

DELIVERING SO MUCH MORE THAN JUST A MEAL IN OREGON

OREGON'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	1,013,147 (24%)	Rank: 11 th in U.S.
Seniors threatened by hunger (marginally food insecure)	179,327 (18%)	Rank: 25 th in U.S.
Seniors at risk of hunger (food insecure)	50,657 (5%)	Rank: 41 st in U.S.
Seniors facing hunger (very low food secure)	18,237 (2%)	Rank: 46 th in U.S.
State ranking for risk of social isolation ²	25 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	1%	Hispanic or Latino	4%	Native American/Alaskan or Hawaiian/Pacific Islander	1%
Seniors self-reporting "fair to poor" health	22%	Seniors with a disability	30%		
Seniors living alone	25%	Seniors living below the poverty line	9%		
Seniors who lack income to pay for basic living needs	Singles: 50%		Couples: 23%		

INADEQUATE NUTRITION AND LIMITED SOCIAL CONTACT HAVE HEALTH CONSEQUENCES THAT AFFECT INDIVIDUALS, OUR HEALTHCARE SYSTEM AND THE ECONOMY

Seniors experiencing falls with injury	11%	Preventable hospitalizations ³	27 per 1,000
Hospital readmissions within 30 days ³	15%	Total Medicare spending (in billions)	\$6.51

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN OREGON 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	27,652	753,349	1,630	46,760
Home-delivered meals	13,913	1,650,964	419	40,978
Total	41,565	2,404,313	2,049	87,738

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	33%	Live below the poverty line	16%
Live in a rural area	25%	Women	42%
Black or African American	3%	Hispanic or Latino	3%
		Native American or Hawaiian/Pacific Islander	2%

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	\$4,574,251	\$4,747,198	\$9,321,449 (61%)
Total expenditures	\$6,250,371	\$9,064,473	\$15,314,844

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN OREGON 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
\$13.06 / \$15.42	\$3,437	\$314

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

