

DELIVERING SO MUCH MORE THAN JUST A MEAL IN IOWA

IOWA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	743,460 (24%)	Rank: 18 th in U.S.
Seniors threatened by hunger (marginally food insecure)	75,089 (10%)	Rank: 49 th in U.S.
Seniors at risk of hunger (food insecure)	41,634 (6%)	Rank: 37 th in U.S.
Seniors facing hunger (very low food secure)	23,791 (3%)	Rank: 17 th in U.S.
State ranking for risk of social isolation ²	44 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	1%	Hispanic or Latino	1%	Native American/Alaskan or Hawaiian/Pacific Islander	<1%
Seniors self-reporting "fair to poor" health	21%	Seniors with a disability	27%		
Seniors living alone	28%	Seniors living below the poverty line	8%		
Seniors who lack income to pay for basic living needs	Singles: 46%		Couples: 21%		

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

Seniors experiencing falls with injury	8%	Preventable hospitalizations ³	36 per 1,000
Hospital readmissions within 30 days ³	15%	Total Medicare spending (in billions)	\$5.22

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN IOWA 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	17,981	868,034	198	5,025
Home-delivered meals	9,907	1,131,851	61	6,684
Total	27,888	1,999,885	259	11,709

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	47%	Live below the poverty line	22%
Live in a rural area	20%	Women	63%
Black or African American	2%	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	\$4,529,512	\$3,967,356	\$8,496,868 (44%)
Total expenditures	\$8,687,448	\$10,742,483	\$19,429,931

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN IOWA 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	\$1,599	\$209

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

