

DELIVERING SO MUCH MORE THAN JUST A MEAL IN MASSACHUSETTS

MASSACHUSETTS'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	1,585,793 (23%)	Rank: 25 th in U.S.
Seniors threatened by hunger (marginally food insecure)	217,254 (14%)	Rank: 41 st in U.S.
Seniors at risk of hunger (food insecure)	106,248 (7%)	Rank: 31 st in U.S.
Seniors facing hunger (very low food secure)	34,887 (2%)	Rank: 37 th in U.S.
State ranking for risk of social isolation ²	15 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	5%	Hispanic or Latino	5%	Native American/Alaskan or Hawaiian/Pacific Islander	<1%
Seniors self-reporting "fair to poor" health	21%	Seniors with a disability	27%		
Seniors living alone	26%	Seniors living below the poverty line	9%		
Seniors who lack income to pay for basic living needs	Singles: 62%		Couples: 30%		

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	49 per 1,000
Hospital readmissions within 30 days ³	17%	Total Medicare spending (in billions)	\$14.15

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN MASSACHUSETTS 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	27,842	1,466,456	277	5,871
Home-delivered meals	46,718	7,677,616	22	720
Total	74,560	9,144,072	299	6,591

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	46%	Live below the poverty line	11%
Live in a rural area	5%	Women	66%
Black or African American	7%	Hispanic or Latino	7%
		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	\$5,481,610	\$8,584,601	\$14,066,211 (18%)
Total expenditures	\$17,046,997	\$59,725,540	\$76,772,537

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN MASSACHUSETTS 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	\$3,038	\$410

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

