

DELIVERING SO MUCH MORE THAN JUST A MEAL IN INDIANA

INDIANA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	1,477,385 (22%)	Rank: 34 th in U.S.
Seniors threatened by hunger (marginally food insecure)	265,929 (18%)	Rank: 23 rd in U.S.
Seniors at risk of hunger (food insecure)	116,713 (8%)	Rank: 19 th in U.S.
Seniors facing hunger (very low food secure)	35,457 (2%)	Rank: 27 th in U.S.
State ranking for risk of social isolation ²	28 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	7%	Hispanic or Latino	2%	Native American/Alaskan or Hawaiian/Pacific Islander	<1%
Seniors self-reporting "fair to poor" health	26%	Seniors with a disability	31%		
Seniors living alone	26%	Seniors living below the poverty line	8%		
Seniors who lack income to pay for basic living needs	Singles: 45%		Couples: 19%		

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

Seniors experiencing falls with injury	10%	Preventable hospitalizations ³	48 per 1,000
Hospital readmissions within 30 days ³	15%	Total Medicare spending (in billions)	\$12.04

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN INDIANA 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	14,950	796,152	N/A	N/A
Home-delivered meals	7,313	1,191,389	N/A	N/A
Total	22,263	1,987,541	N/A	N/A

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	34%	Live below the poverty line	54%
Live in a rural area	24%	Women	67%
Black or African American	8%	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	\$6,155,255	\$4,312,989	\$10,468,244 (56%)
Total expenditures	\$10,348,648	\$8,401,946	\$18,750,594

TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN INDIANA 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
\$11.82 / \$13.23	\$2,591	\$231

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

