

SUPPORTING SENIOR HEALTH AND INDEPENDENCE WHILE SAVING MONEY



For more than 50 years, Meals on Wheels has set the gold standard as an evidence-based public-private partnership that effectively addresses the issues of senior hunger and isolation while providing a proven significant return on investment in the form of health care savings.

But with growing demand and rising costs, many seniors are left waiting for nutritious meals and moments of connection. And while they wait, they're more likely to end up in the hospital or a long-term care facility. The need has never been greater, but together, we can End the Wait.

HUNGER AND ISOLATION PUT SENIORS AT RISK FOR COSTLY HEALTH ISSUES



ALMOST 95% OF OLDER ADULTS HAVE AT LEAST ONE **CHRONIC CONDITION**, AND NEARLY 80% HAVE TWO OR MORE.

Food insecure older adults experience worse health outcomes than food-secure seniors, with greater risk for:

- HIGH BLOOD PRESSURE
- HEART ATTACK
- DIABETES
- DEPRESSION



Older adults have the highest rates of **social isolation**, putting seniors at risk for:

- HIGH BLOOD PRESSURE
- ANXIETY AND DEPRESSION
- COGNITIVE DECLINE
- DEMENTIA

Federal funding shortfalls for Meals on Wheels end up costing the government and taxpayers more due to costly health care and long-term care expenses **THAT COULD HAVE BEEN PREVENTED.**

WHEN ADJUSTED FOR INFLATION:

\$75 BILLION

SENIOR MALNUTRITION costs an estimated \$75 billion a year in health care costs.

\$98 BILLION

OLDER ADULT FALLS cost the U.S. health care system \$98 billion a year, with most of the cost paid by Medicare.

\$9 BILLION

SOCIAL ISOLATION costs Medicare an estimated \$9 billion annually.

The estimated economic value of family caregivers' unpaid contributions is approx.

\$600 BILLION

MEALS ON WHEELS IS THE SOLUTION

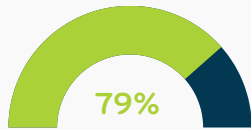
MEALS ON WHEELS IS PROVEN TO:

-  Reduce use of costly health care services
-  Reduce nursing home use and increase ability to age in place
-  Reduce health care costs
-  Increase food security
-  Improve diet quality
-  Improve or reduce decline in nutritional status
-  Reduce social isolation and loneliness
-  Reduce falls and increase home safety



WE CAN SERVE A SENIOR FOR AN ENTIRE YEAR for roughly the same cost as a day in the hospital or 10 in a long-term care facility

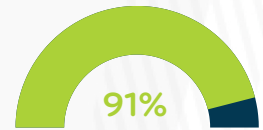
OF HOME-DELIVERED MEAL PARTICIPANTS:



say the meals help **IMPROVE THEIR HEALTH**



say the services help them **FEEL MORE SECURE**



say the meals help them **LIVE INDEPENDENTLY**

BUT SENIORS ARE WAITING.



older Americans are threatened by or experience hunger



GAS PRICES INCREASED 39% from 2021-2025



FOOD PRICES INCREASED 24% from 2020-2024



56% of seniors FEEL LONELY



1 IN 3 MEALS ON WHEELS PROVIDERS HAS A WAITLIST with seniors waiting on average **4 months** for meals

HELP US END THE WAIT. FUND AND SUPPORT MEALS ON WHEELS.

