

DELIVERING SO MUCH MORE THAN JUST A MEAL IN OHIO

OHIO'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	2,785,168 (24%)	Rank: 16 th in U.S.
Seniors threatened by hunger (marginally food insecure)	587,670 (21%)	Rank: 10 th in U.S.
Seniors at risk of hunger (food insecure)	220,028 (8%)	Rank: 20 th in U.S.
Seniors facing hunger (very low food secure)	94,696 (3%)	Rank: 15 th in U.S.
State ranking for risk of social isolation ²	18 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	10%	Hispanic or Latino	1%	Native American/Alaskan or Hawaiian/Pacific Islander	<1%
Seniors self-reporting "fair to poor" health	26%	Seniors with a disability	30%		
Seniors living alone	27%	Seniors living below the poverty line	9%		
Seniors who lack income to pay for basic living needs	Singles: 44%		Couples: 18%		

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	16%	Total Medicare spending (in billions)	\$23.27

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN OHIO 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	44,887	1,724,756	N/A	N/A
Home-delivered meals	39,870	5,816,773	N/A	N/A
Total	84,757	7,541,529	N/A	N/A

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	52%	Live below the poverty line	44%
Live in a rural area	39%	Women	63%
Black or African American	15%	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	\$7,578,309	\$15,437,441	\$23,015,750 (41%)
Total expenditures	\$14,908,919	\$40,554,804	\$55,463,723

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN OHIO 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
\$11.82 / \$13.23	\$2,829	\$230

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

