

DELIVERING SO MUCH MORE THAN JUST A MEAL IN TEXAS

TEXAS'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population ¹	5,123,709 (18%)	Rank: 49 th in U.S.
Seniors threatened by hunger (marginally food insecure)	1,019,618 (20%)	Rank: 12 th in U.S.
Seniors at risk of hunger (food insecure)	548,237 (11%)	Rank: 6 th in U.S.
Seniors facing hunger (very low food secure)	189,577 (4%)	Rank: 13 th in U.S.
State ranking for risk of social isolation ²	19 th in U.S.	

MANY FACTORS CAN CREATE DISPARITIES AND MAKE SENIORS EVEN MORE VULNERABLE

Black or African American	10%	Hispanic or Latino	24%	Native American/Alaskan or Hawaiian/Pacific Islander	<1%
Seniors self-reporting "fair to poor" health	30%	Seniors with a disability	31%		
Seniors living alone	21%	Seniors living below the poverty line	11%		
Seniors who lack income to pay for basic living needs	Singles: 50%		Couples: 24%		

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

Seniors experiencing falls with injury	13%	Preventable hospitalizations ³	47 per 1,000
Hospital readmissions within 30 days ³	16%	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 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	62,002	4,122,732	167	15,540
Home-delivered meals	62,143	11,818,518	48	14,715
Total	124,145	15,941,250	215	30,255

PROFILE OF SENIORS RECEIVING OAA TITLE III SERVICES ⁴

Live alone	44%	Live below the poverty line	44%
Live in a rural area	34%	Women	63%
Black or African American	18%	Hispanic or Latino	32%
		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	\$17,073,984	\$16,429,924	\$33,503,908 (41%)
Total expenditures	\$28,110,121	\$53,841,730	\$81,951,851

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 home-delivered / congregate meal ⁵	Cost of 1 day in a hospital	Cost of 1 day in a nursing home
\$9.84 / \$8.85	\$2,604	\$160

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

