	8%		
Seniors who lack income to pay for basic living needs	Singles: 50%		Couples: 19%		

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

Seniors experiencing falls with injury	9%	Preventable hospitalizations ³	44 per 1,000
Hospital readmissions within 30 days ³	17%	Total Medicare spending (in billions)	\$7.41

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN CONNECTICUT 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	14,524	603,333	101	3,555
Home-delivered meals	6,985	1,389,194	3	588
Total	21,509	1,992,527	104	4,143

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	55%	Live below the poverty line	15%
Live in a rural area	14%	Women	66%
Black or African American	9%	Hispanic or Latino	9%
		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	\$3,955,792	\$4,251,958	\$8,207,750 (50%)
Total expenditures	\$7,271,430	\$9,248,130	\$16,519,560

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN CONNECTICUT 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
\$11.88 / \$10.21	\$2,836	\$418

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

