

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN NEBRASKA

## NEBRASKA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population <sup>1</sup>	421,167 (22%)	Rank: 37 <sup>th</sup> in U.S.
Seniors threatened by hunger (marginally food insecure)	91,393 (22%)	Rank: 9 <sup>th</sup> in U.S.
Seniors at risk of hunger (food insecure)	21,901 (5%)	Rank: 39 <sup>th</sup> in U.S.
Seniors facing hunger (very low food secure)	8,423 (2%)	Rank: 42 <sup>nd</sup> in U.S.
State ranking for risk of social isolation <sup>2</sup>	39 <sup>th</sup> in U.S.	

## MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	2%	Hispanic or Latino	3%	Native American/Alaskan or Hawaiian/Pacific Islander	<1%
Seniors self-reporting "fair to poor" health	21%	Seniors with a disability	29%		
Seniors living alone	28%	Seniors living below the poverty line	8%		
Seniors who lack income to pay for basic living needs	Singles: 46%		Couples: 21%		

## 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 <sup>3</sup>	35 per 1,000
Hospital readmissions within 30 days <sup>3</sup>	15%	Total Medicare spending (in billions)	\$3.04

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN NEBRASKA 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	18,410	931,513	786	27,297
Home-delivered meals	7,103	761,696	114	17,859
<b>Total</b>	<b>25,513</b>	<b>1,693,209</b>	<b>900</b>	<b>45,156</b>

## PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES <sup>4</sup>

Live alone	46%	Live below the poverty line	17%
Live in a rural area	79%	Women	64%
Black or African American	2%	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	\$3,462,054	\$1,891,046	\$5,353,100 (33%)
Total expenditures	\$9,663,428	\$6,553,051	\$16,216,479

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN NEBRASKA CAN REMAIN HEALTHIER AT HOME, AVOIDING MORE COSTLY HEALTHCARE FACILITIES

Cost of 1 home-delivered / congregate meal <sup>5</sup>	Cost of 1 day in a hospital	Cost of 1 day in a nursing home
\$11.82 / \$13.23	\$2,073	\$230

## MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

Notes: <sup>1</sup> Senior population and hunger: lower number ranking = higher percent; <sup>2</sup> Social isolation: lower number ranking = higher isolation risk; <sup>3</sup> Among Medicare beneficiaries of all ages; <sup>4</sup> Includes Title III registered services not limited to meals; <sup>5</sup> Inflation-adjusted regional average

