

DELIVERING SO MUCH MORE THAN JUST A MEAL IN ALABAMA

ALABAMA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	1,145,262 (23%)	Rank: 21 st in U.S.
Seniors threatened by hunger (marginally food insecure)	251,958 (22%)	Rank: 8 th in U.S.
Seniors at risk of hunger (food insecure)	108,800 (10%)	Rank: 9 th in U.S.
Seniors facing hunger (very low food secure)	58,408 (5%)	Rank: 4 th in U.S.
State ranking for risk of social isolation ²	5 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	21%	Hispanic or Latino	1%	Native American/Alaskan or Hawaiian/Pacific Islander	1%
Seniors self-reporting "fair to poor" health	33%	Seniors with a disability	36%		
Seniors living alone	25%	Seniors living below the poverty line	11%		
Seniors who lack income to pay for basic living needs	Singles: 49%		Couples: 22%		

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 ³	55 per 1,000
Hospital readmissions within 30 days ³	16%	Total Medicare spending (in billions)	\$9.72

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN ALABAMA 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	21,405	1,814,941	251	13,760
Home-delivered meals	19,154	4,431,232	82	14,804
Total	40,559	6,246,173	333	28,564

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	32%	Live below the poverty line	27%
Live in a rural area	45%	Women	67%
Black or African American	43%	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	\$6,055,197	\$5,375,423	\$11,430,620 (31%)
Total expenditures	\$14,420,870	\$22,497,592	\$36,918,462

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN ALABAMA 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
\$9.84 / \$8.85	\$1,544	\$210

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

