

DELIVERING SO MUCH MORE THAN JUST A MEAL IN CALIFORNIA

CALIFORNIA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	7,931,441 (20%)	Rank: 46 th in U.S.
Seniors threatened by hunger (marginally food insecure)	1,411,796 (18%)	Rank: 24 th in U.S.
Seniors at risk of hunger (food insecure)	594,858 (8%)	Rank: 24 th in U.S.
Seniors facing hunger (very low food secure)	206,217 (3%)	Rank: 23 rd in U.S.
State ranking for risk of social isolation ²	12 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	5%	Hispanic or Latino	22%	Native American/Alaskan or Hawaiian/Pacific Islander	1%
Seniors self-reporting "fair to poor" health	24%	Seniors with a disability	29%		
Seniors living alone	20%	Seniors living below the poverty line	11%		
Seniors who lack income to pay for basic living needs	Singles: 54%		Couples: 27%		

INADEQUATE NUTRITION AND LIMITED SOCIAL CONTACT HAVE HEALTH CONSEQUENCES THAT AFFECT INDIVIDUALS, OUR HEALTHCARE SYSTEM AND THE ECONOMY

Seniors experiencing falls with injury	13%	Preventable hospitalizations ³	33 per 1,000
Hospital readmissions within 30 days ³	16%	Total Medicare spending (in billions)	\$64.80

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN CALIFORNIA 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	161,299	6,965,268	3,110	84,557
Home-delivered meals	53,809	10,917,557	1,806	280,189
Total	215,108	17,882,825	4,916	364,746

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	40%	Live below the poverty line	45%
Live in a rural area	12%	Women	59%
Black or African American	9%	Hispanic or Latino	25%
		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	\$28,740,810	\$27,314,491	\$56,055,301 (33%)
Total expenditures	\$80,806,537	\$87,526,304	\$168,332,841

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN CALIFORNIA 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	\$3,532	\$288

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

