THE ESCALATING PROBLEM OF SENIOR HUNGER AND ISOLATION

OUR NATION’S SENIOR POPULATION IS GROWING EXPONENTIALY

1 IN 5 AMERICANS is 60 or older

WITH 12,000 MORE turning 60 each day

79 YEARS Average life expectancy today

This population is set to NEARLY DOUBLE BY 2060

58 MILLION

114 MILLION

LEAVING MORE AND MORE AMERICANS AT RISK OF HUNGER AND ISOLATION

NEARLY 9 MILLION SENIORS FACE THE THREAT OF HUNGER

1 IN 4 SENIORS LIVES ALONE

A 14 YEAR DISADVANTAGE
Food insecure seniors can have limitations comparable to food secure seniors 14 years older

1 IN 5 FEELS LONELY and the negative effects of loneliness on health are similar to smoking up to 15 cigarettes a day

AND WHILE HUNGER AND ISOLATION CAN AFFECT ANYONE WITH LIMITED MOBILITY AND DECLINING HEALTH, FINANCIAL STRAIN MAKES THEM MUCH WORSE

6.9 MILLION SENIORS LIVE IN POVERTY

THAT’S AN INCOME OF $228 A WEEK OR LESS, which, after housing, utility and medical expenses, leaves very little for food

Older adults living at or below poverty are nearly twice as likely to be unable to live independently, forced to either leave home for costly long-term care facilities or rely on caregivers

Information data sources available at www.mealsonwheelsamerica.org/facts. © August 2018 Meals on Wheels America
These threats from aging not only jeopardize the health and well-being of older adults, they also place a significant strain on our country’s healthcare system and economy.

The healthcare costs associated with malnutrition in seniors

$51 BILLION

Among seniors, the healthcare costs associated with isolation are equal to the same costs associated with having high blood pressure.

Medicare spending is disproportionately concentrated on older adults with multiple chronic conditions and/or functional limitations.

5% OF SENIORS ON MEDICARE ACCOUNT FOR 42% OF SPENDING

Meals on Wheels is the only federally supported program designed specifically to meet the nutritional and social needs of seniors, yet this successful public-private partnership remains significantly underfunded.

3 OUT OF 4 SENIORS IN NEED of community supports do not receive services.

83% OF LOW INCOME, FOOD INSECURE SENIORS ARE NOT RECEIVING THE HOME-DELIVERED MEALS THEY NEED.

And we know that seniors waiting to receive meals on wheels are more likely to:

- Report fair or poor self-rated health
- Report not having enough money to buy food they need
- Report recent falls or fear of falling that limits ability to stay active
- Screen positive for depression
- Require assistance with shopping for groceries or preparing food
- Take three or more medications each day

We need increased funding and support for our seniors now to prevent even greater social and economic consequences later.

Meals on Wheels America is the leadership organization supporting the 5,000+ community-based programs across the country that are dedicated to addressing senior isolation and hunger. This network serves virtually every community in America and, along with more than two million staff and volunteers, delivers the nutritious meals, friendly visits and safety checks that enable America’s seniors to live nourished lives with independence and dignity. By providing funding, leadership, education, research and advocacy support, Meals on Wheels America empowers its local member programs to strengthen their communities, one senior at a time.

Information data sources available at www.mealsonwheelsamerica.org/facts. © August 2018 Meals on Wheels America
**HOW MEALS ON WHEELS IS FUNDED**

**UNITED STATES 2018**

FUNDING SOURCES FOR LOCAL MEALS ON WHEELS PROGRAMS VARY BASED ON THE NEEDS AND RESOURCES OF THE COMMUNITY, AND ARE MADE UP OF FEDERAL, STATE, LOCAL AND PRIVATE DOLLARS

**OLDER AMERICANS ACT FUNDING**

For more than 50 years, the Older Americans Act (OAA) has been the primary piece of federal legislation supporting the social and nutritional needs of our country's most at-risk seniors.

Nationally, the OAA funds **38% OF THE TOTAL COST** to provide nutritious meals, safety checks and friendly visits to more than **2.4 MILLION SENIORS EACH YEAR**

**OTHER SOURCES**

The other 62% of funding that serves seniors each year comes from state and/or local sources, private donations from foundations, corporations and individuals, and federal block grants.

