

DELIVERING SO MUCH MORE THAN JUST A MEAL IN MARYLAND

MARYLAND'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	1,311,557 (22%)	Rank: 40 th in U.S.
Seniors threatened by hunger (marginally food insecure)	199,357 (15%)	Rank: 34 th in U.S.
Seniors at risk of hunger (food insecure)	91,809 (7%)	Rank: 28 th in U.S.
Seniors facing hunger (very low food secure)	53,774 (4%)	Rank: 9 th in U.S.
State ranking for risk of social isolation ²	32 nd in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	25%	Hispanic or Latino	4%	Native American/Alaskan or Hawaiian/Pacific Islander	<1%
Seniors self-reporting "fair to poor" health	23%	Seniors with a disability	26%		
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	9%	Preventable hospitalizations ³	41 per 1,000
Hospital readmissions within 30 days ³	16%	Total Medicare spending (in billions)	\$10.86

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN MARYLAND 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	28,513	1,050,305	N/A	N/A
Home-delivered meals	6,078	1,215,523	N/A	N/A
Total	34,591	2,265,828	N/A	N/A

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	45%	Live below the poverty line	24%
Live in a rural area	27%	Women	71%
Black or African American	38%	Hispanic or Latino	2%
		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	\$7,187,613	\$4,466,494	\$11,654,107 (64%)
Total expenditures	\$11,215,968	\$7,106,535	\$18,322,503

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN MARYLAND 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	\$2,815	\$318

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

