

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

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

|                              |               |
|------------------------------|---------------|
| Senior population            | 474,549 (23%) |
| Seniors threatened by hunger | 95,859 (20%)  |
| Seniors living alone         | 121,176 (26%) |

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

|   |              |
|---|--------------|
| Seniors living in poverty                                   | 53,297 (11%) |
| Seniors that are non-white racial and/or an ethnic minority | 42%          |
| Seniors experiencing falls with injury                      | 14%          |
| Seniors with self-rated health as "fair to poor"            | 31%          |
| Seniors with a disability                                   | 34%          |

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

|                                       |        |                       |     |
|---------------------------------------|--------|-----------------------|-----|
| Preventable hospitalizations          | 40%    | Hospital readmissions | 14% |
| Total Medicare spending (in billions) | \$3.13 |                       |     |

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN NEW MEXICO 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 | 31,030           | 10,349               | 41,379    |
| Meals served each year   | 1,382,608        | 1,806,877            | 3,189,485 |

### OAA CLIENT PROFILE

|                      |     |                 |     |
|----------------------|-----|-----------------|-----|
| Live alone           | 40% | Live in poverty | 28% |
| Live in a rural area | 32% | Minority        | 47% |
| Women                | 58% |                 |     |

## 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   | \$4,191,885      | \$2,152,172          | \$6,344,057 (27%) |
| Total Expenditures | \$11,130,184     | \$11,963,946         | \$23,094,130      |

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN NEW MEXICO 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 |
| \$1,810   | \$2,635                     | \$2,400                           |

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

