

THE ESCALATING PROBLEM OF SENIOR HUNGER AND ISOLATION



UNITED STATES 2019

OUR NATION'S SENIOR POPULATION IS GROWING EXPONENTIALLY



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



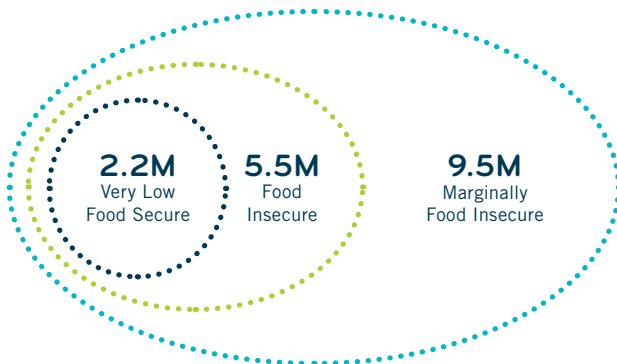
Average life expectancy today

This population is set to reach **118M BY 2060** – more than **DOUBLE** the number in 2010



LEAVING MORE AND MORE AMERICANS AT RISK OF HUNGER AND ISOLATION

NEARLY 9.5 MILLION SENIORS ARE THREATENED BY HUNGER
5.5M OF WHICH ARE FOOD INSECURE OR VERY LOW FOOD SECURE.



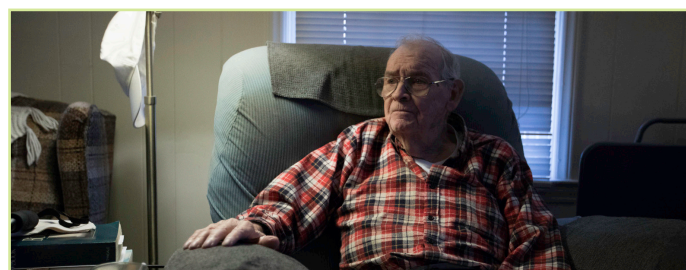
1 IN 4 SENIORS
LIVES ALONE



1 IN 5 FEELS LONELY

and social isolation among older adults is associated with an extra **\$6.7 BILLION** in Medicare spending each year

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



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.

DELIVERING SO MUCH MORE THAN JUST A MEAL

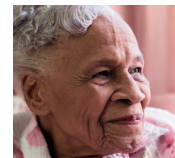


UNITED STATES 2019

MEALS ON WHEELS IS THE ONLY FEDERALLY SUPPORTED PROGRAM DESIGNED SPECIFICALLY TO MEET THE NUTRITIONAL AND SOCIAL NEEDS OF SENIORS

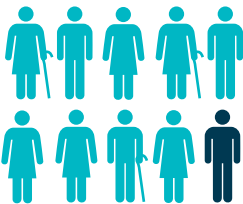
Community-based Meals on Wheels programs are welcomed into the homes of some of our nation's most at-risk individuals with every meal delivery.

79% of home-delivered meal recipients are 75 or older	
69% are women	15% are veterans
59% live alone	25% live in rural areas
35% live in poverty	28% are a racial and/or ethnic minority
46% self-report fair or poor health	82% take 3+ medications daily



MILLIONS OF VOLUNTEERS enable **220 MILLION MEALS** to be served 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



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.



59% 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**

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.

IN FACT, 8 OUT OF 10 RECIPIENTS SAY they see friends more often because of congregate meals

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

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 economic burden associated with malnutrition in seniors

Among seniors, the additional Medicare expenditures associated with social isolation are similar to the amounts associated with having high blood pressure or arthritis



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

5% OF MEDICARE BENEFICIARIES ACCOUNT FOR 40% 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



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

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

AND WE KNOW THAT 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
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.