

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN WEST VIRGINIA

## WEST VIRGINIA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population <sup>1</sup>	490,490 (27%)	Rank: 2 <sup>nd</sup> in U.S.
Seniors threatened by hunger (marginally food insecure)	125,565 (26%)	Rank: 2 <sup>nd</sup> in U.S.
Seniors at risk of hunger (food insecure)	49,539 (10%)	Rank: 8 <sup>th</sup> in U.S.
Seniors facing hunger (very low food secure)	18,148 (4%)	Rank: 14 <sup>th</sup> in U.S.
State ranking for risk of social isolation <sup>2</sup>	4 <sup>th</sup> in U.S.	

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

Black or African American	3%	Hispanic or Latino	1%	Native American/Alaskan or Hawaiian/Pacific Islander	<1%
Seniors self-reporting "fair to poor" health	36%	Seniors with a disability	38%		
Seniors living alone	26%	Seniors living below the poverty line	12%		
Seniors who lack income to pay for basic living needs	Singles: 51%		Couples: 24%		

## 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 <sup>3</sup>	56 per 1,000
Hospital readmissions within 30 days <sup>3</sup>	16%	Total Medicare spending (in billions)	\$4.22

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN WEST VIRGINIA 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	15,542	677,057	N/A	N/A
Home-delivered meals	8,595	1,354,126	N/A	N/A
Total	24,137	2,031,183	N/A	N/A

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

Live alone	50%	Live below the poverty line	38%
Live in a rural area	75%	Women	62%
Black or African American	3%	Hispanic or Latino	1%
		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	\$1,714,985	\$2,584,785	\$4,299,770 (31%)
Total expenditures	\$4,884,470	\$8,822,297	\$13,706,767

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN WEST VIRGINIA 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
\$9.84 / \$8.85	\$1,813	\$352

## 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

