

DELIVERING SO MUCH MORE THAN JUST A MEAL IN TEXAS

TEXAS'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	4,956,771 (18%)
Seniors threatened by hunger (marginally food insecure)	887,262 (18%)
Seniors at risk of hunger (food insecure)	520,461 (11%)
Seniors facing hunger (very low food secure)	168,530 (3%)
Seniors living alone	1,041,589 (21%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	531,636 (11%)
Seniors that are non-white racial and/or an ethnic minority	39%
Seniors experiencing falls with injury	12%
Seniors with self-rated health as "fair to poor"	30%
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*	53%	Hospital readmissions within 30 days*	15%
Total Medicare spending (in billions)	\$41.82		

OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN TEXAS 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	63,424	64,927	128,351
Meals served each year	4,341,900	11,176,836	15,518,736

PROFILE OF OAA TITLE III RECIPIENTS (INCLUDES SUPPORTIVE SERVICES)

Live alone	44%	Live in poverty	45%
Live in a rural area	34%	Minority	53%
Women	63%		

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	\$15,955,569	\$14,982,440	\$30,938,009 (37%)
Total Expenditures	\$27,668,624	\$55,414,053	\$83,082,677

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

Cost of 1 day (1 meal) serving a senior Meals on Wheels**	Cost of 1 day in a hospital	Cost of 1 day in a nursing home
\$8.77	\$2,520	\$158

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

*Among Medicare enrollees age 65+

**Aggregated inflation-adjusted estimate

