

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN NORTH CAROLINA

## NORTH CAROLINA'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	2,186,554 (22%)
Seniors threatened by hunger	448,244 (21%)
Seniors living alone	536,506 (25%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	222,367 (10%)
Seniors that are non-white racial and/or an ethnic minority	23%
Seniors experiencing falls with injury	9%
Seniors with self-rated health as "fair to poor"	25%
Seniors with a disability	32%

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

Preventable hospitalizations	49%	Hospital readmissions	15%
Total Medicare spending (in billions)	\$17.64		

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN NORTH CAROLINA 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	23,526	18,185	41,711
Meals served each year	1,663,311	2,849,344	4,512,655

### OAA CLIENT PROFILE

Live alone	48%	Live in poverty	44%
Live in a rural area	44%	Minority	45%
Women	68%		

## 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	\$7,625,997	\$2,759,116	\$10,385,113 (39%)
Total Expenditures	\$10,742,716	\$15,575,259	\$26,317,975

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN NORTH CAROLINA 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
\$1,458	\$1,919	\$2,290

## MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

