

DELIVERING SO MUCH MORE THAN JUST A MEAL IN THE DISTRICT OF COLUMBIA

THE DISTRICT OF COLUMBIA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	118,929 (17%)	Rank: 50 th in U.S.
Seniors threatened by hunger (marginally food insecure)	17,839 (15%)	Rank: 36 th in U.S.
Seniors at risk of hunger (food insecure)	17,007 (14%)	Rank: 1 st in U.S.
Seniors facing hunger (very low food secure)	7,374 (6%)	Rank: 1 st in U.S.
State ranking for risk of social isolation ²	N/A	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	57%	Hispanic or Latino	7%	Native American/Alaskan or Hawaiian/Pacific Islander	<1%
Seniors self-reporting "fair to poor" health	23%	Seniors with a disability	34%		
Seniors living alone	38%	Seniors living below the poverty line	19%		
Seniors who lack income to pay for basic living needs	Singles: 51%		Couples: 17%		

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

Seniors experiencing falls with injury	13%	Preventable hospitalizations ³	52 per 1,000
Hospital readmissions within 30 days ³	17%	Total Medicare spending (in billions)	\$1.02

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN THE DISTRICT OF COLUMBIA 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	5,085	340,634	N/A	N/A
Home-delivered meals	3,599	766,764	N/A	N/A
Total	8,684	1,107,398	N/A	N/A

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	60%	Live below the poverty line	41%
Live in a rural area	0%	Women	68%
Black or African American	86%	Hispanic or Latino	5%
		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	\$2,480,006	\$1,455,732	\$3,935,738 (36%)
Total expenditures	\$5,145,330	\$5,773,329	\$10,918,659

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN THE DISTRICT OF COLUMBIA 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	\$3,473	\$350

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

