

DELIVERING SO MUCH MORE THAN JUST A MEAL IN KENTUCKY

KENTUCKY'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	1,020,090 (23%)	Rank: 26 th in U.S.
Seniors threatened by hunger (marginally food insecure)	254,002 (25%)	Rank: 3 rd in U.S.
Seniors at risk of hunger (food insecure)	70,386 (7%)	Rank: 29 th in U.S.
Seniors facing hunger (very low food secure)	23,462 (2%)	Rank: 31 st in U.S.
State ranking for risk of social isolation ²	6 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	6%	Hispanic or Latino	1%	Native American/Alaskan or Hawaiian/Pacific Islander	<1%
Seniors self-reporting "fair to poor" health	35%	Seniors with a disability	37%		
Seniors living alone	25%	Seniors living below the poverty line	12%		
Seniors who lack income to pay for basic living needs	Singles: 51%		Couples: 24%		

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

Seniors experiencing falls with injury	11%	Preventable hospitalizations ³	55 per 1,000
Hospital readmissions within 30 days ³	16%	Total Medicare spending (in billions)	\$8.77

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN KENTUCKY 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	14,170	842,237	N/A	N/A
Home-delivered meals	7,162	1,215,586	N/A	N/A
Total	21,332	2,057,823	N/A	N/A

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	57%	Live below the poverty line	46%
Live in a rural area	66%	Women	66%
Black or African American	8%	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	\$4,222,447	\$4,956,844	\$9,179,291 (57%)
Total expenditures	\$6,537,626	\$9,521,297	\$16,058,923

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN KENTUCKY 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	\$1,956	\$227

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

