

THE ESCALATING PROBLEM OF SENIOR HUNGER AND ISOLATION



UNITED STATES 2020

OUR NATION'S SENIOR POPULATION IS GROWING EXPONENTIALLY



1 IN 5 AMERICANS
is 60 or older



WITH **12,000** MORE
turning 60 each day



Average life
expectancy today

This population is set to reach **93M** in the next decade, with **118M** expected by **2060** – increasing the number of seniors today by more than half

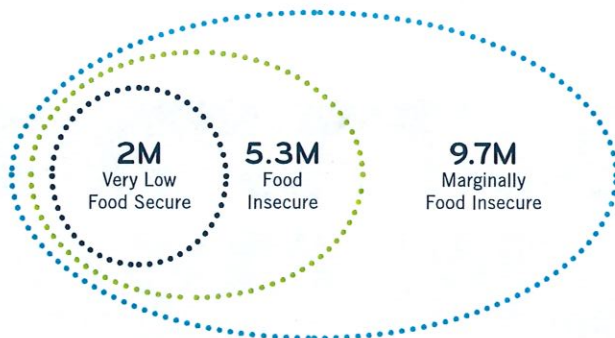


LEAVING MORE AND MORE AMERICANS AT RISK OF HUNGER AND ISOLATION

BEFORE THE CORONAVIRUS PANDEMIC,
NEARLY 9.7 MILLION SENIORS WERE THREATENED BY HUNGER
5.3M OF WHOM WERE FOOD INSECURE OR VERY LOW FOOD SECURE.



1 IN 4 SENIORS
LIVES ALONE



1 IN 4 FEELS LONELY

Due to COVID-19, we know that an even greater number of older adults are experiencing food insecurity, and many seniors are lonelier than before the pandemic.

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



NEARLY 7.4 MILLION SENIORS
HAVE INCOMES BELOW
THE POVERTY LINE



THAT'S AN INCOME OF \$240 A WEEK OR LESS,
which, after housing, utility and medical
expenses, leaves very little for food



HALF OF SENIORS LIVING ALONE
lack the financial resources to pay for **basic needs**.



Older adults living in poverty are **nearly twice as likely** as those living above poverty level to have limitations in their ability to live independently.

HUNGER AND SOCIAL ISOLATION 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 economic burden associated with malnutrition in seniors



Older adult falls cost about **\$50 BILLION** in medical costs

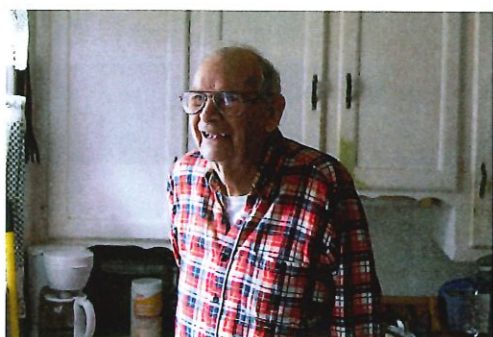
Among seniors, the additional Medicare expenditures associated with social isolation are estimated to cost **\$6.7 BILLION** each year



Medicare spending has more than doubled since 2005 and is disproportionately concentrated on older adults with multiple chronic conditions and/or functional limitations

5% OF MEDICARE BENEFICIARIES ACCOUNT FOR 41% OF SPENDING

FEDERALLY SUPPORTED NUTRITION PROGRAMS – LIKE MEALS ON WHEELS – ARE DESIGNED TO MEET THE NEEDS OF OLDER ADULTS, YET THESE SUCCESSFUL PUBLIC-PRIVATE PARTNERSHIPS REMAIN SIGNIFICANTLY UNDERFUNDED, EVEN AMID EFFORTS TO COMBAT COVID-19



Among older adults who have difficulties with daily activities, **2 OUT OF 3** receive limited or no home- or community-based care

BEFORE THE COVID-19 PANDEMIC, 83% OF LOW INCOME, FOOD INSECURE SENIORS WERE NOT RECEIVING THE MEALS THEY NEEDED

AND SENIORS WAITING TO RECEIVE MEALS ON WHEELS AT HOME 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

BE BLACK OR HISPANIC

SCREEN POSITIVE FOR DEPRESSION OR ANXIETY

REQUIRE ASSISTANCE WITH SHOPPING FOR GROCERIES OR PREPARING FOOD

TAKE THREE OR MORE MEDICATIONS EACH DAY

BE ENROLLED IN BOTH MEDICAID AND MEDICARE

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.

DELIVERING SO MUCH MORE THAN JUST A MEAL



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THE OLDER AMERICANS ACT NUTRITION PROGRAM IS THE ONLY FEDERALLY SUPPORTED PROGRAM DESIGNED SPECIFICALLY TO MEET THE NUTRITIONAL AND SOCIAL NEEDS OF SENIORS

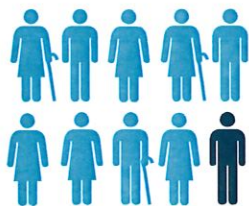
Community-based senior nutrition programs are welcomed into the homes of our nation's seniors with every meal delivery. Many Meals on Wheels programs also manage congregate nutrition sites – such as senior centers – which provide more mobile seniors the opportunity to socialize.



