

DELIVERING SO MUCH MORE THAN JUST A MEAL IN MISSISSIPPI

MISSISSIPPI'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	661,670 (22%)	Rank: 32 nd in U.S.
Seniors threatened by hunger (marginally food insecure)	158,801 (24%)	Rank: 5 th in U.S.
Seniors at risk of hunger (food insecure)	77,415 (12%)	Rank: 3 rd in U.S.
Seniors facing hunger (very low food secure)	29,775 (5%)	Rank: 6 th in U.S.
State ranking for risk of social isolation ²	1 st in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	29%	Hispanic or Latino	1%	Native American/Alaskan or Hawaiian/Pacific Islander	<1%
Seniors self-reporting "fair to poor" health	36%	Seniors with a disability	37%		
Seniors living alone	26%	Seniors living below the poverty line	13%		
Seniors who lack income to pay for basic living needs	Singles: 57%		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	10%	Preventable hospitalizations ³	56 per 1,000
Hospital readmissions within 30 days ³	16%	Total Medicare spending (in billions)	\$6.05

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN MISSISSIPPI 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	4,355	430,956	484	25,399
Home-delivered meals	8,858	1,511,413	16	3,520
Total	13,213	1,942,369	500	28,919

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	48%	Live below the poverty line	57%
Live in a rural area	84%	Women	66%
Black or African American	51%	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	\$1,816,066	\$2,214,979	\$4,031,045 (50%)
Total expenditures	\$2,065,532	\$5,986,723	\$8,052,255

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN MISSISSIPPI 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	\$1,371	\$225

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

