

DELIVERING SO MUCH MORE THAN JUST A MEAL IN UTAH

UTAH'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	495,276 (16%)	Rank: 51 st in U.S.
Seniors threatened by hunger (marginally food insecure)	70,824 (14%)	Rank: 40 th in U.S.
Seniors at risk of hunger (food insecure)	35,660 (7%)	Rank: 27 th in U.S.
Seniors facing hunger (very low food secure)	10,896 (2%)	Rank: 38 th in U.S.
State ranking for risk of social isolation ²	50 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	<1%	Hispanic or Latino	7%	Native American/Alaskan or Hawaiian/Pacific Islander	1%
Seniors self-reporting "fair to poor" health	21%	Seniors with a disability	28%		
Seniors living alone	19%	Seniors living below the poverty line	7%		
Seniors who lack income to pay for basic living needs	Singles: 43%		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	10%	Preventable hospitalizations ³	23 per 1,000
Hospital readmissions within 30 days ³	14%	Total Medicare spending (in billions)	\$3.03

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN UTAH 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	21,683	650,329	235	3,930
Home-delivered meals	9,195	1,110,718	198	9,098
Total	30,878	1,761,047	433	13,028

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	31%	Live below the poverty line	17%
Live in a rural area	33%	Women	60%
Black or African American	1%	Hispanic or Latino	5%
		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	\$2,356,637	\$2,361,476	\$4,718,113 (35%)
Total expenditures	\$5,708,582	\$7,772,894	\$13,481,476

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN UTAH 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	\$2,935	\$211

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