Millions of volunteers enable **221 MILLION MEALS** to be delivered to **2.4 MILLION SENIORS** each year

Nutrition program participants:	Home-delivered	Congregate
Are 75 or older	62%	53%
Are women	64%	65%
Live alone	58%	51%
Are veterans	15%	12%
Live in rural areas	32%	34%
Self-report fair or poor health	50%	28%
Take 3+ medications daily	87%	68%
Do not have enough money to buy food	33%	17%
Report 3+ medical conditions	90%	85%
Are Black or African American	19%	12%
Are Hispanic or Latino	7%	11%
Are Native American or Hawaiian/Pacific Islander	5%	3%

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



9 OUT OF 10
say Meals on Wheels helps them live independently



Daily home-delivered meals help 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.

2 OUT OF 3 RECIPIENTS

report the meals make up half or more of all food eaten that day

8 OUT OF 10 RECIPIENTS

say they see their friends more often because of the congregate meals



58% of home-delivered meal recipients live alone, and for many of them, **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 Meals on Wheels received at home improves their health



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

HOW MEALS ON WHEELS IS FUNDED



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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

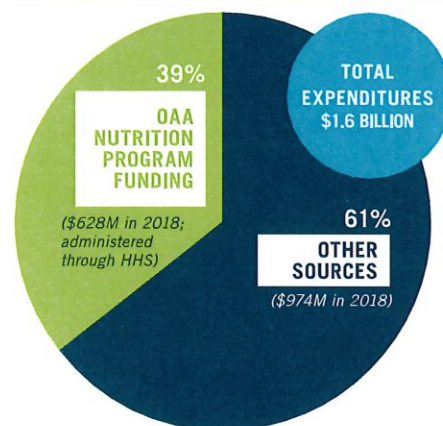
OLDER AMERICANS ACT FUNDING

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 adults age 60 and older. OAA services like Meals on Wheels have been even more critical to seniors throughout the COVID-19 pandemic.

Nationally, the OAA funds **39% OF THE TOTAL COST** to provide nutritious meals, safety checks and friendly visits to **2.4 MILLION SENIORS EACH YEAR**

OTHER SOURCES

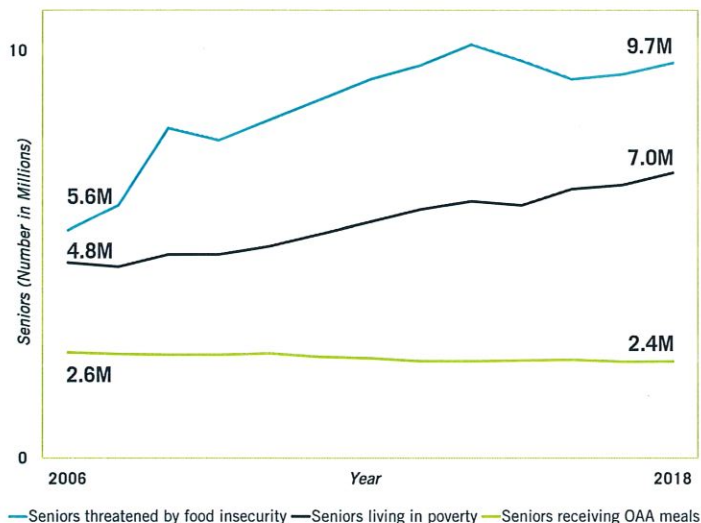
The other 61% of funding that serves seniors each year comes from state and/or local sources, private donations from foundations, corporations and individuals, and federal block grants.



*Expenditures are for programs receiving some amount of OAA funding (and exclude programs that receive private and other non-OAA funding only)

THIS HYBRID FUNDING MODEL MAKES MEALS ON WHEELS A SUCCESSFUL PUBLIC-PRIVATE PARTNERSHIP THAT NEEDS TO BE BOLSTERED TO KEEP UP WITH THE DEMAND, ESPECIALLY AS WE CONTINUE TO RESPOND TO THE COVID-19 PANDEMIC

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

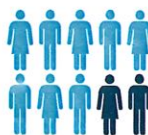


Despite decades of broad bipartisan support, funding for this vital program continually **FAILS TO KEEP PACE** with the rapidly growing need for services



Aging issues are often forgotten, with **LESS THAN 1%** of large private and community foundation grant funding going to organizations like Meals on Wheels

Meals on Wheels is now **SERVING 20M 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 or congregate meals they need

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

TAKE ACTION AT [MEALSONWHEELSAMERICA.ORG](https://mealsonwheelsamerica.org)