

NUTRITION



Utah Association of Area Agencies on Aging

Providing the basic building-blocks for independent living



Good nutrition is the foundation upon which independent living is built. Helping seniors remain healthy and independent by providing nutrition programs; both home delivered and in senior centers, remains the highest service priority for Counties and Area Agencies on Aging.

Utah by the numbers:



2,007,669 total meals provided in 2013

20,225 seniors received:



810,439 Congregate Meals

10,115 seniors received:



1,197,230 Meals on Wheels

2X

Over the past decade, the **percentage growth** of the senior population was twice that of the regular population and will **more than double** again in the coming decade.



Nearly **50%** of American seniors receiving Meals-on-Wheels **are in poverty & at high nutritional risk**. Nearly **60%** rely on their meal at senior centers for half or more of their total food for the day



Local government support for nutrition programs regularly exceeds the **15%** match requirement



Utah seniors donate over **20%** of the total cost of the meals program



Independent living saves money



- ▶ *For every **\$1 invested** in Meals-on-Wheels, up to **\$50 could be saved** in Medicaid.
- ▶ *With a **modest investment in home-delivered meals**, a state can reduce its percentage of nursing home residents. By reducing the number of current low-care nursing home residents, **Utah can reduce its annual Medicaid expenditures**.
- ▶ A senior can receive a meal five days per week for an entire year for the same cost as one day in a hospital or six days in a nursing home.

*The Center for Effective Government/Brown University

Funding Requested:



\$400,000 in ongoing funding for 12 local Area Agencies on Aging to provide nutrition programs (Meals-on-Wheels & Senior centers) for Utah's senior population.

(Add to Base Budget of Aging & Adult Services – Human Services Department)