



## **SENIOR HUNGER AND MEALS ON WHEELS**

- For more than 50 years, THE OLDER AMERICANS ACT (OAA) has been the primary piece of federal legislation supporting social and nutrition services to Americans age 60 and older. OAA programs are vital for seniors who are at significant risk of hunger, isolation and losing their ability to live independently.
- Nearly one in six seniors nationwide faces the threat of hunger.
- More than 109,000 meals were delivered to homebound older adults in the VPAS service area last year.
- Virginia's elderly population is anticipated to nearly double in size between 2010 and 2030, accounting for about 1 in 5 Virginians. Locally, the population of older adults in some rural areas will be 1 in 3, according to UVA's Weldon Cooper Center population projections released in 2017.
- Many seniors did not recover financially from the 2007 economic recession, which was partially responsible for a 65% increase in hunger among senior populations from 2007-2014.
- An adult can be provided Meals on Wheels for 1 YEAR for roughly the same cost as 1 DAY in a hospital.\*
- Meals on Wheels addresses more than senior hunger. A 2016 Brown School of Public Health study showed that those who received daily meals showed most improvement in mental and self-rated health, reduced rate of falls, improvement in feelings of loneliness and isolation, and decrease in worrying about being able to stay in their homes.
- Many Meals on Wheels recipients access additional VPAS services to maintain their safety and independence, including in-home personal care, senior transportation, and information and referral services.

<http://www.mealsonwheelsamerica.org/theissue/facts-resources/>