



Meals on Wheels and Senior Outreach Services

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FACT SHEET

We serve a growing population of seniors (age 60 or older) in Contra Costa County through six programs, listed at left.

In our 2012-13 fiscal year:

- Over 5,000 seniors benefited from one or more of our programs
- 35% were 80 years or older
- 44% lived alone
- 68% lived on an extremely low income, defined as 30% or less of the county median income.
- We received over 10,000 calls from seniors or their adult children looking for help.

Our Meals on Wheels home meal delivery program:

- Currently serves 658 seniors who cannot drive
- 140 people in need are waiting to begin the service, primarily in East County
- 47 routes every day, 15-16 deliveries per route
- The average age people start getting Meals on Wheels is 84
- 59% of clients live on less than \$1,000 a month; many in East County live on less than \$300.

It is estimated that 50% of all diseases impacting older Americans are directly connected to lack of appropriate nutrient intake, according to a 2008 study¹.

Our nutrition programs can provide meals for nearly a year for roughly the cost of one Medicare day in the hospital or 10 days in a nursing home. Every year, we need to raise over \$350,000 in new revenue just to maintain our current level of services to seniors.

Over 800 volunteers actively participate in our work, allowing every dollar we spend to provide many dollars-worth of services.

The number of clients we serve has ballooned since the economic downturn began – from 2,996 in FY2007-08 to 5,109 in FY2011-12, an increase of 71% in four years! MOWSOS has been serving seniors in Contra Costa County since 1968.

¹ Senior Hunger: the Human Toll and Budget Consequences. A Report from the Subcommittee on Primary Health and Aging, Senate Committee on Health, Education, Labor & Pensions, June 2011.