TOGETHER, WE CAN DELIVER.™

The number of seniors in Contra Costa County 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 most vulnerable seniors. By leveraging the national Meals on Wheels network, we have the opportunity to not only keep seniors at home, but also save millions in tax dollars in Contra Costa County by keeping them out of costly healthcare settings.

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

81,080 are isolated, or living alone
37,211 are threatened by hunger
29,037 are living in or near poverty

Nationally, 1 IN 6 seniors struggle with hunger

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

83% Say it improves their health
92% Say it enables them to remain living at home
87% Say it makes them feel safe and secure

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

Meals on Wheels Diablo Region decreases the rate of falls, which cost our county $100 MILLION each year

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

Investing in Meals on Wheels Diablo Region is a WIN-WIN for our families and our community.

Meals on Wheels Diablo Region is a nonprofit 501(c)(3) organization (IRS #68-0044205)

1300 Civic Drive, Walnut Creek, CA 94596 • 925.937.8311 • www.mowdiabloregion.org
THE OLDER AMERICANS ACT (OAA) has been the primary piece of federal legislation supporting social and nutritional 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

CONTRA COSTA COUNTY OAA NUTRITION PROGRAMS

PROGRAM PROFILE

<table>
<thead>
<tr>
<th>TOTAL SENIORS SERVED BY MEALS ON WHEELS PROGRAMS</th>
<th>6,530</th>
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<tbody>
<tr>
<td>Home-delivered</td>
<td>2,091</td>
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<tr>
<td>Congregate</td>
<td>4,439</td>
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</tbody>
</table>

| TOTAL MEALS SERVED BY MEALS ON WHEELS PROGRAMS  | 585,515 |
| Home-delivered                                   | 426,739 |
| Congregate                                       | 158,776 |

| TOTAL NUTRITION PROGRAM EXPENDITURES            | $10,755,265 |
| EXPENDITURES COVERED BY FEDERAL OAA FUNDING      | $4,302,106 |

A PROVEN PUBLIC-PRIVATE PARTNERSHIP

The OAA covers 40% of the total cost to provide nutritious meals, safety checks, and friendly visits to more than 6,530 SENIORS. Programs rely on contributions from state, local, private donations, and other resources to cover the rest.

Meals on Wheels Diablo Region is a full-service nonprofit organization dedicated since 1968 to helping seniors live independently and with dignity. Based in Walnut Creek, the agency serves older adults all across Contra Costa County. More information can be found at www.mowdiabloregion.org