

Congregate Meal Programs a value proposition

Congregate meal programs

Serve adults 60+ (and in some cases, caregivers, spouses, and/or younger people with disabilities)

Provide meals in senior centers, schools, churches, farmers markets, and other community settings

Offer healthy meals, social engagement, access to community resources, volunteer roles

**Population of Americans 60+
2016: 69 Million**

Projected 2020: 77 Million

Projected 2040: 102 Million



Demand on the health care system will grow with the population

Nutrition/malnutrition have a tremendous impact on overall health and health care utilization

How the health care system benefits

Participants vs non-participants

Fewer ER visits leading to admissions	5.4% vs 10.4%	8.5% vs 13.7%	Fewer hospital admissions
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How meal program participants benefit

Higher quality diet



A healthy diet is essential to overall wellness



1 out of 2 older adults is at risk or is malnourished

80%

80% of participants say a congregate meal program improved their health

Greater food security



Access to food is a social determinant of health



4.9 million seniors do not have reliable access to enough affordable, nutritious food

54%

54% of participants say a congregate meal supplies 50% or more of total food for the day

Increased socialization



Staying connected is an important part of healthy aging



Social isolation is linked to higher blood pressure, earlier onset of dementia, and other serious illnesses

54%

54% of participants say their social opportunities have increased because of a meal program