

# DELIVERING SO MUCH MORE THAN JUST A MEAL IN NEW HAMPSHIRE

## NEW HAMPSHIRE'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	322,216 (24%)
Seniors threatened by hunger	43,821 (14%)
Seniors living alone	73,588 (24%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	14,344 (5%)
Seniors that are non-white racial and/or an ethnic minority	3%
Seniors experiencing falls with injury	10%
Seniors with self-rated health as "fair to poor"	17%
Seniors with a disability	28%

## INADEQUATE NUTRITION AND/OR LIMITED SOCIAL CONTACT HAS DIRECT HEALTH CONSEQUENCES THAT AFFECT THE HEALTHCARE SYSTEM AND ECONOMY

Preventable hospitalizations	47%	Hospital readmissions	14%
Total Medicare spending (in billions)	\$2.43		

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN NEW HAMPSHIRE ARE DELIVERING NUTRITIOUS MEALS, FRIENDLY VISITS AND SAFETY CHECKS TO THE MOST AT-RISK SENIORS

	Congregate Meals	Home-Delivered Meals	Total
Seniors served each year	17,956	13,140	31,096
Meals served each year	354,087	1,470,607	1,824,694

### OAA CLIENT PROFILE

Live alone	46%	Live in poverty	15%
Live in a rural area	75%	Minority	N/A
Women	65%		

## FUNDING FOR THESE PROGRAMS VARY BASED ON THE NEEDS AND RESOURCES OF THE COMMUNITY, AND ARE MADE UP OF FEDERAL, STATE, LOCAL AND PRIVATE DOLLARS

	Congregate Meals	Home-Delivered Meals	Total
OAA Expenditures	\$1,168,487	\$1,829,176	\$2,997,663 (20%)
Total Expenditures	\$3,352,126	\$11,815,866	\$15,167,992

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN NEW HAMPSHIRE CAN REMAIN HEALTHIER AT HOME, AVOIDING MORE COSTLY HEALTHCARE FACILITIES

Cost of serving a senior Meals on Wheels for an entire year	Cost of 1 day in a hospital	Cost of 10 days in a nursing home
\$2,078	\$2,431	\$3,400

## MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

