

DELIVERING SO MUCH MORE THAN JUST A MEAL IN MAINE

MAINE'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	380,828 (28%)	Rank: 1 st in U.S.
Seniors threatened by hunger (marginally food insecure)	74,261 (20%)	Rank: 14 th in U.S.
Seniors at risk of hunger (food insecure)	29,705 (8%)	Rank: 21 st in U.S.
Seniors facing hunger (very low food secure)	14,471 (4%)	Rank: 12 th in U.S.
State ranking for risk of social isolation ²	27 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	22%	Seniors with a disability	30%		
Seniors living alone	27%	Seniors living below the poverty line	10%		
Seniors who lack income to pay for basic living needs	Singles: 56%		Couples: 27%		

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

Seniors experiencing falls with injury	10%	Preventable hospitalizations ³	36 per 1,000
Hospital readmissions within 30 days ³	15%	Total Medicare spending (in billions)	\$2.79

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN MAINE 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	9,044	220,239	466	48,915
Home-delivered meals	4,896	604,468	176	27,703
Total	13,940	824,707	642	76,618

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	49%	Live below the poverty line	47%
Live in a rural area	82%	Women	62%
Black or African American	1%	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	\$1,505,264	\$1,886,452	\$3,391,716 (51%)
Total expenditures	\$2,152,931	\$4,442,136	\$6,595,067

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN MAINE 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	\$2,636	\$330

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

