

DELIVERING SO MUCH MORE THAN JUST A MEAL IN NEW HAMPSHIRE

NEW HAMPSHIRE'S SENIOR POPULATION STRUGGLES WITH HUNGER AND ISOLATION

Senior population	334,731 (25%)
Seniors threatened by hunger (marginally food insecure)	35,816 (11%)
Seniors at risk of hunger (food insecure)	19,414 (6%)
Seniors facing hunger (very low food secure)	6,695 (2%)
Seniors living alone	73,919 (22%)

ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	19,270 (6%)
Seniors that are non-white racial and/or an ethnic minority	4%
Seniors experiencing falls with injury	10%
Seniors with self-rated health as "fair to poor"	16%
Seniors with a disability	28%

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

Hospital readmissions within 30 days*	14%	Total Medicare spending (in billions)	\$2.43
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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	17,792	13,798	31,590
Meals served each year	332,113	1,073,851	1,405,964

PROFILE OF OAA TITLE III RECIPIENTS (INCLUDES SUPPORTIVE SERVICES)

Live alone	46%	Live in poverty	15%
Live in a rural area	75%	Minority	0%
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	\$1,961,905	\$2,553,746	\$4,515,651 (31%)
Total Expenditures	\$3,325,563	\$11,288,994	\$14,614,557

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 1 day (1 meal) serving a senior Meals on Wheels**	Cost of 1 day in a hospital	Cost of 1 day in a nursing home
\$10.18	\$2,597	\$340

MEALS ON WHEELS PROVIDES A SOLUTION THAT SERVES US ALL

*Among Medicare enrollees age 65+

**Aggregated inflation-adjusted estimate

