

DELIVERING SO MUCH MORE THAN JUST A MEAL IN IDAHO

IDAHO'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	384,524 (22%)	Rank: 35 th in U.S.
Seniors threatened by hunger (marginally food insecure)	56,910 (15%)	Rank: 37 th in U.S.
Seniors at risk of hunger (food insecure)	12,305 (3%)	Rank: 49 th in U.S.
Seniors facing hunger (very low food secure)	2,692 (1%)	Rank: 51 st in U.S.
State ranking for risk of social isolation ²	41 st in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	<1%	Hispanic or Latino	4%	Native American/Alaskan or Hawaiian/Pacific Islander	1%
Seniors self-reporting "fair to poor" health	23%	Seniors with a disability	30%		
Seniors living alone	23%	Seniors living below the poverty line	8%		
Seniors who lack income to pay for basic living needs	Singles: 49%		Couples: 22%		

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

Seniors experiencing falls with injury	12%	Preventable hospitalizations ³	24 per 1,000
Hospital readmissions within 30 days ³	14%	Total Medicare spending (in billions)	\$2.37

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN IDAHO 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	13,656	449,916	1,000	57,174
Home-delivered meals	4,075	557,711	868	54,865
Total	17,731	1,007,627	1,868	112,039

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	40%	Live below the poverty line	22%
Live in a rural area	50%	Women	60%
Black or African American	<1%	Hispanic or Latino	3%
		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	\$1,554,265	\$1,827,673	\$3,381,938 (53%)
Total expenditures	\$3,186,849	\$3,145,793	\$6,332,642

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN IDAHO 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
\$11.82 / \$13.23	\$3,192	\$261

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

