

DELIVERING SO MUCH MORE THAN JUST A MEAL IN IOWA

IOWA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

| | |
|------------------------------|---------------|
| Senior population | 712,783 (23%) |
| Seniors threatened by hunger | 72,704 (10%) |
| Seniors living alone | 186,545 (27%) |

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

| | |
|---|-------------|
| Seniors living in poverty | 50,306 (7%) |
| Seniors that are non-white racial and/or an ethnic minority | 4% |
| Seniors experiencing falls with injury | 10% |
| Seniors with self-rated health as "fair to poor" | 19% |
| Seniors with a disability | 29% |

INADEQUATE NUTRITION AND/OR LIMITED SOCIAL CONTACT HAS DIRECT HEALTH CONSEQUENCES THAT AFFECT THE HEALTHCARE SYSTEM AND ECONOMY

| | | | |
|---------------------------------------|--------|-----------------------|-----|
| Preventable hospitalizations | 49% | Hospital readmissions | 14% |
| Total Medicare spending (in billions) | \$5.22 | | |

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN IOWA ARE DELIVERING NUTRITIOUS MEALS, FRIENDLY VISITS AND SAFETY CHECKS TO THE MOST AT-RISK SENIORS

| | Congregate Meals | Home-Delivered Meals | Total |
|--------------------------|------------------|----------------------|-----------|
| Seniors served each year | 22,205 | 11,470 | 33,675 |
| Meals served each year | 1,056,294 | 1,235,703 | 2,291,997 |

OAA CLIENT PROFILE

| | | | |
|----------------------|-----|-----------------|-----|
| Live alone | 52% | Live in poverty | 30% |
| Live in a rural area | 54% | Minority | 5% |
| Women | 66% | | |

FUNDING FOR THESE PROGRAMS VARY 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 Expenditures | \$4,996,482 | \$3,670,995 | \$8,667,477 (41%) |
| Total Expenditures | \$10,923,745 | \$10,067,493 | \$20,991,238 |

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN IOWA CAN REMAIN HEALTHIER AT HOME, AVOIDING MORE COSTLY HEALTHCARE FACILITIES

| | | |
|---|-----------------------------|-----------------------------------|
| Cost of serving a senior Meals on Wheels for an entire year | Cost of 1 day in a hospital | Cost of 10 days in a nursing home |
| \$2,290 | \$1,517 | \$2,000 |

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

