

DELIVERING SO MUCH MORE THAN JUST A MEAL IN WASHINGTON

WASHINGTON'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	1,633,427 (22%)	Rank: 42 nd in U.S.
Seniors threatened by hunger (marginally food insecure)	261,348 (16%)	Rank: 31 st in U.S.
Seniors at risk of hunger (food insecure)	99,639 (6%)	Rank: 34 th in U.S.
Seniors facing hunger (very low food secure)	37,569 (2%)	Rank: 33 rd in U.S.
State ranking for risk of social isolation ²	35 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	2%	Hispanic or Latino	4%	Native American/Alaskan or Hawaiian/Pacific Islander	1%
Seniors self-reporting "fair to poor" health	20%	Seniors with a disability	30%		
Seniors living alone	23%	Seniors living below the poverty line	7%		
Seniors who lack income to pay for basic living needs	Singles: 49%		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	10%	Preventable hospitalizations ³	28 per 1,000
Hospital readmissions within 30 days ³	15%	Total Medicare spending (in billions)	\$10.31

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN WASHINGTON 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	43,356	1,388,834	7,623	289,243
Home-delivered meals	12,142	1,778,863	1,605	194,537
Total	55,498	3,167,697	9,228	483,780

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	43%	Live below the poverty line	32%
Live in a rural area	27%	Women	58%
Black or African American	4%	Hispanic or Latino	3%
		Native American or Hawaiian/Pacific Islander	4%

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	\$6,096,461	\$4,480,446	\$10,576,907 (60%)
Total expenditures	\$9,900,276	\$7,612,095	\$17,512,371

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN WASHINGTON 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	\$3,552	\$300

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

