



**MEALS on WHEELS**  
AMERICA

MASSACHUSETTS  
2016

## TOGETHER, WE CAN DELIVER.™

The number of seniors in our country will grow exponentially over the coming years. Meals on Wheels is a proven public-private partnership that effectively addresses the challenges of aging by promoting health and improving quality of life for our nation's most vulnerable seniors. By leveraging the existing Meals on Wheels network, we have the opportunity to not only keep seniors at home, but also save billions in tax dollars by keeping them out of more costly healthcare settings.



## TOO MANY SENIORS IN MASSACHUSETTS ARE LEFT BEHIND, ALONE AND HUNGRY, STRUGGLING TO STAY INDEPENDENT AND HEALTHY.

**356,961** are isolated, living alone

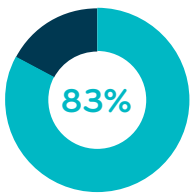
**140,637** are threatened by hunger

**342,358** are living in or near poverty

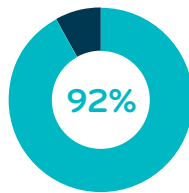


Nationally, **1 IN 6** seniors struggles with hunger

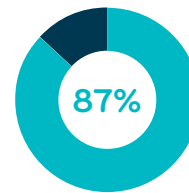
## MEALS ON WHEELS DELIVERS THE SUPPORT THAT KEEPS SENIORS IN THEIR OWN HOMES, WHERE THEY WANT TO BE.



say it improves  
their health



say it enables  
them to remain  
living at home



say it makes  
them feel more  
safe and secure

## SENIORS REMAINING AT HOME, OUT OF HOSPITALS AND NURSING HOMES, SAVES BILLIONS IN MEDICARE & MEDICAID COSTS.



Meals on Wheels decreases the rate of falls, which cost our nation **\$34 BILLION** each year.



**1 YEAR**

**1 DAY**

We can provide a senior Meals on Wheels for **1 YEAR** for roughly the same cost as **1 DAY** in a hospital.



Investing in Meals on Wheels is a **WIN-WIN** for our families, our communities and our nation.

Visit [www.mealsonwheelsamerica.org/takeaction](http://www.mealsonwheelsamerica.org/takeaction) to learn more about how you can help in your state and community today.

## THE OLDER AMERICANS ACT

**THE OLDER AMERICANS ACT (OAA)** has been the primary piece of federal legislation supporting social and nutrition services to Americans age 60 and older since 1965. OAA programs are vital for seniors who are at significant risk of hunger, isolation and losing their ability to live independently. Title III of the OAA establishes a grant system to fund programs that address the unique needs of vulnerable seniors.

These include services such as:

- Home-delivered meals and meals served in group settings such as senior centers
- Transportation
- Personal care and homemaker support
- Caregiver assistance
- Preventative health

## MASSACHUSETTS OAA NUTRITION PROGRAMS

### PROGRAM PROFILE

<b>TOTAL SENIORS SERVED BY MEALS ON WHEELS PROGRAMS</b>	<b>73,555</b>
Home-Delivered	46,670
Congregate	26,885
<b>TOTAL MEALS SERVED BY MEALS ON WHEELS PROGRAMS</b>	<b>8,408,899</b>
Home-Delivered	6,823,643
Congregate	1,585,256
<b>TOTAL NUTRITION PROGRAM EXPENDITURES</b>	<b>\$61,075,138</b>
<b>EXPENDITURES COVERED BY FEDERAL OAA FUNDING</b>	<b>\$10,926,334</b>

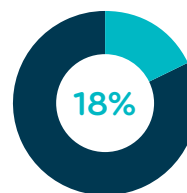


Nationally,  
Meals on Wheels  
serves more than  
**500,000**  
**VETERANS**  
each year

### CLIENT PROFILE (seniors receiving OAA nutrition or other supportive services)



### A PROVEN PUBLIC-PRIVATE PARTNERSHIP

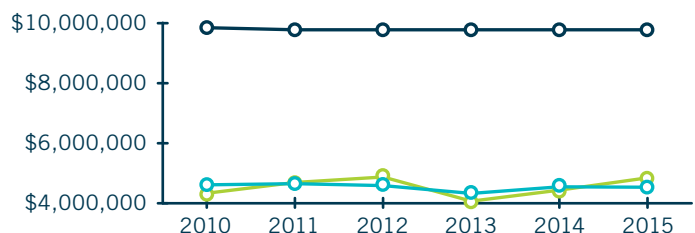


**THE OAA** covers **18%** of the total cost to provide nutritious meals, safety checks and friendly visits to more than **73,500 SENIORS**. Programs rely on contributions from state, local, private donations and other resources to cover the rest.

### FEDERAL APPROPRIATIONS

Funding for OAA programs is provided through the Department of Labor, Health and Human Services, Education, and Related Agencies (Labor-HHS-Education) annual appropriations bill, and dollars are allocated to states based on a formula. Over the past 20 years, when adjusted for inflation, federal funding has decreased by 18% while the senior population has grown by 34%.

- Congregate Meals
- Home-Delivered Meals
- Nutrition Services Incentive Program



Meals on Wheels America is the oldest and largest national organization supporting the more than 5,000 community-based senior nutrition programs across the country that are dedicated to addressing senior isolation and hunger. This network exists in virtually every community in America and, along with more than two million 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, research, education and advocacy support, Meals on Wheels America empowers its local member programs to strengthen their communities, one senior at a time.