

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

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

Senior population	1,982,147 (22%)
Seniors threatened by hunger (marginally food insecure)	194,250 (10%)
Seniors at risk of hunger (food insecure)	105,054 (5%)
Seniors facing hunger (very low food secure)	31,714 (2%)
Seniors living alone	446,429 (23%)

## ADDITIONAL FACTORS CAN MAKE SENIORS EVEN MORE VULNERABLE

Seniors living in poverty	161,596 (8%)
Seniors that are non-white racial and/or an ethnic minority	29%
Seniors experiencing falls with injury	11%
Seniors with self-rated health as "fair to poor"	25%
Seniors with a disability	26%

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

Preventable hospitalizations*	50%	Hospital readmissions within 30 days*	15%
Total Medicare spending (in billions)	\$18.44		

## OLDER AMERICANS ACT (OAA) NUTRITION PROGRAMS IN NEW JERSEY 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	28,259	19,567	47,826
Meals served each year	1,486,836	3,170,432	4,657,268

## PROFILE OF OAA TITLE III RECIPIENTS (INCLUDES SUPPORTIVE SERVICES)

Live alone	50%	Live in poverty	28%
Live in a rural area	0%	Minority	33%
Women	68%		

## 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	\$9,130,801	\$8,792,451	\$17,923,252 (41%)
Total Expenditures	\$18,210,976	\$25,107,307	\$43,318,283

## TOGETHER, WE MUST INVEST MORE FULLY IN MEALS ON WHEELS TO ENSURE VULNERABLE SENIORS IN NEW JERSEY 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
\$10.31	\$2,632	\$350

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

\*Among Medicare enrollees age 65+

\*\*Aggregated inflation-adjusted estimate