**THIS HYBRID FUNDING MODEL MAKES MEALS ON WHEELS A SUCCESSFUL PUBLIC-PRIVATE PARTNERSHIP THAT NEEDS TO BE BOLSTERED TO KEEP UP WITH THE DEMAND**

EACH YEAR, MEALS ON WHEELS IS SERVING A SMALLER PORTION OF THE TOTAL SENIOR POPULATION

Despite decades of broad bipartisan support, funding for this vital program continually **FAILS TO KEEP PACE** with the rapidly growing need for services

Aging issues are often forgotten, with **LESS THAN 2%** of all corporate, community and family philanthropy going to organizations like Meals on Wheels

Meals on Wheels is now **SERVING 16M FEWER MEALS** than in 2005 because food, transportation and other costs have increased while funding remains stagnant

**8 OUT OF 10 LOW INCOME, FOOD INSECURE SENIORS** are not receiving the home-delivered meals they need

**TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS AS IT ENABLES VULNERABLE SENIORS TO REMAIN HEALTHIER AT HOME, AVOIDING MORE COSTLY HEALTHCARE SERVICES**

**TAKE ACTION AT MEALSONWHEELSAMERICA.ORG**

Information data sources available at [www.mealsonwheelsamerica.org/facts](http://www.mealsonwheelsamerica.org/facts). © August 2018 Meals on Wheels America
MEALS ON WHEELS IS THE ONLY FEDERALLY SUPPORTED PROGRAM DESIGNED SPECIFICALLY TO MEET THE NUTRITIONAL AND SOCIAL NEEDS OF SENIORS

Community-based Meals on Wheels programs are welcomed into the homes of some of our nation's most at-risk individuals with every meal delivery.

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
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<tbody>
<tr>
<td>59%</td>
<td>home-delivered meal recipients are 75 or older</td>
</tr>
<tr>
<td>69%</td>
<td>women</td>
</tr>
<tr>
<td>59%</td>
<td>live alone</td>
</tr>
<tr>
<td>35%</td>
<td>live at poverty level</td>
</tr>
<tr>
<td>46%</td>
<td>self-report fair or poor health</td>
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<tr>
<td>15%</td>
<td>are veterans</td>
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<tr>
<td>25%</td>
<td>live in rural areas</td>
</tr>
<tr>
<td>28%</td>
<td>are a racial and/or ethnic minority</td>
</tr>
<tr>
<td>82%</td>
<td>take 3+ medications daily</td>
</tr>
</tbody>
</table>

MILLIONS OF VOLUNTEERS enable 225 MILLION MEALS to be delivered to 2.4 MILLION SENIORS each year.

FREQUENT IN-HOME VISITS PROVIDE UNIQUE OPPORTUNITIES TO MEET NUTRITIONAL NEEDS, COMBAT SOCIAL ISOLATION, ADDRESS SAFETY HAZARDS AND PROVIDE HOLISTIC CARE

MEALS ON WHEELS HELPS KEEP 8 OUT OF 10 RECIPIENTS who have previously fallen from falling again.

A typical meal meets the dietary guidelines set by the Older Americans Act Nutrition Program. Meals are often tailored to meet medical needs and cultural preferences.

9 OUT OF 10 RECIPIENTS say Meals on Wheels helps them feel more secure.

SERVING SENIORS ALONG THE CONTINUUM OF NEED
Many Meals on Wheels programs also manage congregate meal sites – such as senior centers – providing more mobile seniors the opportunity to socialize with friends and neighbors.

For the 59% of recipients who live alone, the person delivering the meal is often the only person they will see that day.

MEALS ON WHEELS PROVIDES A COST-EFFECTIVE SOLUTION THAT SERVES US ALL

9 OUT OF 10 RECIPIENTS SAY THE SERVICE IMPROVES THEIR HEALTH, thus positioning Meals on Wheels well to work alongside healthcare providers to deliver better care while reducing costs.

1 YEAR = 1 DAY = 10 DAYS

MEALS ON WHEELS CAN SERVE A SENIOR FOR AN ENTIRE YEAR FOR THE SAME COST AS JUST ONE DAY IN A HOSPITAL OR 10 DAYS IN A NURSING HOME.

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