

THE ESCALATING PROBLEM OF SENIOR HUNGER AND ISOLATION



UNITED STATES 2020

OUR NATION'S SENIOR POPULATION IS GROWING EXPONENTIALLY



WITH **12,000 MORE**
turning 60 each day



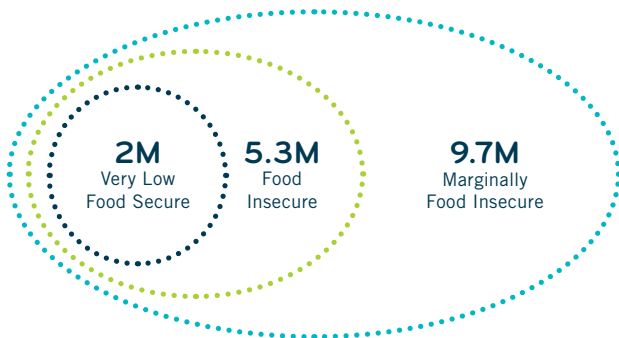
Average life
expectancy today

This population is set to reach **93M** in the next decade, with **118M** expected by **2060** – increasing the number of seniors today by more than half



LEAVING MORE AND MORE AMERICANS AT RISK OF HUNGER AND ISOLATION

BEFORE THE CORONAVIRUS PANDEMIC, NEARLY 9.7 MILLION SENIORS WERE THREATENED BY HUNGER
5.3M OF WHOM WERE FOOD INSECURE OR VERY LOW FOOD SECURE.



1 IN 4 SENIORS
LIVES ALONE



1 IN 4 FEELS LONELY

Due to COVID-19, we know that an even greater number of older adults are experiencing food insecurity, and many seniors are lonelier than before the pandemic.

AND WHILE HUNGER AND ISOLATION CAN AFFECT ANYONE WITH LIMITED MOBILITY AND DECLINING HEALTH, FINANCIAL STRAIN MAKES THEM MUCH WORSE



NEARLY 7.4 MILLION SENIORS HAVE INCOMES BELOW THE POVERTY LINE



THAT'S AN INCOME OF **\$240 A WEEK OR LESS**, which, after housing, utility and medical expenses, leaves very little for food



HALF OF SENIORS LIVING ALONE lack the financial resources to pay for **basic needs**.



Older adults living in poverty are **nearly twice as likely** as those living above poverty level to have limitations in their ability to live independently.

HUNGER AND SOCIAL ISOLATION NOT ONLY JEOPARDIZE THE HEALTH AND WELL-BEING OF OLDER ADULTS; THEY ALSO PLACE A SIGNIFICANT STRAIN ON OUR COUNTRY'S HEALTHCARE SYSTEM AND ECONOMY



The economic burden associated with malnutrition in seniors



Older adult falls cost about **\$50 BILLION** in medical costs

Among seniors, the additional Medicare expenditures associated with social isolation are estimated to cost **\$6.7 BILLION** each year



Medicare spending has more than doubled since 2005 and is disproportionately concentrated on older adults with multiple chronic conditions and/or functional limitations

5% OF MEDICARE BENEFICIARIES ACCOUNT FOR 41% OF SPENDING

FEDERALLY SUPPORTED NUTRITION PROGRAMS – LIKE MEALS ON WHEELS – ARE DESIGNED TO MEET THE NEEDS OF OLDER ADULTS, YET THESE SUCCESSFUL PUBLIC-PRIVATE PARTNERSHIPS REMAIN SIGNIFICANTLY UNDERFUNDED, EVEN AMID EFFORTS TO COMBAT COVID-19



Among older adults who have difficulties with daily activities, **2 OUT OF 3** receive limited or no home- or community-based care

BEFORE THE COVID-19 PANDEMIC, 83% OF LOW INCOME, FOOD INSECURE SENIORS WERE NOT RECEIVING THE MEALS THEY NEEDED

AND SENIORS WAITING TO RECEIVE MEALS ON WHEELS AT HOME ARE MORE LIKELY TO:

REPORT FAIR OR POOR SELF-RATED HEALTH	REPORT NOT HAVING ENOUGH MONEY TO BUY FOOD THEY NEED	REPORT RECENT FALLS OR FEAR OF FALLING THAT LIMITS ABILITY TO STAY ACTIVE	BE BLACK OR HISPANIC
SCREEN POSITIVE FOR DEPRESSION OR ANXIETY	REQUIRE ASSISTANCE WITH SHOPPING FOR GROCERIES OR PREPARING FOOD	TAKE THREE OR MORE MEDICATIONS EACH DAY	BE ENROLLED IN BOTH MEDICAID AND MEDICARE

WE NEED INCREASED FUNDING AND SUPPORT FOR OUR SENIORS NOW TO PREVENT EVEN GREATER SOCIAL AND ECONOMIC CONSEQUENCES LATER

Meals on Wheels America is the leadership organization supporting the 5,000+ community-based programs across the country that are dedicated to addressing senior isolation and hunger. This network serves virtually every community in America and, along with more than two million staff and volunteers, delivers the nutritious meals, friendly visits and safety checks that enable America's seniors to live nourished lives with independence and dignity. By providing funding, leadership, education, research and advocacy support, Meals on Wheels America empowers its local member programs to strengthen their communities, one senior at a time.